

SECTION 2



GIRLS GYMNASTICS HANDBOOK

2024 ~ 2025

Updated: Oct 2024

The purpose of this handbook is to inform Coaches, Athletic Directors, Officials, and Gymnasts of the systems and procedures to be used for the 2024-2025 Girls Gymnastics Season.

Please read all the enclosed material carefully.

Your suggestions and cooperation are deeply appreciated by Deb Smarro- Section 2 coordinator, and the girls' gymnastics programs in Section 2.

It is my aspiration for all gymnasts, coaches, and judges to have a healthy, and competitive season. Sportsmanship is our number ONE priority between coaches, gymnasts, officials, and parents.

Lead by Example!

**pg. 46-47 NYSPHSAA handbook (Sportsmanship)

Team Rosters must be submitted: **Dec 1, 2024.**

Send rosters to:

Deb Smarro- dsmarro@bscsd.org

NYSPHSAA: [Handbook](#)

Key Notes from NYSPHSAA handbook:

- ✓ Approved “practice” being added to the NYSPHSAA Jewelry Rule. No jewelry, which includes visible body piercing objects, shall be worn in a sport. Any piece of jewelry that is visible at the start of or during a contest or practice (May 2019) is in violation of the NYSPHSAA Jewelry Rule. (pg. 7)
- ✓ Approved the revision of the practice requirement to standardize required practices for all sports to be six to represent a school, with the exception of football, gymnastics, wrestling, and baseball which require 10 practices to represent a school. This proposal standardizes practice requirements for all levels (Varsity to Modified). (Feb. 2019) (pg. 7 & pg. 53)
- ✓ Eligibility – pg. 28- 52
 - o 22. PRACTICE SESSIONS: Athletes must meet all Standards of Eligibility to participate in practice. a. An organized practice in grades 7-12 is a session for the purpose of providing instruction and practice in physical conditioning activities, skills, team play, and game strategy designed expressly for that sport under the supervision of a qualified coach appointed by the Board of Education of the local school district. Such instruction and practice shall be held only during the season designated for that sport. Athletes who switch from one sport to another sport are permitted to count conditioning practices toward their new sport as follows (excluding bowling, golf, and rifle): 1. Sports with six (6) practices for the individual before the first contest/ scrimmage will be allowed to carry over three (3) days. 2. Sports with ten (10) practices for the individual before the first contest/ scrimmage will be allowed to carry over four (4) days. NOTE: Athletes whose seasons are lengthened due to participation in NYSPHSAA Regional and Championship contests are allowed to count conditioning practices towards their new sports as follows: 1) Sports with six (6) practices for the individual before the first

contest/ scrimmage will be allowed to carryover three (3) days; 2) Sports with ten (10) practices for the individual before the first contest/ scrimmage will be allowed to carryover four(4) days. b. No student or team may be permitted to participate in school organized practice or play on seven consecutive days during the regular season. Specifically, during the regular season, physical and/or instructional activities related to the sport on seven consecutive days are prohibited. NOTE: Any contests leading up to Sectional play is considered "regular season." Only one practice session a day and only six days of a calendar week may be counted toward the total practice sessions required. A practice session conducted on the same day as a game cannot be counted to meet the minimum practice requirement to be eligible for that day's contest. All required practice sessions shall be organized and planned for a reasonable length of time and shall include vigorous activity specific to the sport for the purpose of improving the physical condition of the players. Warm-ups prior to a game/ contest are not considered "practice." Each of the required number of practices for an individual must include vigorous activity; however, practice sessions required for the team beyond those needed by the individual may be used solely for meetings, film review and similar activities. NOTE: Practice is considered an integral part of the interschool program in that sport. An individual must be eligible according to age and all other Eligibility Standards to participate in practices or competitions with the high school squad in that sport. (pg 42)

- ✓ 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. See "NOTE" below. Section Athletic Councils may request in writing approval of the State Executive Committee (pg. 44)
 - o NOTE: For the sports of golf and girls' gymnastics, a waiver of the Representation Standard may be granted by the NYSPHSAA Executive Director when a student has qualified for participation in the current school year's NYSPHSAA Championship event and has subsequently transferred to a NYSPHSAA member school. The athlete must meet all other

High School Gymnastics Rulebook:

<https://nysphsaa.org/sports/wgym>

Section 2 website:

<http://www.section2athletics.org/>

Section 2 Girls Gymnastics Timeline

Monday, Nov 18, 2024

Season Begins

Saturday, Dec 7, 2024

Opening Contest: Twists, Turns, & Tumble- Shaker HS

Monday, Feb 3, 2025

Deadline for AA. Names, which meet, which events (for under)

