

# MHSAA 2018-19 GYMNASTICS SEASON

## Rules Book Insert and MHSAA Clarifications

Updated 01/28/19

### 2018-19 DATES TO REMEMBER:

<b>Tryouts and Practice Begin:</b>	<b>Monday, October 29, 2018</b>	
<b>Competition Begins:</b>	<b>Saturday, November 17, 2018</b>	
<b>Number of Competitions:</b>	A season may be comprised of no more than <b>15 days</b> of competition for a team or an individual. MHSAA Regionals and Finals are not counted in the 15 days.	
<b>Opt-Out Due Date:</b>	<b>Friday, February 22, 2019 – 4:00 p.m.</b>	
<b>Regional Tournaments:</b>	<b>March 2, 2019: Regional Sites -</b>	G.R. Kenowa Hills Grand Ledge Canton-Plymouth White Lake Lakeland
<b>Finals Tournament:</b>	<b>March 8-9, 2019: Finals Site -</b>	Rockford High School
<b>Scrimmages:</b>	Teams may participate in a total of <b>four</b> scrimmages. Scrimmages may occur at any time during the season, but not after the team's last scheduled regular-season or MHSAA contest.	

### LIMITED TEAM MEMBERSHIP:

**MHSAA HANDBOOK, REGULATION I, SECTION 12 (A):** A student who, after practicing with (including tryouts) or participating in an interscholastic scrimmage or contest as a member of a high school athletic team, participates in any athletic competition not sponsored by his or her school in the same sport during the same season, shall become ineligible for a minimum of the next three (3) contests/days of competition and maximum of the remainder of that season in that school year. The following exceptions to this Regulation will apply:

1. Gymnastics shall apply the limited team membership rule from the point of a student's first participation in an interscholastic scrimmage or contest, rather than practice.
2. During the high school season, a member of the school team in that sport may participate in a maximum of two non-school meets or contests in that sport while not representing his or her school.
  - a. Points earned, weight established, times or records established shall not count toward any qualifying requirement for MHSAA meets or tournaments.
  - b. Meets or tournaments entered under the above provisions shall not affect the number of games, contests, or days of competition specified for each school team and individual under Regulation II, Sections 10 and 11.

### OUT-OF-SEASON LIMITATIONS:

**MHSAA HANDBOOK, REGULATION II, SECTION 11 (H)** – There is no such thing as a school team outside the interscholastic season of practice and competition. Schools shall not require or sponsor activities in the name of the school team outside the school season for the sport involved. That the regulations or their interpretation do not prohibit a specific action or activity does not mean that such is permissible. When the regulations or their interpretation describe an allowed out-of-season contact between the coach and students of his/her school, it does not mean such may be required, conducted or sponsored explicitly or implicitly by their school district.

1. As a general rule, the activity of **STUDENTS** is not restricted outside the high school season, subject to limitations of the amateur and awards rules as well as prohibitions on all-star and national high school championship competition. An individual student-athlete may obtain any amount of coaching from any coach, including his or her school coach, any time, year-round except during the summer dead period, provided the restrictions placed upon school coaches are followed.
2. These limitations out-of-season apply to **COACHES**:
  - a. Outside the school season during the school year (from Monday the week of August 15 through the Sunday after Memorial Day observed), school coaches are prohibited from providing coaching at any one time under one roof, facility or campus to more than three (or four) students in grades 7-12 of the district for which they coach (four

- students if the coaching does not involve practice or competition with students or others not enrolled in that school district). This applies only to the specific sport(s) coached by the coach, but it applies to all levels and both genders, whether the coach is paid or volunteer (e.g., a volunteer JV boys soccer coach may not work with more than four girls in grades 7-12 outside the girls soccer season during the school year).
- b. When school coaches are in contact with students during the summer, they do so un-sponsored by the school where they coach. These activities must be entirely non-school programs.
3. School sponsored "open gyms" or "after school" activities are permitted in the school district's facilities out of season if they are voluntary and not part of the team selection process and adhere to these principles:
- a. Diversity of students – open to all students of that school.
  - b. Student-conducted – students choose from offered activities. Any coach of a sport under MHSAA jurisdiction who is present shall not coach, instruct, critique, direct, evaluate or participate in a sport he/she coaches.
  - c. Recreational emphasis – not an organized program of instruction and/or competition. There must not be any organized drills, practice structure and no instruction regarding offensive or defensive schemes by any person, including team captains and parents.

