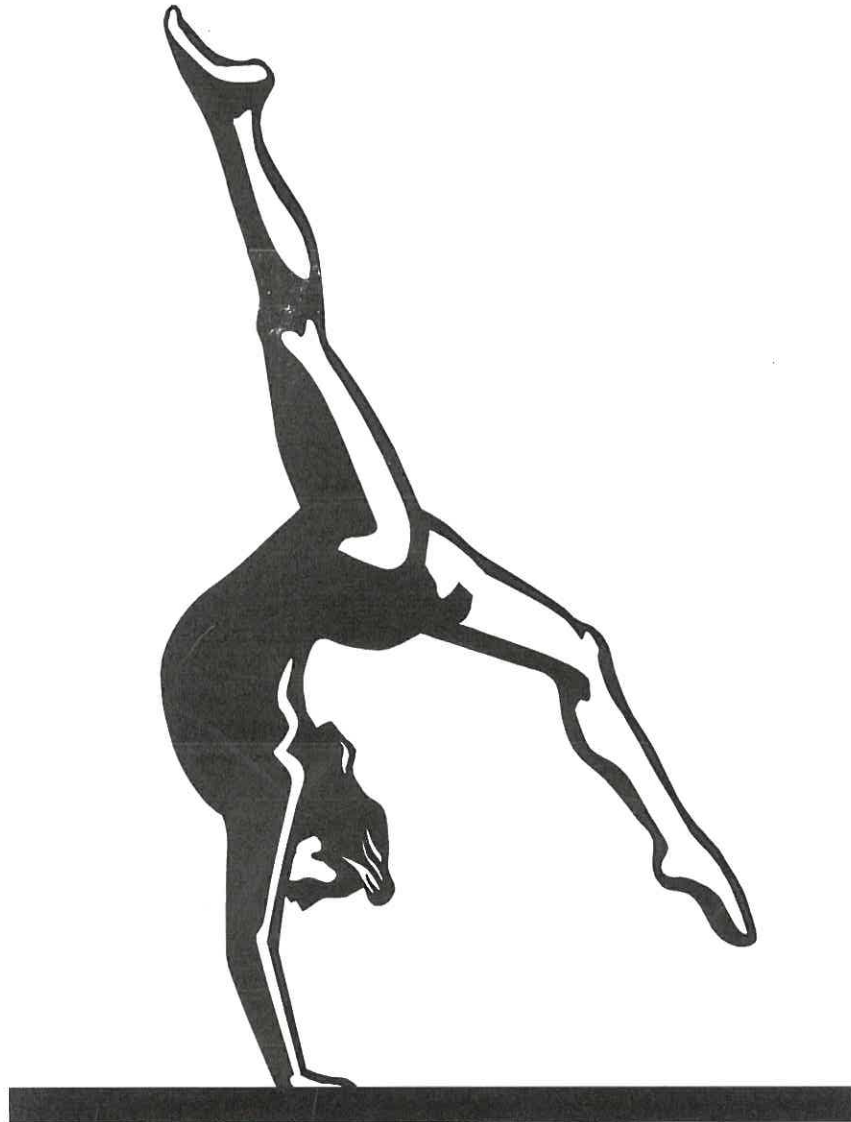


Section VIII

Girls Gymnastics Guidebook



2025-2026

Welcome to the 2025-2026 Girls Gymnastics Season!!

The purpose of this guidebook is to inform Coaches, Athletic Directors, Officials and Gymnasts of the methods and procedures to be used for the 2025-2026 Girls Gymnastics Season.

Please read all of the enclosed material carefully. Your suggestions and cooperation are deeply appreciated by me and the girls' gymnastics program. It is my wish for all gymnasts, coaches, and judges to have a healthy and productive season! Sportsmanship is our number one priority- between coaches, gymnasts, officials and parents!! BE A ROLE MODEL!

Please use the enclosed roster form. Roster must be completed by **Dec 1, 2025** and sent to:

1. **Office of the Executive Director-BOCES- Send to BOCES via your Athletic Director**

Pat Pizzarelli
Section VIII, BOCES

2. **Section VIII Coordinator:**

Kim Rhatigan (Bethpage High School)
28 Hillside Ave
Huntington, NY 11743
516-650-4205
Email: Coachkim50@hotmail.com

3. **Your Conference Coordinator**

Conference I

Ginger Creegan
Cell: 516-205-8440
creeganginger@gmail.com

Conference II

Teri Kindelmann
cell: 610-248-5091
email: teri.kindelmann@gmail.com

Failure to submit your roster by Dec 1, 2025 will jeopardize your team's scores.

If you have any problems or questions, please call me at: Cell: 516-650-4205

Best wishes for a happy & healthy season!!

Happy Handstands!
Kim Rhatigan
Section VIII Coordinator

Section VIII Girls Gymnastics Time Line

Monday Nov. 17, 2025

Season Begins

Monday Dec. 1, 2025

Rosters Due:

1. BOCES-
2. Conference Coordinator

Dec. 9, 2025

First League Meets

Thur., Feb. 5, 2026

Last Day of Meets- all scores must be in to your conference coordinator by 10 pm on Thursday Feb. 05, 2026. NO EXCEPTIONS ! Please submit them immediately after your last meet! Scores received after 10 pm on 2/05/26 will not be counted so do not jeopardize your gymnasts!!

Saturday Feb. 7, 2026

**30th Annual Todd Heimer
Coaches Invitational**

North Shore High School

8:00 a.m. Open Gym

Meet begins at 9:30 a.m.

****SEEDING MEETING
before meet**

Tues Feb. 10, 2026

**State Qualifer at
Oceanside HS**

2:00 Open Gym

3:00 p.m. Meet Begins

Thurs. Feb 12, 2026

**Team Championships
Long Beach HS**

2:00 Open Gym

3:00 p.m. Meet Begins

Feb 27-28, 2026

**State Meet at Section III-
UTICA- VALLEY
GYMNASTICS**

2024-2025 Girls Gymnastics Quick Guide

<u>Section VIII Coordinator:</u>	Kim Rhatigan Bethpage High School 516-650-4205 Coachkim50@hotmail.com
<u>Conference I Coordinator:</u>	Ginger Creegan 516-205-8440
<u>Conference II Coordinator:</u>	Teri Kindelmann 610-248-5091
<u>Official's Coordinator:</u>	Ginger Creegan 516-205-8440
<u>NY Rules Interpreter:</u>	Maria DeCristoforo 516-484-0988
<u>Section VIII Office:</u>	Pat Pizzarelli- Executive Director 516-396-2488 fax # 516-997-2916 Karen Wohlrab 516-396-2488 Grace Chianese- Women's Program 516-396-2446 fax # 516-997-2018
<u>President HS Association:</u>	Mike Bongino, Cold Spring Harbor Athletic Director
<u>Vice President Women's Athletics:</u>	Jen Keane, Wantagh Athletic Director
<u>Liaison to HSAA:</u>	John Franchi, Bethpage AD
<u>Newsday:</u>	631-843-2820- create an account on newsday.com- sports central and enter your scores after each * Call after each meet- home or away to ensure coverage!!

approved May 2025¹ by
HSAA

Section VIII Girls Gymnastics Overview

Coordinator: Kim Rhatigan (Bethpage High School)

Committee:

Bill Muirhead, Conf. II- former coordinator, Long Beach retired coach
Ginger Creegan, Conf. I coordinator, Nassau Officials Chairperson
Teri Kindelmann, Conf. II Chairperson, CSH Coach (Conf. II)
Eileen Mussler, Secretary/Treasurer NCGGCA, Former GC coach
Gayle Frommling, scheduling chairperson, former Lawrence coach
Barbara Hebron, Former Hicksville Coach (Conf I)
Rina Bronstein, former Hewlett coach (Conf. II)
Katie Meehan, Massapequa Coach (Conf. I)

Conference Alignment:

- 2 conferences that are ranked by ability. We use the finishing average of the '24-'25 season to seed them.
- We have **21 teams. Conference I has 10 teams and Conference II has 11 teams.** Each team will have 11 (10 conference and 1 crossover) meets and they have 5 Home/5 Away or 4 Home/ 6 Away depending on the crossover they have.
- Teams can schedule 2 or more additional meets from their conference or crossovers. The scores count for team and individual average but not win/loss record.
- Teams can have a maximum of 16 dual meets.
- Each team will have 1 additional meet for the Cartwheel for a Cure Meet on Saturday Jan 17, 2025 at Cold Spring Harbor. All 21 teams will compete on Saturday- we will do two sessions- 9 am for first session and 1 pm for second session. We will mix conf I and conf II teams this year for each session (pulled from a hat) at the request of the coaches. This meet counts for scores for individual and team scores but not for Win/Loss record.

- **Conference Champion** is determined by win/loss record. NEW to '25-'26 season: no co-conference champions. We will break the tie by head to head win/loss or team average if no head to head.
- Reminder that all gymnasts must have 10 practices before their first meet. First practice is Monday November 17, 2025. Number of meets required for post season eligibility is 6 dual meets.
- I have blacked out Midterm/Regents week-Jan. 20-23, 2025- **NO MEETS!**
- At the request of the coaches, no meets are scheduled on Saturdays. Most schools have gym availability problems, cheerleading conflicts or religious considerations. However, if a meet needs to be rescheduled and both schools have available gym space, then feel free to use a Saturday.
- **Gymnastics Rules** remain the same as 2024-2025 season for High School Gymnastics- Level 9 modified USA Rules Interpreter. New Rule books can be found on the NYSPHSAA website for download.

Nassau County Team Championships: Playoff Qualifications

- **Top 10/21 teams by average (Drop high score, average next 3) will compete in the team championship meet.** Any team from either conferences can qualify for the team championships as long as their average qualifies them in the top 10.
- We only use a team's average to qualify for the Team Meet.
- Win/Loss record is not used for qualifications for Team Championships- only a team's average.

Nassau County State Qualifier:

- Any gymnast is eligible to compete in this meet, as long as they meet the qualifying score on each event. We use the average of their top 3 meets during the season on each event.
- Seeding scores are set at the pre-season meeting.
- The Nassau State team is selected from this meet – top 3 All arounds and top 3 specialists per event.

Playoff Dates:

- **State Qualifier:** Tuesday, Feb. 10, 2026, 3:00 p.m., Oceanside HS
- **Team Championships:** Thursday Feb. 12, 2026, 3:00 p.m., TBD
- **Todd Heimer Coaches Invitational:** Saturday, Feb. 7, 2026, 9:30 a.m., North Shore High School (no gymnast who qualifies for SQ can compete in this meet)
- **State Meet** is Feb 28, 2026, Section III- Syracuse

Please call me if you have ANY QUESTIONS, CONCERNS, ANYTHING!! – Section VIII IS GREAT!!

HAPPY HANDSTANDS!