Wednesday, Feb 5,, 2025

All Around Meets

Updated: Oct 2024

Seeding meeting for Sectionals- directly following AA meet

Wednesday, Feb 12, 2025

*Snowdate- 2/13/25

Sectionals at Shaker High School

3:00 Open Gym

4:30 Start Time

Feb 28-March 1, 2025

State Championships

Clarence High School

March 1 Mandatory Practice Time

March 2- 9:00 Open Gym

10:00 Start Time

Section 2 Girls Gymnastics Directory:

Section 2 Coordinator:

Deb Smarro

Saratoga High School

518-857-1539

dsmarro@bscsd.org

Officials Assignor:

Carol Baldwin

518-588-1588

pookie533@verizon.net

NYS Rules Interpreter:

Maria DeCristoforo

518-484-0988

amazonimpt@aol.com

Section II Office:

Doug DeJay- Executive Director

518-608-1013

Media:

Home School to report after each contest

Daily Gazette 518-395-3070 518-395-3071 sports@dailygazette.com

Times Union 518-454-5413 518-454-5819 tusports@timesunion.com

Saratogian 518-584-4242 518-587-7750 sports@saratogian.com

Post Star 800-724-2543 518-761-1255 sports@poststar.com

Capital Region HS Sports: <https://capitalregionhssports.com/category/winter-sports/gymnastics/>

RESULTS entered into the spreadsheet within 24 hours of your home contest.

Duties & Responsibilities of the Coaches:

1. Coaches must follow the Section 2 Code of Behavior as listed on the Section 2 website. Coaches must also follow "Requirements of Conduct for gymnasts and coaches" on page 4 of the NYSPHSAA technical Handbook. Please take the time to review!
2. Team Rosters must be sent to Deb Smarro.
3. Each school must send a copy of their competitive equipment with description to opposing coaches by **Dec 1, 2024**.

Updated: Oct 2024

4. Show respect for all.
5. Coaches are not permitted to speak directly to the gymnast, give signals, shout (cheer) or similar type actions during the exercise. This may result in a deduction.
6. Follow all guidelines for completion as stated in the NYSPHSAA Technical handbook.
7. Inform gymnasts of the rules, requirements of gymnastics, and the proper code of behavior.
8. Home school notifies the media after a contest is complete.
9. All meet changes and/or time changes must go through the school's Athletic offices' to ensure that the officials are notified.

Meet Procedures:

1. Warm Up

- a. A team is allotted a maximum of 45 minutes or a minimum of 25 minutes from the time they enter the gym to warm-up and begin the meet.
- b. If a **TEAM ARRIVES LATE**, they will be given the minimum amount of time to warm up. Safety is the first concern!
- c. Teams may get bar sets anytime during their allotted warm up time. It is recommended to keep your bar settings for away schools in case you go there again. This will definitely save the team's time.

2. Dual Meets

- a. Use the NYSPHSAA Technical Handbook for rules and event specifications.
- b. **The HOME coach should explain to the visiting team any changes in equipment, matting, or facility idiosyncrasies that may have changed since description was sent to coaches on Dec 1, 2024.**
- c. The home team is responsible to have a first aid kit, ice, and an AED on hand at all times.
- d. The home team is responsible for providing stopwatches as well as runners, flashers, and timers for each home contest.
- e. There should be a table and a chair for the official(s), and chairs for the helpers for each event.
- f. Teams will line up 5 minutes before the meet begins.
- g. Home coach will give welcome remarks, read sportsmanship cards, and play the National Anthem at the beginning of each competition.
 - i. Please include reminder about No Flash photography allowed
 - ii. Videoing of routines is allowed, but ONLY your own athlete.
 - iii. Turn cell phones to vibrate or off. No cell phones on the competition floor- timer may be used.
- h. Start values will be flashed by Section 2 judges.
- i. Scores must be flashed or announced after each gymnast.
- j. Team members should stay together as a group separate from the spectators whenever possible. Only meet personnel, coaches, and team members are allowed on the competition floor. All spectators must be in the stands.
- k. Maximum of 12 gymnasts/event. Extra judgements are \$5.75 per gymnast/event
- l. Scoring table- hand written and/or computer generated is acceptable.
 - i. Cards for each gymnast will be provided by the home school.