#### **Interpretation 237:**

School sponsored conditioning programs shall not be mandatory or part of the team selection process which begins on the first day of practice. Conditioning programs are for the purpose of providing students a non-mandatory, non-sport specific opportunity to improve their speed, strength, endurance, cardiovascular capacity, coordination and flexibility. Conditioning programs may not involve instruction in skills of a particular sport.

- a. If a school were to include skills instruction by the school coach or another person arranged by the school coach during what is called conditioning, it would not be a violation if it occurred during the summer months (except during the summer dead period and preseason down time) or if it occurred out-of-season during the school year with a maximum of three students in grades 7-12 of the school district present in the facility (no scheduled rotations permitted).
- b. The school or a school related organization shall not contact or arrange for out of season instruction or conditioning programs that the school coach would be prohibited from doing. For example, it is a violation for the school, coach, or a school related organization to have an outside gymnastics instructor arranged to teach tumbling skills outside the gymnastics season during the school year.

#### **CONTEST START TIME:**

Officials' contracts and school game contracts must provide the start time for events. Failure for a team to be ready to compete by thirty (30) minutes after the scheduled start time will result in contest rescheduling or forfeiture determined by the competing schools. (In case of emergency situations the contest manager must be notified should a delay in the start time be probable.)

#### **REGULAR SEASON CONTEST FORFEITURE:**

When a league or conference does not have a written policy regarding late contest start time, the following policy should apply:

1. If a team fails to arrive for a regular season contest at the time stated on the contract, it will be necessary for the host administration to delay the contest, declare the game forfeited, reschedule the contest, or declare the event "no contest."
2. If the host management has been notified of the reason for the delay and projected arrival, the officials must stand by for 60 minutes beyond the scheduled starting time. When the team arrives, a reasonable amount of time must be provided for the visiting team to conduct a pre-game warm-up. In any case, warm-up may not be less than 15 minutes.
3. If the host management has not been notified that there is a delay and the reason for it, the officials have permission to leave the site, without obligation, 30 minutes after the contracted start time has passed.

#### **SCORING A GYMNASTICS MEET:**

Contains four (4) events: vault, uneven parallel bars, balance beam and floor exercise. All-Around scores will also be tallied, but do not count toward team scores. A team score is the total of event scores determined by combining the best four (4) individual scores in each event.

Exhibition performances are not allowed.

#### **REGULAR SEASON NUMBER OF COMPETITIONS PER JUDGES REQUIREMENTS:**

##### **Dual Meets –**

1. Exhibition performances are prohibited.
2. There can be no more than six (6) competitors per team per event when two judges are contracted to judge the events.

3. There can be no more than seven (7) competitors per team per event when four judges are contracted and two events are conducted simultaneously.

#### **Double Dual Meets or Quad Meets –**

1. Exhibition performances are prohibited.
2. No more than six (6) competitors per team can compete in each event.
3. There can be no more than seven (7) competitors per team per event when four judges are contracted in which two events are conducted simultaneously.

#### **Tri- Meets –**

1. Exhibition performances are prohibited.
2. There can be no more than five (5) competitors per team per event when two judges are contracted to judge each event.
3. There can be no more than seven (7) competitors per team per event when four judges are contracted and two events are conducted simultaneously.

**When a Contest Involves Junior Varsity and Varsity Gymnasts or A Team and B Team Gymnasts –** If a game contract is written and agreed upon in which a school will compete a junior varsity and varsity or an A Team and B Team squads:

1. The judges contracts must also reflect these arrangements;
2. The provisions of a tri-meet or quad-meet must be maintained;
3. The team scoring provisions must be maintained; and
4. Any competitor has the opportunity to earn Regional qualifying scores.