Kim Rhatigan, Section VIII Coordinator, 516-650-4205



December 2025- Section VIII Girls Gymnastics

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9 CSH @ LB HEW @MASS NS @ OCEAN GNS @ BP	10 CP @ PL ROS @ PW WANT@SEW	11 VS @ SYO GC @ SS LYN @ HIX GNN @ GNS	12	13
14	15 9 @ 1 10 @ 8 7 @ 11	16 5 @ 2 6 @ 3	17 1 @ 8 9 @ 7 4 @ 10	18 2 @ 3 6 @ 5	19	20
21	22 5 @ 1 10 @ 2 4 @ 9	23	24 HOLIDAY BREAK	25 CHRISTMAS	26 HOLIDAY BREAK	27
28	29 Holiday Break	30 Holiday Break	31 Holiday Break	Holiday Break	Holiday Break	



January 2026- Section VIII Girls Gymnastics

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				JAN 1 NEW YEARS DAY	2 HOLIDAY BREAK	3
4	5	6 6 @ 1 10 @ 5 8 @ 11	7 9 @ 3 4 @ 7	8 8 @ 2 10 @ 1	9 3 @ 7 4 @ 6 11 @ 9	10
11	12 1 @ 7 3 @ 10 5 @ 8	13 9 @ 6 11 @ 4	14 8 @ 3 7 @ 2	15 1 @ 4 11 @ 5 9 @ 10	16	17 Cartwheel For A Cure @ CSH 9 am and 1 pm- *see attached teams
18	19 MLK	20 REGENTS TESTS	21 REGENTS TESTS	22 REGENTS TESTS	23 6 @ 7 10 @ 11	24
25	26 2 @ 6 3 @ 5 4 @ 8	27 1 @ 11 7 @ 10	28 2 @ 9 8 @ 6 5 @ 4	29 3 @ 11	30 2 @ 4	31



February 2026- Section VIII Girls Gymnastics

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FEB 1	2 1 @ 3 6 @ 10 11 @ 2	3 7 @ 8 5 @ 9	4 2 @ 1 3 @ 4 11 @ 6	5 7 @ 5 8 @ 9	6	7 Todd Heimer Coach's Invitational Meet@ NS at 9:30 am
8	9	10 State Qualifier Meet @ OCEANSIDE at 3 pm	11	12 Team Championship Meet @ TBD at 3 pm	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28 STATE MEET

2025-2026 Girls Gymnastics Season Alignment
(Based on finishing averages of 2024-2025 season-
drop high, drop low and average the rest)

Conference I

1.	Plainview	172.550
2.	Syosset	170.845
3.	Massapequa	162.035
4.	Port Wash	160.820
5.	South Side	159.150
6.	Hicksville	157.457
7.	Sewanhaka	156.305
8.	Long Beach	155.677
9.	Oceanside	154.195
10.	Bethpage	154.150

Conference II

1.	Carle Place	145.74
2.	Valley Stream	143.97
3.	Hewlett	142.650
4.	Roslyn	141
5.	Garden City	139.22
6.	Lynbrook	138.79
7.	Wantagh	135.02
8.	CSH	116.17
9.	North Shore	107.91
10.	GNS	93.731
11.	GNN	76.238

Cartwheel for a Cure Teams for Jan 17, 2025 at Cold Spring Harbor

9:00 am Session:

1. Long Beach
2. Bethpage
3. Sewanhaka
4. Syosset
5. Massapequa
6. Cold Spring Harbor
7. Roslyn
8. Carle Place
9. GNN
10. GNS
11. Lynbrook

1 pm session:

1. Plainview
2. Oceanside
3. Port Washington
4. South Side
5. Hicksville
6. Garden City
7. Valley Stream
8. Hewlett
9. Wantagh
10. North Shore

SECTION II – Requirements of Gymnasts

I. THE GYMNAST:

Must be informed about the N.Y. State Public High School Technical Handbook and the New York State Safety Regulations (see *Section IV*) and act according to the rules.

A. She has to wear correct, non-transparent athletic attire. Leotards with narrow shoulder straps are not allowed. The leg cut of the leotard may not extend beyond the hipbone. Sports bras that show through a leotard's keyhole must match a color of the leotard.

- If a boy is on a girl's team, he must wear correct men's gymnastics competition attire

The following OPTION is acceptable attire -

- A solid black "spandex/lycra" type shorts, with no embellishment, may be worn over the leotard.
- The shorts must be above the knee or shorter.

B. She must behave in a sportsmanlike, courteous manner.

C. ONLY STUD earrings are allowed in any part of the ear.

- All other piercings MUST be removed, not just covered with tape or a bandage

UNACCEPTABLE jewelry:

- Necklaces and bracelets are NOT allowed during warm-ups or competition.
- Non- stud earrings
- Piercings not in the ear

EXCEPTION: Medical bracelets MUST be covered by athletic tape

Metal hair barrettes are acceptable.

D. Hip, heel or other padding is not allowed. Bandages are permitted, however, they should be securely fastened.

E. Handgrips are permitted at the uneven bars.

F. The wearing of gymnastic slippers and socks are optional -

Note: socks pertain to "golf" socks not knee high socks etc.

G. The excessive use of magnesia (chalk) is not allowed.

Small markings, ex.- an "X"; are permitted on the balance beam and on the floor mat as orientation for difficult acrobatic elements.

H. Nail polish of any color may be worn.

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

High School & Modified/Junior High School

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

Any concerns regarding apparatus or facility limitations should be addressed at this meeting and a solution worked out in favor of the gymnast(s).

I. GENERAL MATTING SPECIFICATIONS & APPARATUS PLACEMENT

All matting and apparatus must be manufactured by a recognized manufacturer.

* Basic Conversion 1¼" = 3 cm.; 4" = 10 cm.; 4½" = 12 cm.; 8" = 20 cm.; 9" = 24 cm.

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

A minimum of one 4 in. x 6 ft. x 12 ft. Competition Landing Mat (CLM) and a 1¼ in. base (panel) mat is **REQUIRED**. The panel mat may be placed underneath or on top of the 4" landing mat.

2. If a 12 cm. (4½") or a 20 cm (8") landing mat is used, a 1¼ in. base (panel) mat is NOT required.

3. A second 4 in. or 4½ in. Competition Landing Mat (CLM) may be placed on top of the required 4 in. or 4½ in. mat.

- The maximum allowable Competition Landing Mat surface would be 9" (24 cm.)

4. A 20 cm. (8 in.) Competition Landing Mat (CLM) is allowed but not required.

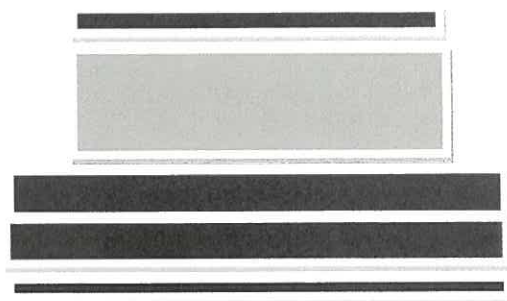
II. SUPPLEMENTAL MATTING for Landings on **VAULT, BARS** and **BEAM**

The following acceptable Supplemental Matting is allowed to a of maximum of 20".

- **ONLY ONE** 8" skill cushion may be used on the Competition Landing Mat surface. It must be a minimum of 5 ft. x 10 ft.
- A 4" Throw Mat. It must be a minimum of 7 ft. x 10 ft.
- A Sting mat. The Sting mat may be placed on top of an 8" skill cushion or a 4" Throw mat.

Maximum allowable landing mats **up to 20"** –

- 2 - 4 ½" landing mats
- 1 - 8" skill cushion
- 1 - Sting mat
- 1 - Panel mat (to be placed beneath the landing mats OR the skill cushion)



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

1 Mounting from Supplemental Mats for **BARS** and **BEAM**

A gymnast may stand and mount from her **FEET** on any allowed supplemental matting; i.e., up to the maximum allowable height of 20".

1. A board **MAY NOT** be placed on an **8" skill cushion** to mount.
3. An additional or incorrect placement of matting is a **-.30** deduction.

IV. VAULT

1. The height of the TABLE may be set between:
 - a. A minimum of 100 cm. (± 1 cm.) = 39 ¾"
 - b. A maximum of 135 cm. (± 1 cm.) = 53 ⅛"
2. The suggested height for **High School** is between **125 cm. to 135 cm.** (49 ¼") to (53 ⅛")
3. The height of the TABLE is determined by measuring the distance from the surface on which the board will be placed, to the center top of the table.
4. It is suggested that the Length of Runway be:
76 ft. to 80 ft. - measured from the front of the Table.
5. A minimum of a **65** ft. runway length is necessary for SALTO TYPE vaults to be performed.
6. Use of the VAULTING BOARD SAFETY ZONE MAT is **REQUIRED** for ALL Round-off entry vaults. It may be used for all other vaults. It must be placed snugly around the board so that there is no space between the board and the safety zone.
7. Use of tape or excessive chalk is not permitted on the vault table.

8. A hand placement mat MAY be placed on the runway for Round-off entry vaults ONLY! It must be manufactured by a gymnastics equipment company and placed correctly on the runway (*velcro side down*).

V. UNEVEN BARS

1. Basic specifications: High Bar: 250 cm. (± 1 cm.); Low Bar: 170 cm. (± 1 cm.) measured from the floor to the top of the rail.
Horizontal distance between the bars:
 - should close to minimum of 130 cm. and extend to maximum of 180 cm.
 - *spread is measured on the diagonal from inside of LB to inside of HB*
 - a. In the best interest of a gymnast's safety; it is permissible to adjust the High Bar and/or Low Bar to a height which exceeds (or is lower than) the listed specifications.
 - b. An extra mat may be placed between the bars, during a routine, for a major release element. It must then be removed immediately.
 - c. Regardless of the measurement, the rails must be adjusted only to a position that locks-in with a dual locking mechanism that meets the manufacturer's recommended safety parameters.
 - d. The distance (spread) between the bars may be set to the preference of the athlete, provided that after such adjustment, the bars remain within the allowances identified by the manufacturer of the apparatus. 5
2. It is suggested that the Mount distance be at least 12 ft.
3. Matted area under the bars must be a minimum of 6 ft. x 24 ft.
 - a. Two (2) – 4 in. x 6 ft. x 12 ft. landing mats.
 - A 6 or 7 ½ ft. x 36 ft. matted area is encouraged.
4. The board may **NOT** be placed on an 8" skill cushion, floor surface or have plywood placed under it. The board must be removed as soon as possible after the gymnast has mounted.
 - Illegal placement of the board will incur a penalty of - **0.30**
 - Failure to remove the board after the gymnast has mounted will incur a penalty of - **0.30**
5. If a raised surface is needed to spot a release move, there is no penalty provided the device is removed immediately after the release is performed. It is suggested that a spotting block or folded mat be used. The use of a board will not incur a penalty.
6. NO substance beside chalk and water is allowed on the uneven bar rails.

VI. BALANCE BEAM

1. Height for **High School** is 120 (47 ¼") or 125 cm. (49 ¼") (± 1 cm.)
2. Height for **Junior High School/Modified** is between 100 cm and 125 cm.
3. It is suggested that the Mount distance be at least 12 ft.
4. Mats: A minimum of a 6 ft. x 12 ft. matted area at each end of the beam. An 8 ft. x 15 ½ ft., or two (2) 6 ft. x 12 ft. mats under the beam.

