

**2016 44th ANNUAL GIRLS STATE  
GYMNASTICS TOURNAMENT**  
**March 4-5, 2016 – HILLIARD BRADLEY HIGH SCHOOL – HILLIARD, OHIO**  
**Alisha Wilson, Tournament Manager**

**1. REGULATIONS**

The same regulations and administration for the OHSAA Girls District Gymnastics Tournaments shall apply to the Girls State Gymnastics Tournament in addition to those listed below.

**2. DATE**

March 4 and March 5, 2016

**3. LOCATION**

Hilliard Bradley High School, 2800 Walker Rd., Hilliard, 43026 The tournament is under the supervision and sponsorship of the Ohio High School Athletic Association with Hilliard City Schools cooperating.

**4. TOURNAMENT MANAGER**

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**5. SCHEDULE – CAPITOL CUP FORMAT**

The OHSAA will employ the Capitol Cup Format, as described in USAG rules, at the Girls State Gymnastics Tournament. This format is designed to shorten the length of the competition and is accomplished by utilizing two sets of identical equipment for uneven parallel bars, balance beam and vault and at least an identical spring tumbling strip and carpet for floor exercise. The facilities at Hilliard Bradley High School, which include an auxiliary gymnasium, permit this competition format.

Prior to competition on both days, bar settings shall be made on the competition equipment. There will be no formal warm-up on the competition equipment on either day. Warm-ups shall take place only in the warm-up gymnasium on the identical equipment. All warm-ups shall be timed. After athletes have proceeded to the competition floor and reported to the chief judge for their event, they shall be given a 30-second touch warm-up on that equipment. For the team competition, the time may be "blocked" with the maximum time being three minutes. Note: The 30 second touch on bars does not include the time needed to set the bars.

**March 4 – Team Competition**

1:15 P.M.	Registration – Competitors and Coaches, Bar Settings
2:15 P.M.	Coaches Meeting
3:00 P.M.	Parade of Competitors and Introduction of Officials
3:10 P.M.	Teams 1-4 – Warm-up First events in Warm-up Gymnasium
	Teams 5-12 – Bye
3:30 P.M.	Competition Begins – Teams 1-4 on Competition Floor
	Teams 5-8 Warm-up First Events in Warm-up Gymnasium
	Teams 9-12 – Bye

Teams continue to rotate from warm-up to competition to bye round until all four events have been completed. At that time, the Parade of Competitors and Awards Ceremony will follow immediately. Estimated time of competition is 4 hours 45 minutes.

**March 5– Individual Competition (Divided into Eight Squads)**

10:00 A.M.	Registration – Competitors and Coaches, Bar Settings
11:00 A.M.	Coaches Meeting
11:30 A.M.	Parade of Champions and Introduction of Officials
11:40 A.M.	Squads 1-4 – Warm-up First Events in Warm-up Gymnasium
	Squads 5-8 – Bye
12:00 Noon	Competition Begins – Squads 1-4 on Competition Floor
	Squads 5-8 Warm-up First Events in Warm-up Gymnasium

Squads continue to rotate from warm-up to competition until all four events have been completed. At that time, the Parade of Competitors and Awards Ceremony will follow immediately. Estimated time of competition is 3 hours.