#### **TEAM PHILOSOPHY:**

Even though the MHSAA Gymnastics Committee does not feel the MHSAA should regulate the amount of practice time or dictate a cut-off date during the season in which no additional athletes could be added to the Master Eligibility List, the Gymnastics Committee suggests the following to member schools which sponsor gymnastics:

*The school administration should determine the amount of practice time in which each gymnast must participate with the high school team. In addition, the school administration should determine a reasonable date in the season when no more athletes may become a part of the team. This suggestion is based on the philosophy that steps should be taken to keep the team concept intact.*

#### **CRITERIA FOR DETERMINING THE CATEGORY IN WHICH A GYMNAST WILL COMPETE:**

##### **Division I Gymnasts**

A gymnast who has EVER competed in a non-school competition at the USAG Level **8** or above, USAIGC – Intermediate Optional Level or the USAIGC Open Optional Level, or Y Program at Level **8** or competed in the AAU-Michigan qualifying meet judged at Level **8** **OR**

A gymnast who has competed in USAG Optional **7** or USAIGC Developmental Optional Level or Level **7** equivalent Y Program since Jan. 1, 2017.

##### **Division II Gymnasts**

All other gymnasts will be considered Division II competitors.

**NOTE:** A Division II gymnast can choose to compete in Division I regardless of her experience. The decision must be made before the entry form is submitted to the Regional Manager. **Coaches are encouraged to follow the guidelines as indicated regarding the designation of Division I gymnasts.**

The designation of Division I or Division II **MUST** appear on the Team and Individual Qualifier Forms for each gymnast entered in the MHSAA Tournament Series and **CANNOT** be changed after the entry due date.

#### **PETITIONING FOR DIVISION II STATUS:**

The MHSAA gymnastics committee reinforces the opportunity for member schools to petition the MHSAA Executive Committee for consideration in allowing a Division I competitor to be allowed to compete in Division II. A petition will be reviewed only for a USAG Level 9 or above gymnast. The committee suggests the Executive Committee consider the following criteria when making such decisions:

1. Was there an injury that prohibits the athlete from further competition at the USAG gymnastics **8** level?
2. Has there been a major change in the athlete's physique since she was a USAG gymnast?
3. How many years has it been since she competed at USAG level **8** or above or its equivalent?
4. How long did the athlete compete at the USAG **8** or above level?
5. What scores did the athlete earn at Division I in the previous high school season?
6. What scores are being earned during the current season as a Division I competitor?

## **EQUIPMENT:**

**Vaulting Equipment** – The vault table is the only piece of equipment that may be used for vaulting. The height of the vault table shall be 100-135 cm (39 ½ -53 ¼ inches) as measured from the floor to the center top of the vault table. The pistons/pedestal (vertical uprights) of the vaulting table shall be padded with the manufacturer's protective padding. The landing area shall be on the same level as the vault table and runway strip and shall be a minimum of **18 feet by 8 feet**. There shall be a runway strip which provides a flat nonslip, consistent surface, free of cracks, obstructions and un-taped seams.

**Board Safety Mat** – A manufactured safety mat that goes around the front and sides of the board may be used on bars, beam or vaulting. It is the responsibility of the team to provide this mat for its own gymnasts rather than host management. The safety mat is required for all round-off entry vaults as a risk minimization measure.

**Acceptable Mat Width for Uneven Parallel Bars** – The working area (the area underneath the rails and the area in front and back of the rails over which the gymnast passes during her routine) and the dismount area shall be padded with: **a.** Non-slip matting at least 4 3/4 inches thick. **b.** The maximum total matting including a sting mat shall not exceed 19 inches. **c.** The top mat including a sting mat shall not be wider than any mat underneath it except for a mat at least 4 inches thick on top of a base mat. **d.** The matting between the supports of the bars shall be 7 ½ feet wide. (The landing mat may be 8 feet wide.) **e.** A manufactured safety mat may be used around the front and sides of the board. It shall be used for any round-off entry mount.

**Balance Beam Landing Area** – The landing area at each end of the beam shall be at least 12 feet long and 8 feet wide. The working area under the beam is 15 feet wide by 15 ½ feet long.

**Equipment Specifications** – Vault, bars, beam and floor exercise equipment specifications are provided in the National Federation Gymnastics Rules Book – Rules 6, 7, 8 and 9 respectively.

**Facility and Equipment** – All competitive equipment shall meet rule specifications as listed in Rules 6 – 9, and shall not be waived by prior mutual consent of participating schools.

**Equipment Failure or Breakage** – In case of equipment breakage during an event when no replacement equipment is available:

1. Gymnasts who have completed their routines will be allowed to use their scores for individual qualifying purposes; however,
2. The team score in this event will be eliminated for both teams for the meet. The meet score would be based on three events. The gymnasts who competed before the breakage can use those for Regional qualifying scores.