- A board may **NOT** be placed on an 8" skill cushion.
- A board may not be placed on the floor surface or have plywood placed under it.
- Illegal placement of the board will incur a penalty of **- 0.30**
- Failure to remove the board after the gymnast has mounted will incur a penalty of **- 0.30**

VI. FLOOR EXERCISE

1. It is suggested that the Floor area be as close to 12 meters x 12 meters as possible (i.e. - 39 ft. 4 7/16 in. x 39 ft. 4 7/16 in.)
 - a. The measurement is from the outside of the tape.
 - b. The minimum surface thickness is 1 1/4 in. thick.
 - c. A resolute or wrestling mat type surface is permitted.
 - d. The top of the mat must be joined into one continuous and level surface.

2. FLOOR EXERCISE Supplemental Matting:

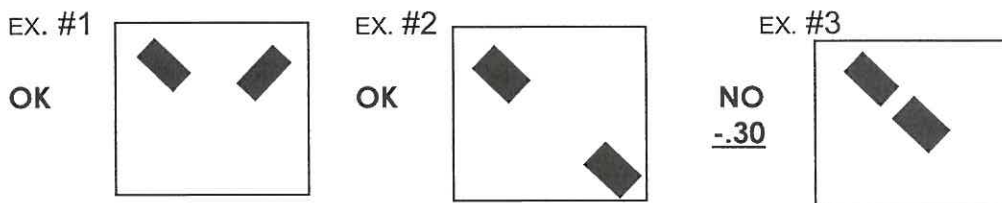
Up to two (2) 8" skill cushions OR 4" throw mats may be placed separately on the Floor Exercise area. A maximum thickness of 8 in. is allowed.

The 8" skill cushion(s) must be a minimum of 5 ft. x 10 ft.

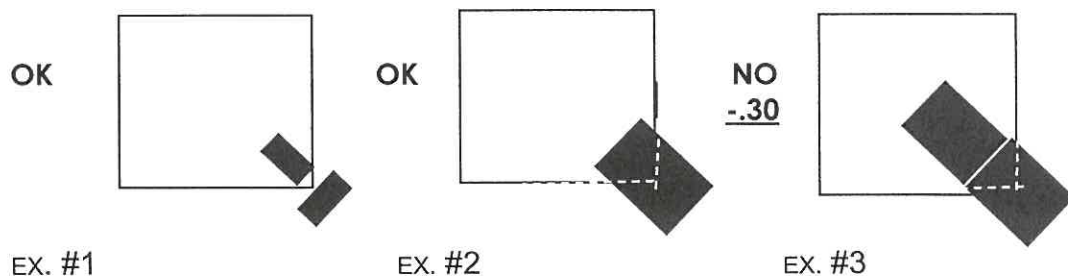
A "sting" mat may be placed on top of a 4" throw mat.

- a. Whenever additional matting is placed on the Floor Exercise area and covers a portion of the boundary line(s), the mat must be clearly marked with chalk or tape to indicate the actual boundary line(s).
 - a. Failure to mark boundary lines incurs a **- 0.10** penalty.
- b. A Coach may go onto the floor area to adjust, remove or place a mat without deduction.

3. Floor Exercise supplemental mat placements:



4. Floor Exercise corner mat placements:



H. S. Composition

BARS

- Choice of Elements ↑.50
- Variety of ele. & conn.
 - Bal. bet pirouette & flight ele.
 - No element with a turn
 - No fwd./bwd.-circles /releases
 - One dir. throughout routine

No elements thru vertical ↑.20

- Insuff. Distribution ↑.10
- Difficulty level not maintained
 - Level of dismount

Uncharacteristic Ele. - .10

¾ front giant - .10

BAR EXECUTION:

- Insufficient extension of glides ↑.10 ea.
- Landing too close to bars-salto dismount .10

Insufficient Dynamics ↑.20

BEAM

- Acro Level ↑.20
- Acro ele. fwd./swd. & bwd ↑.10 ea.
- Dmt. only dir. change -.05

Dance Level ↑.20

No dance series .20

>2 same shape dance:

- Tuck/wolf .10
- Straddle .10

Distribution ↑.10

No Salto/Aerial dismount ↑.10

Insuff. Level changes ↑.10

Insuff. use of entire Beam ↑.10

Diff. dir. of mov/choreog. ↑.10

BALANCE BEAM EXECUTION:

- Lack of precision in dance parts ↑.10 ea.
- Tempo/Rhythm in dance and acro ↑.10 ea.
- Incorrect body posture in dance ele ↑.10 ea.

Throughout:

- Sureness of performance ↑.20
- Insufficient Body posture ↑.30
- Incorrect footwork ↑.20

Artistry / Presentation ↑.30

Short Exer. >30 sec. 2.00

FLOOR

Acro Level ↑.20

No Saltos/Aerials in 2 diff. dir. .10

No flic-flacs .30

-in a routine with NO saltos/aerials

Dance Level ↑.20

>2 same shape dance:

- Tuck/wolf .10
- Straddle .10

No "B" turn on one ft. .20

Insuff. Distribution ↑.10

- Difficulty level not maintained
- Level of dismount

FLOOR EXECUTION:

- Lack of precision in dance parts ↑.10 ea.
- Tempo/Rhythm in dance and acro ↑.10 ea.
- Incorrect body posture in dance ele ↑.10 ea.

Throughout:

- Insufficient Body posture ↑.30
- Incorrect footwork ↑.20
- Poor Relat. bet. music & movement ↑.20

Artistry / Presentation ↑.30

Short Exer. >30 sec. 2.00

NEW YORK STATE HIGH SCHOOL VAULT TABLE

July 2025

Group I Handsprings, Yamashitas	Group II Handsprings (w/wo 1/1 turn) – Saltos Forward or Backward	Group III TSUKAHARA on – Salto Fwd. or Bwd. (w/wo turn)	Groups IV & V ***ROUND OFF *** Entry vaults (w/wo turns on)
* NOTE: ½ on vaults may be performed with a ¼ turn on 1.101 Handspring 8.6 1.102 Handspring – ½ 8.7 1.103 Yamashita 8.6 1.104 Yamashita – ½ 8.7 1.105 * ½ on – ½ off 8.7 1.106 * ½ on – REP. off 7.0		NOTE: ALL Group 3 – Tsukahara vaults, may be performed with a 90° to 180° (¼ or ½) LA turn in the first flight.	4.101 RO – Rep. off 7.6 4.102 RO – Rep. ½ off 7.7 4.103 RO – 1/1 tw. off 9.1 4.104 RO – 1½ tw. off 9.3 4.201 RO – 2/1 tw. off 9.8
1.201 Handspring – 1/1 9.0 1.202 Yamashita – 1/1 9.0 1.203 Handspring – 1½ 9.4 1.204 * ½ on – 1/1 off 8.9 1.205 * ½ on – 1½ off 9.3 1.206 1/1 on – H/Y off 9.0 1.207 1/1 on – ½ off 9.3		3.201 Tsukahara – Bk. Tuck 9.6	4.301 RO – Back Tuck 9.6 4.302 RO – Back Pike 9.7 4.303 RO – Back Layout 10.0 4.304 RO – ½ off, Fr. Tuck or 9.9 RO – Back Tuck ½ 4.305 RO – ½ off, Fr. Tuck ½ 10.0 4.306 RO – Back Tuck 1/1 10.0 4.307 RO – Back Layout 1/1 10.0
1.301 Handspring – 2/1 9.9 1.302 * ½ on – 2/1 off 9.8 1.303 1/1 on – 1/1 off 9.7	2.301 H.Sp. – Front Tuck 10.0 2.302 H.Sp. – Front Tuck ½ 10.0 2.303 H.Sp. – Front Pike 10.0 2.401 F.H.S. onto board, H.Sp. – Fr. Tuck 10.0 2.402 F.H.S. onto board, H.Sp. – Fr. Pike 10.0	3.301 Tsuk – Back Pike 9.7 3.302 Tsuk – Back Layout 10.0 3.303 Tsuk – Back Tuck ½ 9.9 3.304 Tsuk – Back Tuck 1/1 or 10.0 Tsuk – ½ off, Fr. Tuck 3.401 Tsuk – ½ off, Fr. Tuck ½ 10.0	5.101 RO ½ on – H.Sp. off 8.9 5.201 RO ½ on – 1/1 tw. off 9.2 5.202 RO ½ on – 1½ tw. off 9.4 5.301 RO ½ on – 2/1 tw. off 9.9 5.401 RO 1/1 – 1/1 tw. off 9.3

Stretched Body Vaults

1.01	Squat	7.0
1.02	Straddle	7.2

ROUND-OFF ENTRY VAULTS

The safety collar **MUST** be used.

There is **NO** deduction for a coach standing between the board and the Table.