- ii. Runners will bring the cards to the score table as soon as possible. Do NOT hold all the cards till the end of the rotation.
 - iii. Final team scores, **add the best five scores out of the twelve.**
 - iv. At the conclusion of the meet, score sheets should be distributed to the opposing team.
 - v. Encourage great sportsmanship at the conclusion of a contest.
- m. Competition/Rotation order
 - i. 2 events at a time- First half-Vault- Home/Bars- Away, 2nd half- Beam- Home/Floor- Away
 - ii. 4 events at a time- Vault/Beam- Home and Bars/Floor- Away
 - iii. Block time or individual time for timed warm up. Follow guidelines in the technical handbook.
 - iv. A gymnast may be replaced by another up until that event begins. No substitutions can be made after the event begins.
 - v. Score inquiry may be addressed with the official at the conclusion of the event before the next event begins.
 - 1. Verbal discussions after the meet will not result in score changes.
 - 2. Inquiry can raise, lower, or keep the score the same.
 - 3. A coach may only inquire about bonus, start value/difficulty, special requirements, or unusual occurrences (music stops, camera flash, etc.)

3. Invitational- 4 or more schools

- a. Home responsibilities are the same as a dual meet.
- b. Rotation schedule at the discretion of the home school needs to be emailed to opposing coaches a minimum of 2 days prior to the Invy.
- c. Maximum 36 judgements for an Invy.
- d. All Around meets awards – cost will rotate amongst the schools.
 - i. 2025- Guild, 2026- Beth, 2027-Shaker, 2028- Toga

4. Sectionals

- a. Gymnasts will qualify in with scores set based on the following criteria:
 - i. Criteria may be adjusted by mid-season coaches meeting to stay within the 40 judgment ruling
 - ii. 3 score average of: Vault- 7.9 Bars- 5.5 Beam- 7.6 Floor- 7.7
 - iii. Team score= top 5 scores for a team/event
- b. Maximum 40 judgements
- c. Section Coordinator will rotate the committees every “2” years:
 - For 2024 (1st yr of cycle)-
 - i. Hospitality room Toga
 - ii. Senior/Judges Flowers Guild
 - iii. Shirts/messages(includes person to sell messages, and distribute shirts) Beth
 - iv. Facility/Meet decorations/National Anthem Shaker
- d. Section Coordinator will rotate worker events each year: For 2024(1st yr of cycle)-
 - i. Vault (flasher/runner) Toga
 - ii. Bars (timer/flasher/runner) Shaker

- | | |
|-------------------------------------|-----------------------|
| iii. Beam (2 timers/flasher/runner) | Beth |
| iv. Floor (timer/flasher/runner) | Guild |
| v. Admissions Ticket takers (2) | Section 2 Coordinator |
| vi. Athletic Trainer | Section 2 Coordinator |
| vii. Concession | Shaker |
| viii. Scorekeeper/Announcer | Section 2 Coordinator |
| ix. Program | Section 2 Coordinator |
- e. HOST SCHOOL
- i. Set up score table with chairs
 - ii. Have cards ready for each team.
 - iii. Table to display awards. Awards provided by the Section.
 - iv. Have enough mats for each event. Borrow if necessary
 - v. Equipment:
 1. Vault
 - a. Vault table with runway- max 80'
 - b. Tape measure next to the runway. Tape down for safety.
 - c. Table and chairs for 2 officials, 1 flasher, runner
 2. Uneven Bars
 - a. Block or chair for setting high bar
 - b. Review regulation set with opposing coaches
 - c. Stopwatch/timer for warm ups and falls
 - d. Table and chairs for 2 officials, 1 timer, flasher, runner
 3. Balance Beam
 - a. 2 Stopwatches/timers for warm ups, routine times, and falls
 - b. Bell for warning (verbally is acceptable)
 - c. Table and chairs for 2 officials, 2 timers, flasher, runner
 4. Floor Exercise
 - a. Music player with digital capabilities (iPod, mp3, phone), Aux cord, and CD player(in case of emergency)
 - b. Let teams know they are responsible for the playing of their own music during the meet.
 - c. Stopwatch for warm up and routine time.
 - d. Table and chairs for 2 officials, timer, flasher, runner)
 - e. Top mats must be taped/Velcro together

5. State Championship

- a. The top 3 All Arounders and the top 3 specialists per event (excluding the AAer's) by score from the Sectional meet will represent Section 2 at the State Championships.
- b. State team practices will be scheduled by the Section 2 coordinator.
- c. Besides the official state team, the next gymnast by score from Sectionals on each event (alternate) will practice with the state team so we are prepared in case a gymnast is injured.
- d. Line up at the state meet will be determined by how the gymnast placed at the Sectional meet.

- e. The State Team Coach is the coach with the winning team. Runner up coach will be the assistant.
- f. Gymnasts that travel to the state meet are not permitted to leave the host hotel with anyone except: Section 2 coordinator, and State Team coaches. They are the responsible party.
- g. If a gymnast wishes to travel home with her parents after the state meet, a gymnast must sign out with their personal coach after being excused by State Team Coaches.
- h. A State meet "Sportsmanship Award" will be chosen by the state team gymnasts by majority vote.