**Altering Equipment – Bars or Vault** – The rails or table shall not be altered by applying any foreign substance. Water and gymnastic chalk are not considered foreign substances. The violation will result in a 2.0 deduction for altering equipment. Host management shall mark the minimum setting in black and the maximum setting in red.

**Manufactured Spotting Block** – A manufactured spotting block may be used in vaulting. The interpretation of legal manufactured mats for spotting blocks includes the following:

- One manufactured spotting block.
- Two manufactured spotting blocks.
- One manufactured folded panel mat.
- Two manufactured folded panel mats.
- One manufactured spotting block on top of a manufactured folded panel mat.

It is not legal to place a manufactured folded panel mat on top of a manufactured spotting block.

**Width of Top Mat** – In 6-1-2, 7-1-2 and 8-1-2, the rules state that the top mat (including a sting mat) shall not be wider than any mat underneath it except for a mat at least 4 inches thick on top of a base mat. The clarification is: No mat should be wider than any mat underneath it except a mat at least 4 inches thick placed on top of a base mat.

Therefore, the following would NOT be legal: A sting mat (6 feet wide) on top of a 4 inch landing mat (8 feet wide) on top of a 5 inch non-slip landing mat (6 feet wide) because the middle mat is 2 feet wider than the mat underneath it.

**Regional Qualifying Scores** – The **2018-19 Regional qualifying scores will be determined by the MHSAA Gymnastics Committee in September, 2017**. Below are the 2016-17 Regional qualifying scores:

**Vault: 7.9; Bars: 6.7; Beam: 7.4; Floor Exercise: 7.8; Team: 120.**

**Earning Qualifying Scores** – Close to the end of regular season competition in individual sports where qualifying scores must be obtained in order to enter the MHSAA tournament series, coaches sometimes search for an event to enter team members who still need to qualify.

If you are confronted with this situation, be sure you are complying with all MHSAA regulations. Review the following statements to be sure you are following all MHSAA regulations before entering an athlete in a non-scheduled meet to obtain qualifying scores:

- ✓ The athletic administration must be aware of and approve the additional end of the regular season competition the team is expecting to participate in.
- ✓ A team must have an opponent from another school, organization, or group.
- ✓ There must be a full complement of officials.
- ✓ There must be school and officials contracts signed.
- ✓ Added-on contests cannot exceed the maximum number of allowed regular season meets or days of competition for the team or individual.
- ✓ Competition in a full schedule of events must be arranged (not a few selected events).

**Remember, a team or individual cannot earn qualifying scores unless it competes against an opponent. A co-operative team is considered one team for competition purposes.**

### **JUDGES:**

**Uniform and Emblem** – All MHSAA registered officials are required to wear the proper attire for the sport she/he officiates at all regular season and MHSAA events. Judges of gymnastics are required to wear a white top and solid black skirt or slacks. Any additional garments worn must be black. Tank tops, sweat-shirts and sports bras worn as an outer garment are NOT acceptable tops. Denim is never acceptable for officiating attire. Judges must wear their current year MHSAA officials emblem on the left pocket area of the blouse/shirt or coat/blazer or attached to a neck lanyard.

**Official Fails to Arrive** – In the event a contracted official fails to arrive for a scheduled contest, those officials who are present may:

1. Officiate the contest with less than the usual number of officials;
2. Replace the absent official with a local registered official to fill-in; or
3. Cooperate with the involved teams to postpone the contest. See contract compensation in the current MHSAA Officials Guidebook for fee payment obligations.

Under the above circumstances ONLY, if a single judge agrees to judge the routines, then it will be considered a regulation event and qualifying scores can be used for Regional entry purposes.

**Inquiry Process** – An Inquiry Form must be completed by the coach who is questioning his/her gymnasts score with regard to:

- Difficulty/vault value
- Event Requirements
- Bonus (includes back-to-back superiors)
- Neutral deductions
- A mathematical error

NOTE: Inquires shall be submitted no later than **10** minutes after all scores for that team are recorded at the score table for that EVENT. An Inquiry Form must be used at ALL regular season and MHSAA tournament events. An INQUIRY FORM is provided online by the MHSAA each year.