BARS CV	SR = .50 ea.	BEAM CV	SR = .50 ea.	FLOOR CV	SR = .50 ea	DV
+0.1 +0.2 C+C (2 different)	- 1 Bar Change - 1 B- Flight - 1 B Group 3,6, or 7 or 2nd diff. B- flight or a C ele. w./ turn - Dmt B Salto	Acro Flight (No DMT) Acro Flight 2 Dance/Mix (No DMT) Turns	+0.1 +0.2 B+C* (C must be salto) B+B+C B+C A+C (or rev.)	Acro. Indirect Acro Direct 2 Dance/Mix (direct conn.) Dmt B Salto/Aerial	+0.1 +0.2 B+B+C C+C B+B C+C	A=10 B=30 C=50 SV 9.7 CV awarded unless a fall occurs
Uneven Bars	Choice of Elements: -Lack of variety of elements & conn. -Lack of balance bet. pirouettes & flights -Lack of elements with LA turns in routine -Lack of fwd/bwd circles & releases -Facing same direction throughout Lack of VP that achieve vertical Insufficient distribution Uncharacteristic elements ¾ front Giant circle	Balance Beam Level of Acro elements No Acro fwd/swd & bwd only in Dmt. Level of Dance Lack of Dance Series (2 from gr. 1,2,3) >2 dance elements - tuck/wolf shape >2 dance elements - straddle shape No Salto/Aerial dismount Insufficient level changes Use of the entire length of Beam Failure to show mov./choreo. in diff. dir. Height of Acro flight/Dance elements Concentration pause (+2 sec.) Insuff. variation in rhythm/tempo Rhythm of dance/mix/acro fwd./counter conn Support of 1 leg against side of BB Insuff. height on Salto dismt. Land too close to beam - on salto dmt. Insufficient Dynamics Insuff. sureness of perf. throughout Overtime Artistry/Presentation - Original/Creative choreography - Projection of personal style - Quality of expression	Beam Level of Acro elements No Acro fwd/swd & bwd only in Dmt. Level of Dance Lack of Dance Series (2 from gr. 1,2,3) >2 dance elements - tuck/wolf shape >2 dance elements - straddle shape No Salto/Aerial dismount Insufficient level changes Use of the entire length of Beam Failure to show mov./choreo. in diff. dir. Height of Acro flight/Dance elements Concentration pause (+2 sec.) Insuff. variation in rhythm/tempo Rhythm of dance/mix/acro fwd./counter conn Support of 1 leg against side of BB Insuff. height on Salto dismt. Land too close to beam - on salto dmt. Insufficient Dynamics Insuff. sureness of perf. throughout Overtime Artistry/Presentation - Original/Creative choreography - Projection of personal style - Quality of expression	Floor Exercise Level of Acro elements No Salto/Aerials in diff. dir. (bwd & fwd. swd.) No flic-flacs (in routine without Salto/Aerials) Level of Dance No B- Turn (min.) on 1 foot >2 dance elements - tuck/wolf shape >2 dance elements - straddle shape Height of Salto Amplitude of Dance elements Concentration pause (2 sec.) Insuff. Rhythm/Tempo throughout Poor relat. of music & movement No sync. of music & move throughout - Exer. not ended with music Music with words or No music Insufficient Dynamics Artistry/Presentation - Original/Creative choreography - Projection of personal style - Quality of expression Exceeds FX boundary Overtime	Floor Exercise Level of Acro elements No Salto/Aerials in diff. dir. (bwd & fwd. swd.) No flic-flacs (in routine without Salto/Aerials) Level of Dance No B- Turn (min.) on 1 foot >2 dance elements - tuck/wolf shape >2 dance elements - straddle shape Height of Salto Amplitude of Dance elements Concentration pause (2 sec.) Insuff. Rhythm/Tempo throughout Poor relat. of music & movement No sync. of music & move throughout - Exer. not ended with music Music with words or No music Insufficient Dynamics Artistry/Presentation - Original/Creative choreography - Projection of personal style - Quality of expression Exceeds FX boundary Overtime	Beam Level of Acro elements No Acro fwd/swd & bwd only in Dmt. Level of Dance Lack of Dance Series (2 from gr. 1,2,3) >2 dance elements - tuck/wolf shape >2 dance elements - straddle shape No Salto/Aerial dismount Insufficient level changes Use of the entire length of Beam Failure to show mov./choreo. in diff. dir. Height of Acro flight/Dance elements Concentration pause (+2 sec.) Insuff. variation in rhythm/tempo Rhythm of dance/mix/acro fwd./counter conn Support of 1 leg against side of BB Insuff. height on Salto dismt. Land too close to beam - on salto dmt. Insufficient Dynamics Insuff. sureness of perf. throughout Overtime Artistry/Presentation - Original/Creative choreography - Projection of personal style - Quality of expression
Circle Elements to HS	20° 45° 35-15° No VP ↑ -20	20° 45° 35-15° No VP ↑ -20	20° 45° 35-15° No VP ↑ -20	20° 45° 35-15° No VP ↑ -20	20° 45° 35-15° No VP ↑ -20	20° 45° 35-15° No VP ↑ -20
Turns in Handstand	30° 45° 05-10 15-20	30° 45° 05-10 15-20	30° 45° 05-10 15-20	30° 45° 05-10 15-20	30° 45° 05-10 15-20	30° 45° 05-10 15-20
Turns & Twists	45° 90° 05-10 15-20	45° 90° 05-10 15-20	45° 90° 05-10 15-20	45° 90° 05-10 15-20	45° 90° 05-10 15-20	45° 90° 05-10 15-20
Leaps	20° 45° 05-10 20	20° 45° 05-10 20	20° 45° 05-10 20	20° 45° 05-10 20	20° 45° 05-10 20	20° 45° 05-10 20
General	No Dismount (from SV) Spotting Asst. (NO VP awarded) Fall or support on hands/body Fail to Present before and/or after Incorrect attire Unacceptable Jewelry Incorrect apparatus specs. Board on unpermitted surface Start w/o signal from judge (repetition) 3rd Run approach-UB, BB Fail to remove Board Fail to land on bottom of feet Short exercise: BB/FX (less than 30 sec.) Coach on FX mat	No Dismount (from SV) Spotting Asst. (NO VP awarded) Fall or support on hands/body Fail to Present before and/or after Incorrect attire Unacceptable Jewelry Incorrect apparatus specs. Board on unpermitted surface Start w/o signal from judge (repetition) 3rd Run approach-UB, BB Fail to remove Board Fail to land on bottom of feet Short exercise: BB/FX (less than 30 sec.) Coach on FX mat	No Dismount (from SV) Spotting Asst. (NO VP awarded) Fall or support on hands/body Fail to Present before and/or after Incorrect attire Unacceptable Jewelry Incorrect apparatus specs. Board on unpermitted surface Start w/o signal from judge (repetition) 3rd Run approach-UB, BB Fail to remove Board Fail to land on bottom of feet Short exercise: BB/FX (less than 30 sec.) Coach on FX mat	No Dismount (from SV) Spotting Asst. (NO VP awarded) Fall or support on hands/body Fail to Present before and/or after Incorrect attire Unacceptable Jewelry Incorrect apparatus specs. Board on unpermitted surface Start w/o signal from judge (repetition) 3rd Run approach-UB, BB Fail to remove Board Fail to land on bottom of feet Short exercise: BB/FX (less than 30 sec.) Coach on FX mat	No Dismount (from SV) Spotting Asst. (NO VP awarded) Fall or support on hands/body Fail to Present before and/or after Incorrect attire Unacceptable Jewelry Incorrect apparatus specs. Board on unpermitted surface Start w/o signal from judge (repetition) 3rd Run approach-UB, BB Fail to remove Board Fail to land on bottom of feet Short exercise: BB/FX (less than 30 sec.) Coach on FX mat	No Dismount (from SV) Spotting Asst. (NO VP awarded) Fall or support on hands/body Fail to Present before and/or after Incorrect attire Unacceptable Jewelry Incorrect apparatus specs. Board on unpermitted surface Start w/o signal from judge (repetition) 3rd Run approach-UB, BB Fail to remove Board Fail to land on bottom of feet Short exercise: BB/FX (less than 30 sec.) Coach on FX mat

GUIDELINES AND RECOMMENDATIONS FOR CODES OF BEHAVIOR FOR COACHES, PARTICIPANTS, SPECTATORS AND ADMINISTRATORS IN INTER-SCHOLASTIC COMPETITION

I. Introduction

It is the duty of all those concerned with high school athletics to emphasize the proper ideals of sportsmanship, ethical conduct, and fair play under all circumstances. The values to be derived from competing fairly should be stressed and any actions which tend to destroy those values should be discouraged. Courtesy should be shown toward opponents, officials, supervisors, spectators and administrators. Efforts must be made to achieve a thorough understanding and acceptance of the rules of the sport and the standards of eligibility and to respect the integrity and the judgment of the officials. It is important for all to recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual gymnasts. Most of all it is the duty of all concerned to remember that an athletic contest is only that, and should be kept in appropriate perspective.

II. The Coach is expected to:

1. Set a positive example at all times.
2. Be aware that he/she is representing a school and its student body. Impressions made are lasting.
3. Recognize that athletic competition is a means toward an end, not an end in itself. Specifically, athletics should lead to the development of healthy, well-adjusted young women.
4. Approach competition as a healthy and constructive exercise, not as a life and death struggle that requires victory at any price. It should be fun and enjoyable.
5. Recognize that the participants are young women with human frailties and limitations who are capable of making mistakes.
6. Be prepared to win or lose. Be positive. Encourage peak performance within the rules.
7. Command respect by personal attitude and behavior.
8. Be well-groomed. Wear appropriate attire be it casual or otherwise.
9. No use of crude or abusive language with players, opponents, officials or spectators.
10. Respect the judgment of the officials. Although it is reasonable for the coach to question officials' decisions, and even to disagree, the officials' decisions must be accepted graciously. Questionable decisions may be referred to the appropriate Section representatives.
11. Handle dissatisfaction with officiating quietly and efficiently through the use of the rating cards supplied by Section VIII.
12. Avoid behavior that will incite gymnasts, opponents or spectators.
13. Instruct athletes to respect officials. Questions concerning rules or interpretations should be made by the team captain as the team representative during the contest.
14. Encourage good sportsmanship and remove athletes from competition who demonstrate unacceptable behavior.
15. The athletic program is a total part of the educational opportunity provided for all students. It should be treated as just that.

III. The Athlete is expected to:

1. Understand and abide by the rules and regulations of the sport and, respect the integrity and judgment of the officials.
2. Conduct herself as a lady at all times.
3. Demonstrate self-control and mutual respect at all times. Uncontrolled emotion can be self-defeating.

SECTION VIII SPORTSMANSHIP POLICY

Approved September 2024

The NYSPHSAA and Section VIII recognizes and appreciates that the influence and responsibility of the school administration with regard to good sportsmanship extends to all levels of competition. However, it must also be seen that the NYSPHSAA and Section VIII has been vested with the responsibility to ensure that all contests under its jurisdiction are conducted satisfactorily. This standard applies to all regular season and post season play.

As of July 1, 2013, the Dignity for All Students Act (Dignity Act-Section 52.2, Part 80 and 57-4) is to provide all public school students with an environment free from harassment, bullying (including cyber bullying) and discrimination, as well as to foster civility in public schools.

The Dignity Act focuses on the prevention of discrimination behaviors, including harassment/bullying through the promotion of educational measures meant to positively impact school culture and climate, which includes the interscholastic programs.

The High School Athletic Association of Section VIII established the Sportsmanship Committee as a sub-committee of the Athletic Council to address incidents of unsportsmanlike conduct and flagrant misconduct. The purpose of the Sportsmanship Committee is to take proactive measures in an effort to minimize inappropriate behavior at all Section VIII events and to promote positive sporting behavior throughout the county.

- What is to be reported:
 - A Player who is ejected from a contest for flagrant misconduct and/or unsportsmanlike conduct.
 - A Spectator who acts in a disruptive, abusive or inappropriate manner.
 - A Coach who conducts himself/herself in an inappropriate or unsportsmanlike manner.
 - An Official who demonstrates unsportsmanlike conduct or inappropriate behavior unbecoming of a sport official.
 - A School that permits spectators to conduct themselves in an abusive, disruptive or harassing manner. This also includes schools that do not provide adequate supervision at home or away contests to control their spectators.
- Responsibility for reporting:
 - Coaches must report all incidents to their respective athletic directors, even if only one player/team was cited for misconduct.
 - Athletic Directors must file reports with the Office of the Executive Director within 24 hours of any disqualification, ejection or incident of unsportsmanlike behavior.
 - Officials must file reports with the Office of the Executive Director within 24 hours of any disqualification, ejection or incident of unsportsmanlike behavior.
- Reporting Procedure:
 - All unsportsmanlike incidents are to be reported by the coach (or by both coaches) to their respective athletic directors immediately following the contest.
 - The Athletic Directors of both schools involved are to file reports with the office of the Executive Director as soon as possible, but no later than the morning following the contest/incident (or the next school day).
 - The Officials assigned to the contest are to file a report with the Office of the Executive Director as soon as possible, but no later than the morning following the contest/incident (or the next school day).
 - The Office of the Executive Director will forward copies of all reports to the Sportsmanship Committee Chairperson, Sport Coordinator, and the appropriate VP of Male/Female Sports.

