

MHSAA 2022-23 GYMNASTICS SEASON

Rules Book Insert and MHSAA Clarifications

Updated 09/14/22

2022-23 DATES TO REMEMBER:

- Tryouts and Practice Begin:** Monday, October 31, 2022
- Competition Begins:** Saturday, November 19, 2022
- Number of Competitions:** A season may be comprised of no more than **15 days** of competition for a team or an individual. MHSAA Regionals and Finals are not counted in the 15 days.
- Opt-Out Due Date:** Friday, February 24, 2023 – 4:00 p.m.
- Regional Tournaments:** **March 4, 2023: Regional Sites -** Grand Rapids Kenowa Hills
Grand Ledge
Canton Plymouth
White Lake Lakeland
- Finals Tournament:** **March 10-11, 2022: Finals Site -** White Lake Lakeland
- Scrimmages:** Teams may participate in a total of **four** 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 6 competitors per team can compete in each event when two judges are contracted to judge the events.
3. A total of 28 gymnasts may compete per event in a Double Dual or Quad Meet, with a total of 14 gymnasts per school per event allowed (in the case of an A and B team) when four (4) judges are contracted to judge the events.

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 judge's 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, 2021.

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.

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 2022-23 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, sweatshirts 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
- Neutral deductions
- Advanced high superiors
- Back-to-Back superiors
- 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.

2022-24 RULES BOOK CORRECTIONS

Page 53 – Boxes 9.305b and 9.405a have been adjusted (see attachment)
9:305 b from HB – Flyaway-stretched, also with ½ twist (180 degrees)
9.405a from HB – Flyaway tuck/pike with 1 ½ twist (540 degrees)

2022-24 GIRLS GYMNASTICS RULES CHANGES

Rule 1 Definitions: Defines a dance passage in the rules book.

Rationale: Adds a definition to the rules book.

3-3-1: This change expands acceptable uniforms.

Rationale: Uniform modifications reflect current trends within the sport and across society as well as being more inclusive of participants' cultural and religious beliefs without increased risk of injury.

5-1-5: Clarifies the procedure for the misapplication of rules and clerical errors.

Rationale: Addresses clerical errors and prohibits judges from changing gymnasts' scores after submission to the score system.

6-2-1, 7-2-2, and 8-2-1b: Specifies the procedures for administering the fall time on the vault, uneven bars and balance beam.

Rationale: The increased time is a risk minimization procedure which provides the athlete the opportunity to assess their condition before continuing.

8-6-2: Revised the Leaps/Jumps/Hops Chart.

Rationale: Specifies that specific elements that land inside position (facing out) are more difficult and will be awarded a higher value.

9-2-3 b1 and b2: Clarifies the dance event requirement on floor exercise.

Rationale: Specifies the components of a dance passage in floor exercise event requirements.

2022-24 Girls Gymnastic Editorial Changes

Rule 1 Definitions, 7-1-3e, 8-1-3e, 7-1-3a, 8-1-3a, 7-3-3, 8-3-3, 9-3-3, Appendix B Dance Criteria/Technique Chart

2022-24 Girls Gymnastics Element Changes

8-6-2 Leaps/Jumps/Hops Chart, 8-6-5 (5.301), 9-6-1 (1.306)

2022-23 GYMNASTICS RULES INTERPRETATIONS

SITUATION 1: Baggie shorts are allowed as part of the uniform. **RULING:** Incorrect procedure. **COMMENT:** Acceptable types of uniforms for girls gymnastics include: a leotard, ankle-length unitards with or without sleeves, ankle-length leggings, tights, fitted shorts, head coverings worn for religious reasons and a logo/trademark that meets specifications (3-3-1)

SITUATION 2: A score can be changed if an inquiry is submitted. **RULING:** Correct procedure. **COMMENT:** Once a score is complete and submitted to the scoring system, it may not be changed unless there is an inquiry. (5-1-5)

SITUATION 3: A gymnast may use a trampoline-like mounting device at the end of the beam in preparation for the mount. **RULING:** Incorrect. **COMMENT:** Trampoline-like and inflatable rebound devices are not allowed. (7-1-3, 8-1-3)

SITUATION 4: After a gymnast falls off the equipment, the fall time begins immediately when the feet touch the floor. **RULING:** Incorrect procedure. **COMMENT:** The fall time does not begin until the gymnast is standing on the feet (7-2-2, 8-2-2)