NOTE: No deduction is taken from the team score when an inquiry is denied or does not result in a score change.

**Scores are Final** – By Representative Council action, all scores are final and cannot be changed when 30 minutes have passed after all scores are recorded and reviewed by Superior Judges and/or the Meet Referee.

### **2018-20 RULES BOOK CORRECTIONS:**

p. 32-7-4 Note: The angle of the lowest body part shall be used to determine amplitude deductions for the following figures a through e. p. 46, the title of the chart is Clear Straddle Circles/Stalder Circles. p. 54, Uneven Bars – High Superiors/Advance High Superiors List Clear Straddle Circles/Stalder Circles. p. 64, 1.107 is a new element and should have been highlighted. Appendix A, p. 109, Section 18 – Evaluating Releases on Bars – b.should read: Once the hands contact the bar, the element is considered complete and credit is awarded for a high superior and a superior release, even if the gymnast then falls on the outside of the low bar.

### **2018-20 GIRLS GYMNASTICS RULES CHANGES**

Most of the changes are general changes which encompasses several areas of the Gymnastics Rules Book. The 2018-20 Girls Gymnastics Rules Book provides for the following:

1. The definition of a balk on vault, bars and balance beam has been revised.
2. Clarification has been added as to when a second trial is permitted.

3. Rules have been clarified to state that incomplete elements are void.
4. An objective method is now provided for evaluating composition on bars, balance beam and floor exercise.
5. A clear hip circle that does not end in 45 degrees will receive a deduction.
6. A single leg overshoot can be performed on either the low bar or high bar.
7. New elements have been added in balance beam, uneven bars and floor exercise.
8. Advanced High Superior elements that exceed the minimum requirements also receive Advanced High Superior credit.
9. The deduction for checking placement of the board on balance beam has been removed.
10. No deduction is taken if a gymnast's music stops due to mechanical failure and she chooses to finish the floor exercise routine.
11. Pike jumps are expected to have a 90-degree closure.

### **2018-20 GYMNASTICS RULES INTERPRETATIONS**

**Situation 1:** A gymnast falls on the runway, gets up, and continues to successfully perform her first vault. The judges score the vault and deduct 0.5 for the fall on the runway. **RULING:** Incorrect procedure. **COMMENT:** Following a fall on the runway, the gymnast may continue from the fall to perform her vault receiving no fall deduction. If she chooses to return to the end of the runway to begin again, it would be her second attempt and her first attempt would be assessed as a balk. (6-2-5)

**Situation 2:** A coach facilitates a gymnast in the second flight phase of a round-off on – repulsion off vault. The judges score the vault and take a spotting deduction of 1.0. **RULING:** Incorrect procedure. **COMMENT:** The only vaults that are not void when facilitated are a handspring and any vault with a salto in the second flight phase. Other vaults that are facilitated would incur a 1.0 spotting deduction. [5-2-6c(5)]

**Situation 3:** In an attempt to mount the beam, the gymnast runs, stops on the board, returns to her starting position and attempts to mount a second time. The judges take a 0.5 deduction for a fall. **RULING:** Correct procedure. **COMMENT:** On bars and beam, if a gymnast contacts the board or apparatus without mounting, it is considered a fall and not a balk as in vault. (8-2-6)

**Situation 4:** A gymnast performs an element that varies slightly from the illustration shown in the rules book. The judges do not award credit due to the discrepancy between the performed element and the illustration. **RULING:** Incorrect procedure. **COMMENT:** The written description always takes precedence when evaluating elements. The illustration is used as an aid only to assist in the understanding of an element.

**Situation 5:** A gymnast includes eight elements in her bar routine, two of which are long hand kips. The judges deduct 0.1 for using the same Value Part twice to fulfill difficulty. **RULING:** Correct procedure. **COMMENT:** Only when a gymnast needs a second identical element to fulfill the difficulty category is an 0.1 deduction taken. If the gymnast's routine consists of more than eight elements, which is the number required to fulfill difficulty, and the duplicate is in addition to the required eight elements of difficulty, this deduction is not taken. &7-3-3)