- Committee Actions:

- All member schools including individuals representing member schools who are involved in unsportsmanlike conduct are subject to consequences deemed appropriate by the Sportsmanship Committee.
 - The Sportsmanship Committee may recommend action in instances of unsportsmanlike conduct and is authorized to recommend consequences which may include, but are not limited to: Censure, Reprimand, Suspension, Loss of Eligibility, or any other actions that are deemed appropriate by the Sportsmanship Committee.
 - All recommendations of the Sportsmanship Committee will be filed with the Office of the Executive Director and forwarded to the Athletic Director(s) of the school(s) involved.
 - All actions of the Sportsmanship Committee are subject to review by the respective Athletic Director(s). Schools may impose additional consequences.
 - Copies of all reports of the Sportsmanship Committee shall be kept on file with the Sportsmanship Chairperson, the Executive Director and the Sports Coordinator.

E. Penalties:

1. Player Expulsion:

Any player who commits a serious violation of game rules or takes part in flagrant misconduct during play shall be subject to ejection from the contest and disciplinary action. Ejection from a contest result in mandatory two (2) game suspension from the next regularly scheduled contests, including post-season play. Disqualifications from one season will carry over to the player's next season of participation. Any player suspended from participation may not be on site or involved in any capacity (spectator, timekeeper, scorekeeper, etc.) on the day of suspension.

Failure to comply will

result in additional sanctions being levied against the individual, coach and/or team.

2. Second Occurrence of Misconduct:

In the same sport – (Section VIII Athletics requires a full season suspension for the 2nd ejection). Any person (coach, player, spectator, school official, etc.) who is ejected from a second contest in the same sport for unsportsmanlike conduct shall require the Sportsmanship Committee to review the matter. This may lead to more severe disciplinary action including suspension for the remainder of the season. Such disciplinary action could carry over into subsequent sports seasons. Additional consequences may also be recommended by the Sportsmanship Committee.

3. Intentional Physical Contact by a Player:

Any member of the squad who strikes, shoves, kicks or makes other physical contact with the intent to annoy, harass or intimidate an official, another player, a spectator, coach, school district employee or supervisor, etc. shall be expelled from the game immediately and banned from further participation in all sports for a period to be determined by the Section not to exceed one year from the date of the offense. NOTE:

Members of the squad include players, managers, score keepers, timers, and statisticians. The incident must be reported to the Office of the Executive Director who will in turn forward to the Sportsmanship Committee and respective Sports Coordinator. Consequences may include but are not limited to: Censure, Reprimand, Suspension, Loss of Eligibility, or another action that is deemed appropriate by the committee.

4. Team Members/Non- Participant/Pre -or Post-Game Misconduct:

Any act of unsportsmanlike/flagrant misconduct by either a team member, non-participant before or after (pre and post-game) will be excluded from play in and/or subject to removal from the site of the contest. Any player, coach or spectator who commits a serious violation of the sportsmanship rules or takes part in flagrant misconduct as a non-participant after the contest has concluded (post-game) will be suspended from participation in or attendance at the next regularly scheduled contest including the post-season.

5. Spectators:

Any spectator who acts in a disruptive, abusive or unsportsmanlike manner may cause the game to be suspended or the spectator removed from the site. A letter from the Sportsmanship Committee may be sent to the appropriate Athletic Director(s), Building Principal(s) and Superintendent(s). Continued incidents of disruptive behavior may result in additional disciplinary action by the Sportsmanship Committee. This will result in a mandatory (3) three game suspension from the next scheduled contests.

6. Coaches:

Any coach excluded by a certified official from an interschool competition for unsportsmanlike conduct, including taunting, is ineligible to coach any interschool competition in that sport until after the next previously scheduled contest at the same level (e.g. junior varsity, varsity, etc.) has been completed. In individual sports a multi-day contest is considered to be a contest. Disqualification from one season carries over to the next season of participation. The coach may not be present at the game site nor communicate in any manner during the contest with any person present at the site.

NOTE: "Not being physically present at the site" means a disqualified coach is not to be present in the locker room, on the sidelines, in the stands or site area before, during or after the game/meet. Any coach that does not serve the penalty for violating the Sportsmanship Standard will be ineligible to participate in the next two regularly scheduled contests. If the coach continues to not serve the penalty, the matter will be referred to the Section for further action. If the coach is involved in the NYSPHSAA play-offs, the matter will be referred to the Executive Director of the NYSPHSAA.

7. Intentional Physical Contact:

A coach who strikes, shoves, kicks or makes other physical contact with the intent to annoy, harass or intimidate another person (e.g. official, another coach, player, fan) shall be expelled immediately and banned from further participation or coaching in all sports for a period of time to be determined by the section not to exceed one year from the date of the offense.

8. Officials:

An official who demonstrates inappropriate or unsportsmanlike conduct will be reported to the Sportsmanship Committee. The Sportsmanship Committee may recommend disciplinary action to be taken against the official by the official's organization.

9. Taunting:

Taunting includes, but is not limited to, any actions or comments by coaches, players, or spectators which are intended to bait, anger, embarrass, ridicule or demean other players, coaches, or game officials. Included in this is conduct that berates, needles, intimidates, or threatens based on gender, ethnic origin or background and conduct that attacks religious beliefs, size, economic status, speech, family special needs, or personal matters. Examples of taunting that would lead to ejection include, but are not limited to, physical and verbal intimidation outside the spirit of the game ("trash talking"), reference to sexual orientation, "in-

the-face confrontation” by one player to another, standing over, straddling a tackled or fallen player, etc.

10. Bench Clearing:

If an altercation occurs during a contest and members of either team leave their respective bench or sideline area or playing positions and go onto the playing field/court participation area, they will be immediately ejected from the contest for unsportsmanlike behavior. This will result in a mandatory two (2) game suspension from the next scheduled contests.

11. Due Process:

Students, coaches and schools have the right to be heard by the Sportsmanship Committee. However, appeals will only be held regarding a misapplication of the sport rules and/or an ejection of a misidentified player. This right must be claimed within 24 hours of the incident occurring and must be made to the Office of the Executive Director of Section

VIII. All actions of the Sportsmanship Committee may be appealed by a member school. Any such appeal will be heard by the Section VIII Athletic Council. An appeal to the Sportsmanship Committee will result in a \$250.00 check to be made out to Section VIII Athletics. If the school appeals beyond that committee to the Athletic Council, a check for

\$500.00 is to be made out to Section VIII Athletics. If said school wins their appeal with the Athletic Council, they will be refunded \$250.00.

HOST FOR INDIVIDUAL/TEAM COUNTY CHAMPIONSHIPS

Section VIII Chair provides:

- Information for the program
- Score sheets for head table
- Score sheets for officials

Host school needs to provide the following:

Equipment

Vault:

- Vault Table with separate runways
- Need tape measure next to runway
- Tape the runway to prevent from sliding
- Long table with 2 chairs for officials for vault table
- 2 desks or chairs for score flasher and runner

Uneven Bars:

- Have regulation on low and high bar written down next to bars for coaches
- Have stools or chairs for setting high bar
- Timer & Stopwatch (for timed warm-up); they can also record who has had bar settings done
- Long table with 2 chairs for officials
- 2 desks or chairs for score flasher and runner

Beam:

- 2 people to time and 2 stopwatches
- Bell
- Long table with 2 chairs for officials
- 2 desks or chairs for score flasher and runner

Floor:

- Music Player with digital (ipod, mp3, phone) capabilities, AUX cord, CD player. Please have responsible music person to operate the music during the meet or let teams know that they are responsible to play their own music
- Stopwatch
- Bell (different sound than beam)
- Long table with 2 chairs for officials
- 2 desks or chairs for score flasher and runner
- Mats must be taped/velcro together

- ~ **Each event needs 8 chairs for on deck competitors.**
- ~ **Please have a table cloth and apron around the tables for judges.**
- ~ **Have enough mats – if necessary, borrow mats from other schools.**

- **Program**
 - Announcer
 - Entrance/Exit music
- **Score Flashers:**
Make arrangements for visiting schools to bring score flashers if necessary.

Host school: Please make sure you have designated timers, flasher and runners for each event!

- **Supervision**
 - Host school will provide appropriate supervision personnel and submit payment form to Section VIII.
- **Miscellaneous**
 - Head table with chairs for announcer and head scorers
 - scoresheets for officials
 - Table to display awards
 - Award stand for 1st, 2nd, 3rd place (use mats if no stand)
 - American flag
 - National Anthem
 - Athletic Trainer*
 - Host school may wish to have AD (or principal or school representative) to welcome the gymnasts to the meet.
 - Please have a designated area for the Newsday photographer (outside of the judges chairs).
 - The announcer must have professional presentation.
 - Provide a hospitality room suite for officials and coaches before the meet.
 - Decorate with flowers, theme, balloons, walk in signs
 - Sell food during the meet for spectators

* If your school cannot provide one, let the Section Chair know and she/he will make provisions to provide one.

THANK YOU FOR OFFERING YOUR SCHOOL AS A HOST SITE!!

1. MTS.

- Jp. w. $\frac{1}{2}$ or 1/1 t. to hang on HB
- ALL glide kips; also w $\frac{1}{2}$ or 1/1 t.
- ALL Stra. Cuts to same bar

2. CASTS/
COUNTERSWINGS

- Cast sq/pike/str. onto bar
- Cast to HS- hips bent or extended
- Uprise bwd to clear support
- from hang, counterswing bwd. to Straddle over LB to hang on LB
- Cast to HS $\frac{1}{2}$ t
- Cast to HS hop grip change
- Uprise to HS
- from hang, counterswing BWD. to Str over LB to HS on LB
- Cast 21 to 45 ° from vert. w. $\frac{1}{2}$ t.

3. UNDERSWINGS /
CLEAR HIPS CIRCLES

- Undersw. on HB w. $\frac{1}{2}$ t. to hang
- toe-on HB, undersw $\frac{1}{2}$ w fl. over LB to hang (*overshoot*)
- clear hip circle
- undersw/toe-on LB w. $\frac{1}{2}$ t catch HB
- **from HS**, toe-on undersw $\frac{1}{2}$ w fl. over LB to hang (*overshoot from HS*)
- clear hip circle HS; also w. $\frac{1}{2}$ t

4. GIANT SWING BWD.

- Swing with $\frac{1}{2}$ t. above HB
- from hang. sw. $\frac{1}{2}$ t fl. over LB to hg (*overshoot*)
- sw. bet. bars 1/1 t.. at HB height
- swing with $\frac{1}{2}$ t. – min. 45° from vert.
- Giant to HS; w. $\frac{1}{2}$ t., w. hop grip ch.
- **from HS**, sw. $\frac{1}{2}$ t fl. over LB to hang (*overshoot*)
- sw. fwd on HB to salto bwd. to hang on LB "*peach drop*"

5. GIANT SWING FWD.

- sw. down fwd bet. bars 1/1 t..at HB hgt
- giant cir. fwd to HS; also w. $\frac{1}{2}$ t.
- from HB HS, sw. fwd straddle over LB to hang

6. STALDER CIRCLES

- clear str. Circle fwd to supp
- clear str. Circle bwd to supp
- stalder fwd or bwd to clear supp
- All stalder circles to HS, also $\frac{1}{2}$ t.
- stalder cir rel. & countermt. to HB

7. CIRCLE SWINGS
/HECHTS

- hip circle bwd. or fwd.
- sole circle fwd. or bwd.
- seat circle fwd. or bwd
- pike sole cir. bwd to HS
- pike sole cir LB rel. & countermt. to catch HB (toe-up)

8. DISMOUNTS

- underswing; w. $\frac{1}{2}$ t, w. 1/1 t. feet on bar or clear
- flyaway- tk/pk/stretch
- undersw. (*toe-on*) 1 $\frac{1}{2}$ or 2/1 tw
- flyaway w. $\frac{1}{2}$, w. 1/1 tw.
- **flyaway (tuck, pike, LO)**
- pike circle to salto fwd
- undersw. $\frac{1}{2}$ t salto bwd (*Comaneci*)
- Swing fwd. 1 $\frac{1}{2}$, 2/1 tw
- Swing fwd. to double salto bwd.