SITUATION 5: Does a switch ring at head height, run, assemble', staddle pike jump meet the specifications for a dance passage? **RULING:** Yes. **COMMENT:** The indirect connection of the switch ring at head height and the straddle pike jump are from Group 1 and the switch ring is a high superior that is performed in the cross-split position. (9-2-3, Box 1.309d, Box 1.208a)

SITUATION 6: Does a wolf jump full twist, run, roundoff, straddle jump meet the specifications for a dance passage? **RULING:** No. **COMMENT:** The wolf jump full is a high superior but is not performed in a cross or side-split position. Also, the roundoff is an acro element and an acro element performed during a dance passage breaks the connection of the dance passage. (9-2-3, Rule 1)

OTHER POINTS OF INFORMATION:

- See page 64 (Section 5 Difficulty): As stated in prior updates, Advanced High Superior (AHS) elements listed in the rules book with a 1/1, 1 ½ or 2/1 twist or more must add a ½ to the listed AHS to be considered different. Addition a ¼ may still be awarded an AHS in difficulty but will not make the element different when awarding AHS's In the Bonus category. Balance Beam leap and jump elements listed in the rules book with a ½ or ¾ twist may be considered different when an additional ¼ twist is added.

- **Bars:**

To better differentiate between clear hip circles, a 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.

- When determining if an extra swing occurs, a great reference is p. 112 of the Girls Gymnastics Rules Book. An extra swing occurs when a gymnast swings forward or backward on the bars when the swing is not required for the next element. Examples: From a support on the HB, if the gymnast swings forward (either by casting backward and downward and then doing a long swing forward; by casting to a sole circle position with the feet on the bar and then releasing the feet to swing forward; or by doing a clear underswing forward, which looks like the start of a clear hip circle without hips or feet on the bar), the swings backward with the back to the LB, then swings forward a second time into an element, the gymnast will receive a 0.3 deduction for an extra swing. None of the 3 methods indicated of swinging forward is an element and therefore would constitute a swing forward and backward – an unnecessary extra swing.

If the gymnast performed an element on the backswing such as a straddle back, an uprise, or an inward salto dismount, there would be no deduction since the forward swing prior to the backward swing into the element is considered as part of that element.

Outside of the “extra swing” category (.3), additional execution errors could occur; and dependent on the magnitude, could be small (.1) medium (.2), large (.3) or very large (.5) faults.

Additional information which may assist:

There are 3 skills that may require extra scrutiny. The skills are a back hip circle, a pullover on the LB and a long hang pullover to the HB. The reason for the extra scrutiny is to assess where the legs finish at the conclusion of the skill. The back hip circle is used as the primary example below. (However, assessing whether there is an extra swing is the same for a back hip pullover on the LB and a long hang pullover on the HB.)

□ **Back Hip Circle:**

If a back hip circle does not show control in the front support ending position and the legs come forward under the bar, the gymnast usually will move the legs backward to end in a front support position to regain control of the back hip circle and stop the body from falling off the bar. When the legs swing backward or the legs are moved backward, that leg movement is considered the cast for the next skill. The legs cannot end under the bar and then return to a front support and then drop the legs under the bar a second time to initiate a cast for the next skill whether it is for a squat on or another back hip circle.

These are some examples with deductions:

- 1) kip, stop, back hip circle: If a gymnast kips to a front support and then hesitates/stops before the back hip circle and her legs do not come back under the bar for the cast (in other words the gymnast just pushes back from the support position to perform the back hip circle) the judge would deduct 0.1 for a stop. However, after the kip to the front support and the gymnast stops and then the legs come back under the bar to initiate the cast for the back hip circle a 0.3 extra swing deduction is taken.
- 2) back hip circle, stop, squat on: At the completion of the back hip circle the legs may only come under the bar one time for the cast to the squat on. If the legs continue under the bar due to going too far at the conclusion of the back hip circle because the performance of the back hip circle is not in control, and the gymnast stops the legs and ends in a front support but then must swing the legs under the bar to initiate a cast, a 0.3 deduction is taken for an extra swing because the legs went under the bar 2 times at the conclusion of the back hip circle. If the back hip circle is controlled and ends in a front support without the legs going under the low bar a 0.1 deduction is taken for the hesitation/stop before bringing the legs under the bar for the cast to the squat on.