**Situation 6:** A gymnast casts and swings into a giant. She falls on the upswing prior to reaching 20 degrees of vertical. The judges do not award high superior credit for a giant. **RULING:** Correct. **COMMENT:** A giant may receive high superior credit if it is completed within 20 degrees of vertical. In this example, the gymnast fell prior to reaching 20 degrees of vertical. (7-6-5)

**Situation 7:** A gymnast casts and swings downward and then upward. She completes a ½ turn at 45 degrees from vertical. The judges award medium credit for a swing with a ½ turn at 45 degrees from vertical. **RULING:** Correct. **COMMENT:** This example is not considered a giant because it does not reach within 20 degrees of vertical. (7-6-8)

**Situation 8:** A gymnast casts and swings downward and then upward and begins a half turn at 20 degrees from vertical but falls before the turn is complete. The judges award high superior credit for the giant, but do not award advanced high superior credit for a giant with a ½ turn. **RULING:** Correct. **COMMENT:** The half turn must be completed before a fall to get advanced high superior credit.

**NEW 11/29/18:**

An AHS that exceeds the required twist receives AHS credit (Page 79 and 101). When awarding AHS in the Bonus category, performing the same AHS a second time with an additional twist does not necessarily make it different from the listed AHS that was performed first.

The Note on pages 61 and 86 under Section 5 Difficulty states a  $\frac{1}{4}$  turn does not make an element different unless it is listed separately in the rules book.

There is one exception to the Note (on balance beam only). On balance beam, AHS leaps and jumps listed in the rules book with a  $\frac{1}{2}$  or  $\frac{3}{4}$  twist may be considered different in the Bonus category when an additional  $\frac{1}{4}$  twist is added.

For all other AHS elements: All AHS elements listed in the rules book with a  $\frac{1}{1}$ ,  $1\frac{1}{2}$ , or  $\frac{2}{1}$  twist or more must add a minimum  $\frac{1}{2}$  twist to the listed AHS to be considered different. Adding a  $\frac{1}{4}$  twist may be awarded an AHS in Difficulty but will not make the element different when awarding AHS's in the Bonus category.

**NEW 12/11/18:**

To better differentiate between clear hip circles, there is a new deduction for insufficient amplitude of up to 0.4. Ideally, following a shift of the wrists, a clear hip circle should finish at a 45 degree angle above the bar as shown in the diagram. Deductions are taken according to the angle achieved at the end of the circle after the shift of the wrists.

When 45 degrees from vertical is attained, or a higher angle of up to 21 degrees, no deduction is taken and superior credit is awarded. An angle of 46-89 degrees receives a deduction of 0.05 – 0.25 and superior credit is awarded. If the angle is horizontal or below, which usually occurs when the wrong technique prevents the wrists from shifting, a deduction of 0.30 – 0.40 is taken. The circle would still receive superior credit. A clear hip circle that attains an angle of 0-20 degrees from vertical receives high superior credit as a clear hip to handstand. Clear hip handstands between 11 – 20 degrees would receive a deduction of 0.05.

**NEW 01/18/19:**

**Bars:**

As noted in the 2018-20 Gymnastics Rules Book, to better differentiate between clear hip circles, a new deduction for insufficient amplitude of up to 0.40 has been provided. Ideally, following a shift of the wrists, a clear hip circle should finish at a 45 degree angle above the bar as shown in the diagram.

Deductions are taken according to the angle achieved at the end of the circle after the shift of the wrists. When 45 degrees from vertical is attained, or a higher angle of up to 21 degrees, no deduction is taken and superior credit is awarded.

An angle of 46-89 degrees receives a deduction of 0.05 – 0.25 and superior credit is awarded. If the angle is horizontal or below, which usually occurs when the wrong technique prevents the wrists from shifting, a deduction of 0.30 – 0.40 is taken. The circle would still receive superior credit.

A clear hip circle that attains an angle of 0-20 degrees from vertical receives high superior credit as a clear hip to handstand. Clear hip handstands between 11-20 degrees would receive a deduction of 0.05.

**Bars:**

Kips performed as a mount are considered different and would receive Value Part credit as a mount. If the same element is performed in the body of the routine, the element is considered different. A glide kip or a long hang kip (pendle kip) to the high bar are given credit as a mount and if they were performed again in the body of the routine, they would receive credit as a different element. A long hang kip (1.208) performed as a mount is not the same as a long hang kip in the routine.