BEAM

NOTE: Elements in "Blue" denotes those elements rarely seen and not on exam!

A

B

C

1. MOUNTS

Plain jump-on or thru mts.
Scissor leg over to thigh sit
Head, chest stand, Fwd. roll

Straddle jump to beam

Free jump w. $\frac{1}{2}$ t.

Squat/stoop thru to clear pike supp hold 2sec.

Press/swing to HS

2. LEAPS/JUMPS

Split leap

Split leap $\frac{1}{4}$ t.

Stretched jp./ jp. $\frac{1}{2}$ →

Tuck jp. →

Cat leap →

Wolf jp. / hop →

Sissone →

Stretched jp. $\frac{3}{4}$ →

Split jump (min. 135°)

Tuck jp. $\frac{1}{2}$ →

Cat leap $\frac{1}{2}$ →

Wolf jp. $\frac{1}{2}$ →

Pike jp. (cross) →

Split leap $\frac{1}{2}$ t.

Switch leg leap

Stretched jp. 1/1

Split jump $\frac{1}{2}$ t.

Tuck jp. $\frac{3}{4}$

Cat leap 1/1

Wolf jp. 1/1 (1 or 2 ft take-off)

Pike jp. (swd.)

Stra. Jp (180°)

Ring lp/jp

3. TURNS

1/1

1 $\frac{1}{2}$

1/1 tuck stand turn

1 $\frac{1}{2}$ tuck stand turn

4. WAVES

Body wave-fwd/bwd.swd

Body wave to bal. on 1 leg (hold 2 sec.)

5. HOLDS- 2 sec.

Scale

Handstand

Clear pike supp.

HS to planche

6. ROLLS

Fwd/bwd/swd/sh. rolls

free fwd. roll

HS fwd. roll

7. WALKOVERS/CARTWHEELS

ALL cartwheels & walkover

Variations, Roundoff

FLIC-FLACS

front/side aerials

one arm FLIC-FLAC

8. SALTOS

ALL saltos

9. DISMOUNTS

Cartwheel, Round-off

Aerial

Front salto-tk/pk/stretch

Aerial 1/1 tw.

*** Standing Back saltos,

Back salto w/ 1/1 tw.

*** Gainer back saltos to side of Beam

Gainer salto w/ 1/1

Front Saltos with 1/1 tw.

Back saltos w/ 1 $\frac{1}{2}$ tw.

Gainer back pike from end of beam

FLOOR

A

1. LEAPS/JUMPS

Split leap, stag leap

Chasse w. 1/1 turn

Hitchkick

Fouette hop w. 1/2 turn

Stretched jp. – also w. 1/2, 1/1 t.

Tuck jump, also with 1/2 t.

Cat leap, also w. 1/2 t.

Wolf jump/hop

Sissone

2. TURNS

1/1

3. HANDSTANDS

Handstand, also w. 1/1 turn

4. ROLLS

ALL fwd./bwd. rolls

5. WALKOVERS/CARTWHEELS

ALL cartwheels, walkovers &

Round-off variations

ALL varieties of FLIC-FLACS

6. SALTOS

B

Split leap – 1/4, 1/2 turn

Ring leap

Tour jete

Switch leap

Stretched jp. 1 1/2 t.

Tuck jump 1/1

Sheep jump

Cat leap 1/1

Wolf jump/hop 1/2 t.

Pike jump

Straddle jump (180°)

Ring jump

1 1/2

1/1 t. leg at horiz.

1/1 turn in tuck stand

Handstand with 1 1/2 turn

roll bwd. to HS with 1/1 t.

Front, Side aerals

Barani (*aerial round-off*)

Flyspring

Front saltos – tuck, pike or stretched
– also with 1/2 tw.

Back saltos – tuck, pike or stretched
– also with 1/2 or 1/1 tw.

C

Tour jete 1/2 to 2 ft

Switch leap 1/4 t.

Switch leap ring

Stretched jp. 2/1 t.

Tuck jump 1 1/2

Cat leap 1 1/2

Wolf jump/hop 1/1 t.

Pike jump 1/1 t.

Straddle jump 1/1 t. (*Popa*)

2/1

1 1/2 leg at horiz.

1 1/2 turn in tuck stand

Front aerial w. 1/1 tw.

Front Handspring w. 1/1 tw.

Front saltos w. 1/1 tw.

Back salto with 1 1/2 or 2/1 tw.

Section VIII High School Athletic Championship Advisory Committee

Mission Statement

The mission of the Section VIII High School Athletic Championship Advisory Committee is to ensure fair and inclusive athletic playoffs that promote excellence, sportsmanship, and opportunities for all student-athletes. Our committee is dedicated to developing and implementing policies that uphold the highest standards of integrity, equity, and transparency in high school athletics. We aim to foster an environment where student-athletes can showcase their talents, compete at their highest level, and create lasting memories while upholding the values of teamwork, perseverance, and respect. Through collaboration with stakeholders, including coaches and administrators, we strive to continuously evaluate and improve our policies to provide a level playing field and a positive experience for all participants. Together, we aim to shape the future of Section VIII high school sports, fostering a culture of inclusivity, fairness, and excellence in athletic competition.

Section VIII High School Athletic Championship Advisory Committee Responsibilities:

The Section VIII High School Athletic Championship Advisory Committee is responsible for a range of important responsibilities. These include:

1. **Policy Development:** The committee is tasked with developing and reviewing policies related to high school athletic championships within Section VIII. This involves studying existing guidelines, identifying areas for improvement, and proposing changes to enhance fairness, integrity, and competitiveness.
2. **Tournament Format and Scheduling:** The committee designs the tournament format, including the number of teams, divisions, and playoff structure. It develops schedules and timelines, taking into account logistical considerations, facility availability, and travel considerations, while striving to minimize conflicts and ensure efficient and organized tournaments.
3. **Eligibility and Qualification:** The committee establishes and reviews eligibility criteria for participation in high school athletic championships. It ensures compliance with Championship Policy and that teams have the opportunity to compete for championships.
4. **Appeals and Dispute Resolution:** In cases of disputes or appeals, the committee serves as a neutral body to review and resolve conflicts. It ensures that due process is followed, investigates claims, and renders fair and impartial decisions in accordance with established policies and guidelines.
5. **Continuous Improvement:** The committee engages in ongoing evaluation and assessment of the championship process, seeking feedback from stakeholders and conducting post-event reviews. It identifies areas for improvement, proposes changes, and implements strategies to enhance the overall experience and effectiveness of high school athletic championships.

By fulfilling these responsibilities, the Section VIII High School Athletic Championship Advisory Committee aims to uphold the integrity of the championships, provide a positive and inclusive environment for student-athletes, and promote the values of sportsmanship and fair competition.

CHAMPIONSHIP PHILOSOPHY

QUALIFYING STANDARD (to get in Sectionals) Each sport, has qualifying criteria that was developed by the coach's association and sports coordinator. The criteria have been approved by the Nassau County High School Athletic Association and the Championship Advisory Committee:

- Any sports that participate in the NYSPHSAA Championships, will provide a sectional post-season competition in which teams compete within their respective classifications. Sports that do not compete as part of the NYSPHSAA Championships, may develop a championship format and present to the High School Athletic Association.
- When there is only one team in a classification, there will be no post-season tournament for that school. However, that team will be given the opportunity to play the winner of the higher classification tournament to get a combined champion. Example: 'D' classification has one school. They would play 'C' classification to determine a C/D champion.
- When there is a situation of 2, 3, or 4 teams in a classification:
 - 2 Teams: A championship game will be played.
 - 3 or 4 Teams: The recommendation for a semifinal would come from the sports committee of that specific sport. The coordinator would present how this was to be done as part of the sports overview before the High School Athletic Association.
- Every school, regardless of their placement in a conference, will have the "opportunity" to qualify for post-season play within Section VIII based on the criteria set forth by the sports committees.
 - The above provision excludes conferences/leagues/divisions that are strictly "developmental". In other words, developmental teams are not eligible for post-season play with non-developmental teams that compete in the regular sectional championship tournament(s)
 - Alternative for the "DEVELOPMENTAL" TEAMS
 - No post-season play at all.
 - A "DEVELOPMENTAL CHAMPIONSHIP" for finishers in the DEVELOPMENTAL LEAGUE" (based upon recommendation of the sports committee).

SECTION VIII PLAYOFF POLICY

The following formula would be used to establish the number of teams that would qualify for “post-season play” based upon the total number of teams in each classification. The same formula would be used by sports that do not use classifications. The purpose of these changes is to create an equitable and fair number of teams to make the playoffs for each classification.

1 Team:	Class Representative to Section VIII to New York State Regnal Game
2 Teams:	2 team brackets
3 or 4 teams:	3 or 4 team brackets
5-8 teams:	4 team brackets
9-12 teams:	6 team brackets
13-16 teams:	8 team brackets
17-20 teams:	10 team brackets
21-24 teams:	12 team brackets
25-28 teams:	14 team brackets
29-32 teams:	16 team brackets
33-36 teams:	18 team brackets
37-40 teams:	20 team brackets

This would allow for a minimum of 50% of the teams/schools that offer a specific varsity sport to qualify for post-season play.

Only teams with a .500-win percentage or better may qualify for post season play except for conferences that are based on ability or power points.

2025-2026 Rules and Regulations of Competition

1. Proper Attire

a. STUD earrings may now be worn in any part of the ear.

1. Other piercings MUST be removed and not covered with bandages or tape.
2. Multiple studs can be worn in the ear.
3. Unacceptable jewelry:

- Non-stud earrings are unacceptable
- Necklaces and bracelets are NOT allowed during warm-ups or competition
- Hair ties around the wrist are not allowed and a zero will be given.
- **ATTIRE**
- H.S. gymnasts MAY NOW have the *OPTION* to wear a solid black “spandex/lycra” type shorts, with no embellishment, over their leotards. Nike Pro shorts are acceptable
- The shorts must be above the knee or shorter.
 - a. Large and loose fitting attire such as oversized T- shirts and boxer shorts will not be permitted. Leotard sleeves must not be hanging down and tied around the waist. These are safety issues and MUST be followed during warm-ups as well as competition.
 - b. It is strongly recommended that long hair should be tied back or fastened so it does not interfere with the gymnast’s performance.

Sports bra must match the leotard colors or keyhole opening in back of leotard should be covered. ***Sports bras that show through a leotard’s keyhole must match a color of the leotard or may be clear, black or match the color of the athlete’s skin tone.***

There will be a 0.1 deduction for uniform attire per gymnast, which will be taken from the individual’s score. It will be a one-time deduction.

- c. Boys competing in a gymnastics meet must wear the appropriate gymnastics uniform- no Tshirt and loose shorts.

2. Equipment Specifications

- a. Safety is our #1 priority. Please see the enclosed equipment specifications in this guidebook as outlined by New York State High School Gymnastics. All schools must follow these specifications.
- b. If you have a problem or question concerning your equipment, contact the Section VIII Coordinator immediately at 516-650-4205. I will come to check it out.
- c. The Runway must be 65 feet in length to the vaulting table. If you have a concern about a school’s runway, please contact the opposing coach and try to work it out

- amicably. For example, if your gymnasts need 70 feet to vault, please consider going to the opposing site if the host school does not have a runway of 70 feet.
- d. The HOME SCHOOL is the site at which the meet takes place. If schools change sites due to equipment problems, the site where the meet is held is considered the home site.
 - e. Schools are not permitted to borrow equipment from outside sources (i.e. private gyms) at any time.
 - f. If you need to borrow mats in order to host a championship meet (to run 4 events), please contact the Section Coordinator who will arrange it with the Athletic Directors.
 - g. Mats used on Floor Exercise must be in the corner on the diagonal in order to be removed by the coach. Coaches may step onto the floor mat to remove or adjust the mats (**new in 2025-2026**). They must not be used in the center of the floor ex mat! **See the Technical Handbook for clarification!**
 - h. Gyms must be cleared 1 ½ hours before the start of meet to allow ½ hour to set up and 1 full hour to warmup.

3. Warmup

- a. A team is allotted a minimum of ½ hour from the time they enter the gym to warm-up and begin the meet. The away team may help the home team in the setup of the equipment and begin warming up immediately. This includes open stretch, bar settings and warm-up time.
- b. **IF A TEAM ARRIVES LATE, it is permissible for teams to warm-up on beam and floor while vault and bars are being competed.**
- c. **If only one official is present for the meet, the other team is permitted to warmup while one team is competing even while the other team is being judged. SAFETY IS OUR FIRST CONCERN!**
- d. Home team must clear bars so visitors can have a full half hour of warm-up prior to the start of the meet. (ex- get bars at 4:00 for a 4:30 meet)
- e. It is recommended to keep your bar settings for away schools in case you go there again to save time in the future.
- f. During warm-up, officials will decide on their event assignments.

4. Dual Meet Procedure-

- a. Nassau County follows New York State Public High School USA modified Level 9 Rules. Use the Technical Handbook for each event's specifications.
- b. It is recommended that the home coach explain to the visiting team any equipment, matting or facility idiosyncrasies that they need to know for competition. If there are any issues, they need to be discussed before the actual meet.
- c. The home team is responsible for providing stopwatches as well as runners, timers, flashers, announcers and "bar helpers".

- d. Home school is also responsible to have a first aid kit/AED on hand at all times.
- e. It is recommended to play the **National Anthem** or do the Pledge of Allegiance at the beginning of competition and a welcome by the home team.
- f. Teams should lineup and march in 5 minutes before meet begins! Any senior presentations should be done before the meet begins so the officials and visiting team do not have to wait.
- g. There should be a table and chair for the official and a chair for the flasher and timers for each event. The score **must** be flashed or announced after each gymnast.
- h. Team members should stay together as a group separate from the spectators. Only team members, coaches and designated meet personnel are allowed on the competition floor.
- i. **FALL time on Beam: NEW**
To match the Uneven Bars; fall time on Beam is now **45 sec.** Please have a gymnast ready to time beam and floor.
- j. Two events are competing at the same time. Vault and uneven bars will be competed first.
- k. In the event of equipment failure, the judges will determine if the event will be cancelled. In this case, both teams can arrange to compete the missed event at another date and location. Similarly, they can choose to not make up the event and just tabulate the 3 scores for the total for the meet. Please consult with the Section VIII Coordinator to discuss any equipment failures during a competition!
- l. Coaches are responsible for checking their meet schedules to make sure all meets are scheduled in their conference. This includes making sure you have the correct number of meets! Please pay close attention to gym availability and bus schedules.

- Timed Break- Each team takes a **7-minute warm-up** and then competes on THAT event.
- The **official** will time the 7-minute warm-up.
- If there is only one official assigned the meet, the warmup should be blocked 14 minutes (teams switch at 7 minutes) and then compete beam and floor consecutively.
Switch events and repeat procedure for balance beam and floor exercise.

- m. Coaches are not permitted to speak directly to the gymnast, give signals, shout (cheer) or similar type actions during the exercise. This can result in a 0.10 deduction from your gymnast's routine. See page 4 of the N.Y.S.P.H.S. Technical Handbook.
- n. **No Flash Photography OR CELL PHONES** are allowed at any point during competition for safety reasons.
- o. Each team is allowed 2 exhibition gymnasts per school per event. If a team has no exhibition gymnasts or has less than 6 gymnasts, the other team cannot fill in with their gymnasts. The exhibition gymnast must compete first. Exhibition scores do not count for final team scores. Exhibition score cannot be used in the team

scoring even if the team is missing 5 scores. Exhibition scores cannot be used to determine a gymnast's average for post season qualification.

- p. If one of the six scoring gymnasts are scratched, the exhibition gymnast may be put in the lineup **into that spot before the event begins!**
- q. Substitutions: A gymnast may be replaced by another up until that gymnast competes. The substitution can be made up to the moment the original gymnast is due to compete. The substitution must be made in the same place in the order. Warmup time will be provided for the alternate gymnast.
- r. When calculating the final team scores, add the best five scores out of six.
- s. Many schools use a parent or school personnel at the scorer's table. The only scores that are OFFICIAL are those that appear on the scoresheet that have been completed and signed by the officials. It is the coach's responsibility to double check the final score is correct. NO EXCEPTIONS.
- t. "B" Meets do not count for qualifying for Individual or County Team Championships. Only Varsity "A" meet scores count towards qualifying for the State Qualifier or Team Championship, whether league or non-league such as crossovers.
- u. Gymnasts must be in 6 scheduled dual meets with their team to be eligible for post season meets. This is a NYSPHSAA Rule. They cannot attend another team's meet to achieve the 6 meets. Also Exhibition scores do not count toward the 6 meet rule as per Section VIII Executive Director.
- v. Team win-loss counts for only scheduled league meets will determine conference champion. Crossovers or non-league cannot be counted as win-loss for the team record for the conference. They do count for the team's overall average and the individual gymnast's average for post season.
- w. Cartwheel for a Cure meet scores- team and the individual gymnast- can count towards team's average and individual's average. **It does not count for win /loss in the conferences.**

5. Score Inquiry:

Any question involving a score must be brought to the official at the end of the rotation before the next event begins. Verbal questions at the end of the meet will not result in a score change. Formal Score Inquiries must be in writing on the Official Inquiry Form and submitted at the end of the event to the official.

A coach may only inquire on their gymnasts on their team. Only the coach and the official should be involved in a score inquiry. Be sure gymnasts and spectators are not within earshot of the conversation. Videos will not be used in score inquiries.

Inquiries are limited to:

1. Bonus (Did the gymnast get her jump double, tuck jump 1 ½ bonus?)
2. Difficulty/Start Value (What was the start value of the routine?)

3. Special Requirements (i.e.: Did the gymnast get credit for the gym/acro series?)
4. Unusual occurrences (music stops, camera flash, etc.)

6. Tri Meet Procedure

Please use the following grid to run warm-ups and the meet for tri meets:

Team	Event	Event	Event	Event	Event	Event
Home	BYE	Vault	Bars	BYE	Beam	Floor
Team #2	Bars	Bye	Vault	Floor	Bye	Beam
Team #3	Vault	Bars	Bye	Beam	Floor	Bye

NEW RULE as of 3/7/11: Tri Meets MUST get the approval of the Athletic Directors and the Section VIII Coordinator. TRI MEETS will only be counted twice when they are approved by the Section Coordinator. Section Coordinator will discuss it with the Conference Coordinators & Gymnastics Executive Committee before granting approval. They will only be approved in cases of school closings, death or when the next open date is a school approved religious holiday. This was voted by the coaching body at the post- season meeting.

7. Score sheets:

- a. At the beginning of the meet, each judge gets an official score sheet. The home coach must be sure that 2 score sheets (with both teams lineups) are filled out and one given to each judge.
- b. Upon completion of the meet, the score sheet must be separated and sent to the following people: White copy: Conference Coordinator, Pink copy: Home team copy, Yellow copy: Away team copy
- c. Both Home & Away Team should send in their scores to the conference coordinator.
- d. Coaches can take a photo of the completed scoresheets WITH the judges signatures and email or text to their conference coordinator.
- e. **JUDGES SIGNATURES ARE REQUIRED- SCORES WILL NOT BE ACCEPTED WITHOUT THEM.**
- f. Signed score sheets must be sent in to the conference coordinator within 48 hours of the meet. No Exceptions! You can take a photo of the signed scoresheet and send to your conference coordinator immediately after the meet.

Representation Rule

From: NINA VAN ERK (NVANERK@nasbores.org)

Sent: Fri 2/01/13 3:55 PM

To: Kim Rhatigan (coachkim50@hotmail.com) (coachkim50@hotmail.com)

REPRESENTATION:

a. A contestant, or athletic team, shall not represent a school except in conformance with all rules and regulations. It shall be the duty of trustees and boards of education to require that athletic activities be limited to competition between secondary school students.

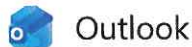
To be eligible for sectional, intersectional or state competition, a team must have completed in six (6) school scheduled contests which occurred on six (6) different dates during the season.

Team Sports: For the sports of baseball, basketball, field hockey, football, ice hockey, lacrosse, soccer, softball and volleyball an individual is eligible for the team if he/she has been an eligible participant on a team in that sport in that school for a minimum of six (6) scheduled contests during the regular season. For football, a student must be an eligible participant for a minimum of three (3) contests.

→ Team/Individual and Individual Sports: For the sports of archery, badminton, bowling, cross country, fencing, golf, gymnastics, rifle, skiing, swimming, tennis, outdoor track, winter track and wrestling an individual must also have represented their school in six (6) scheduled contests during the season to be eligible. These required contests
* must occur on six (6) different dates and must be conducted prior to the conclusion of the team's regular schedule.

Section Athletic Councils may request in writing approval of the State Executive Committee to adjust the number of school scheduled contests required on an annual basis. The request is to be submitted prior to the governing board meeting. School districts may submit a written request to the Section for adjustment of contests for individual participants.

* IN SECTION VIII WAIVER REQUESTS MUST BE RECEIVED PRIOR TO THE TEAM'S LAST REGULAR MEET.



RE: quick question regarding 6 meets for representation rule

From Patrick Pizzarelli <PPizzarelli@nasboces.org>

Date Tue 11/29/2022 2:57 PM

To Kim Rhatigan <coachkim50@hotmail.com>

Hi Kim,

Unfortunately, the representation rule for individual sports says that the athlete must compete in 6 meets. If the are exhibition, that is not competing in a meet. As an exhibition athlete, they are not "representing their school", which is what the State Handbook says.

Sorry.

Stay well.

Pat

Patrick Pizzarelli, CAA
Executive Director
Section VIII Athletics

From: Kim Rhatigan <coachkim50@hotmail.com>

Sent: Tuesday, November 29, 2022 2:48 PM

To: Patrick Pizzarelli <PPizzarelli@nasboces.org>

Subject: quick question regarding 6 meets for representation rule

EXTERNAL SENDER: This email originated from outside of the organization. Do not click links or open attachments unless you recognize the sender and know the content is safe. ~Nassau BOCES Tech Services~

Hi,

Hope you had a great thanksgiving! we allow 2 exhibition kids on each event in a gymnastics meet. Their scores do not count towards the team score or for the State qualifier averages. It gives them the chance to be in a meet.

Do these exhibition kids count as a meet towards the representation rule? They are being judged by an official at a scheduled meet. What if I wanted to use one of these kids at team championships and they have only competed as exhibition during the season?

what are you thoughts? Sorry for so many questions but a coach asked me!

thanks

Kim

Post Season Qualifications

Nassau County Team Championships

- Top 10 teams by average (Drop high score, average next 3 scores) will compete in the team championship meet.
 - Any team from either conference can qualify for the team championships as long as their average qualifies them in the top 10.
 - We only use a **team's average** to qualify for the Team Meet.
 - Win/Loss record is not used for qualifications for Team Championships.

Nassau County State Qualifier (Individual Meet):

- Any gymnast is eligible to compete in this meet, if they meet the qualifying score on each event. We use the average of their top 3 meets during the season on each event.
- Seeding scores are set at the pre-season meeting.
- The Nassau State team is selected from this meet — top 3 All arounds and top 3 specialists per event.

GUIDELINES FOR CHAMPIONSHIP COMPETITION-

submitted by Ginger Creegan, Nassau Official's Chairperson

The following guidelines have been adopted from the NYSPHSAA Gymnastics Championship Operations Packet.

- For the Team Championships, lineups must be submitted to the scorekeeper and Gymnastics Coordinator at least one week before the contest. Substitutions may be made anytime before the contest takes place AND after the start of the competition. If a competitor must be scratched for any reason, the substitution may be made up to the moment the original gymnast is due to compete. The substitution must be made in the same place in the order. It is suggested that an alternate gymnast take part in the warm-ups. Warm-up time during regular warmup will be provided for the alternate.
- During competition, only the gymnasts who are scheduled for an event should be in the competition area. Up to 2 other team members may assist with mat and equipment changes.
- Team deductions for violations will be taken by the Meet Referee after one warning. There will be sufficient matting at each event. Borrowing of mats from another area is not permitted. Coaches should check equipment and any questions/approval should be directed to the Meet Referee before competition.
- Appropriate attire is mandatory during stretch and warm-ups. Leos, spandex shorts, sweatshirts/pants are acceptable. No leos hanging down or tied around the waist. Take note of uniform specs including undergarments, jewelry and shorts. The uniform deduction of .20 per gymnast will be taken for violations. Gymnast will incur a ZERO score for jewelry other than post earrings, including scrunchies/bands around the wrist. Cell phones are not permitted in the competition area except for floor music use.
- Teams must address the Head Judge at each event prior to each rotation's warm-up. Chairs are provided at each event. Team members must NOT be in the *immediate* apparatus area as a gymnast is performing, they must stay in the seating area. Gymnasts may not leave the floor area without permission of the Meet Referee or designee.

WARM-UP FORMAT:

Vault: Each gymnast is guaranteed a maximum of three vaults, with flipping vaults a max of four. The safety collar must be used for all round-off entry vaults. This is a warmup, not a coaching session, please move warm-ups along!

Bars: Each gymnast is allotted 2 minutes or the 6 gymnasts (Team Meet) may block their time for 12 minutes. Setting of the bars is not included in the time. For State Qualifier, warm-ups cannot be blocked, even if squad members are from the same team or use same setting.

Balance Beam: Each gymnast will receive 2 minutes total warm-up time. One minute and thirty seconds for entire squad, in competition order, followed by 30 seconds for first 3 competitors, then 4, 5 and 6 touching after 1, 2, 3. For Team Championships, teams may block the 1:30.

Floor Exercise: Each team or squad is allotted 1 minute per gymnast. Gymnasts may touch in between competitors. Music must be labeled and set up to the proper starting place. Be sure to make matting changes quickly.

State Qualifying Meet

We will host a state-qualifying meet to select the Nassau County State Team who competes at the New York State Public High School Athletic Association Girls Gymnastics Championships.

STATE QUALIFYING MEET

- Gymnasts who meet the following qualifying scores from their top 3 average from the dual meet season are eligible to compete in this meet. The qualifying scores that are set are the average of the past 4 years (2021-2025) scores for each event for the minimum qualifying score for the state team. These scores will be set at the pre-season coaches meeting.
- All gymnasts must be compete in 6 dual meets during the regular season to be eligible for post season. This is a NYSPHSAA rule.
- As of 2010-2011, there are no Independent Gymnasts permitted as per Section VIII Policy.

Qualifying Scores to compete in the State Qualifying Meet as set in the 2025 post-season meeting:

Vault:	8.10
Bars:	7.75
Beam:	8.35
Floor:	8.80

The top 3 All around and the top 3 specialists per event from the state qualifying meet by score would comprise the Section VIII Nassau State Team. In the event of a tie at the state-qualifying meet, the gymnast with the higher seeded average from the dual meet season will be selected for the state team.

State Meet

- The top 3 All Around Gymnasts and the top 3 specialists per event (excluding the all arounds) BY SCORE from the State Qualifying Meet will make up the Section VIII State Team. **A gymnast cannot compete in the State Meet without competing in the State Qualifying Meet.**
- The Section VIII Coordinator will secure a gym for 2 State Team practices. Section VIII Coordinator will also get a certificate of insurance from Section VIII Office for the gym that is chosen.
- Besides the Official State Team Gymnasts, the next gymnast by score from the Team/Individual Championships from each event will practice with the state team so we are prepared for injury. These alternates will not travel to the State Meet unless they are officially put in the lineup by the Coordinator to replace an already designated gymnast who is unable to attend because of injury and illness. The rule at the State Level is the **official lineup** is what is submitted by the Coordinator on Friday morning (immediately before the official warmup). Substitutions can only be made after this point from within the roster. If a gymnast gets injured during the State warmup or the State Meet, then we fill from within the gymnasts who are there.
- The lineup at the State Meet will be determined by how the gymnast placed at the **State Qualifying Meet only** (the highest scoring gymnast competes last, etc.).
- The State Team Coach is chosen by a nomination and a coaches vote. The State Team Coach need not have a gymnast of their own on the state team to be nominated.
- Gymnasts who travel to the state meet are not permitted to leave the host hotel with coaches, parents, friends, etc. They are the responsibility of the Section Coordinator and the State Team Coach.
- If a gymnast wishes to travel home with her parents after the state meet, the enclosed form must be signed and returned to the Section Coordinator. **NO EXCEPTIONS!!**

Memorandum

To: Nassau County Athletic Directors and Girls Gymnastics Coaches

CC: Pat Pizzarelli

From: Kim Rhatigan, Girls Gymnastics Coordinator

Date: 9/26/25

Re: **30th Annual Todd Heimer Nassau Gymnastics Coaches Invitational 2/7/26 & Cartwheel for a Cure Invitational 1/17/26**

-
- The **Cartwheel for a Cure Gymnastics Coaches Invitational will be held at Cold Spring Harbor High School on Saturday Jan. 17, 2026 at 9 am and 2 pm.** This meet counts for individual and team scores. Each team can put up 6 gymnasts per event. No exhibition gymnasts for this meet. There will be 2 sessions- 9 am and 2 pm. Teams were pulled out of a hat to determine morning or afternoon sessions. See attached list of teams for session times.
 - The **30th Annual Todd Heimer Gymnastics Coaches Invitational will be held on Saturday Feb. 7, 2026 , at North Shore High School at 9:30 a.m.** Each school can bring 4 gymnasts per event. Any gymnast who qualifies for the Individual State Qualifier Championship Meet is not eligible for the invitational. Scores do not count for team or individual championships.

Entry Fee per school will be \$800.00- this is for both invitationals!

Checks for **\$800.00** should be made payable and sent to:

N.C.G.G.C.A. (Nassau County Girls Gymnastics Coaches Association)-

C/O NCGGCA
Kim Rhatigan
28 Hillside Ave
Huntington, NY 11743

Please submit PO by Jan 10, 2026. Please call me at 516-650-4205 if you have any questions. Thank you for your support of the Nassau County Girls Gymnastics Program!

Thank you to coaches Melissa Vassallo and Cassandra McNamara and Don Lang AD for hosting the Todd Heimer Invitational and to coaches Teri Kindelmann & Brittany Carlson and CSH Mike Bongino for hosting the Cartwheel for a Cure Invitational !

AWARDS for the Team & State Qualifier Championships

- Section VIII provides plaques for the County Runner Up and the County Champion for the top scoring team at the Team Championships. The gymnasts from the County Champion team also receive individual medals as of the 2025-2026 season.
- Section VIII provides plaques for the Conference I Winner and the Conference II Winner based upon the win/loss record for the dual meet season at the Team Championships.
- NEW 2025 from Section VIII Executive Director:
- Conference Champions will be by Win/Loss record. There will be no co-conference champions. We will break the tie by head to head win/loss or team average if no head to head.
- At the All County Dinner, 1st-6th place will be awarded per event (Vault, Bars, Beam, Floor, All Around) will be awarded the medals provided by Section VIII.
- Tied gymnasts will both receive an award for that place.
- Todd Heimer Coaches Invitational: Medals will be awarded for:

1st-10th for each conference on each event (5 events) provided by the Nassau County Girls Gymnastics Coaches Association.

All Conference/ All County

All Conference and All County

- For 2025-2026 season, the coaches will use the following system to determine All County and All Conference.
- Gymnasts who qualify for the Post Season State Qualifier on each event will be awarded ALL COUNTY.

New policy as voted at pre-season meeting Nov. 11, 2024 for All Conference:

- All gymnasts who qualify for the State Qualifier meet by virtue of meeting the target score through the averaging of their top THREE scores are awarded ALL COUNTY status. Only one All County award per gymnast.
- An ALL COUNTY gymnast will NOT be considered in acknowledging ALL CONFERENCE awards.
- The next 10 scores of non-ALL COUNTY gymnasts will qualify for ALL CONFERENCE. A gymnast may qualify for ALL CONFERENCE on more than one event but will receive one award.
- Plaques/medals will be given to all gymnasts.
- All Awards will be given at the End of Season Dinner at the Crest Hollow County Club.