



OHIO HIGH SCHOOL ATHLETIC ASSOCIATION
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INFORMATION FOR GYMNASTICS COACHES WITH STATE TOURNAMENT QUALIFIERS

PLEASE REVIEW WITH YOUR COMPETITORS
PRIOR TO YOUR ARRIVAL AT THE TOURNAMENT

NOTE: State Tournament teams and individuals will be posted to the OHSAA web site by Sunday evening after the District Tournament. Please plan to go to the girls gymnastics page at <http://www.ohsaa.org/sports/gymnastics/girls/default.asp> to review the following: spelling of names of competitors, grade in school, spelling of coaches' names and correct placement into the competition.
TEAM COACHES: It would be helpful if you could email any changes in your lineup on each of the four events to Deborah Moore at dmoore@ohsaa.org prior to Tuesday, AM.

When you arrive at Hilliard Bradley High School, please enter the field house through the pass gate which is located off Walker Road. Do not allow your gymnasts to roam the halls of Hilliard Bradley High School prior to 2:15 p.m. on Friday. School is in session until this time. Gymnasts must stay in the gym or locker rooms until this time. Spectators should not arrive until after 2:45 p.m.

CAPITOL CUP FORMAT

The OHSAA will again 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 a field house 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. **We will not time warm ups in the auxiliary gym on team day. Squads will get approximately 25 minutes of warm-up.** 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 not including bar settings. For the team competition, the time may be "blocked" with the maximum time being three minutes.

EQUIPMENT AND WARM UP

1. Bar Settings shall be found after registration on the competition equipment. All warm-ups shall be on the warm-up equipment in the auxiliary gymnasium.
2. Warm ups will be by team or squad rotation - see program and follow competition order for warm ups.
3. Warm ups will not be timed in the warm-up gym; you must be prompt. Team warm-ups will be approximately 25 minutes. Individual/All Around beam and bars will be timed.
4. Bars and Beam: 2:00 per competitor. Please dismount when the timer signals time up. Warm up time on bars will begin after the setters have set the bars per your bar-setting card (to be enclosed in your packet). Note: If desired, coaches may assist with the bar setting.
6. Vault and Floor: Open warm ups.
7. Boards must be placed in the assigned area when not in use. Due to the nature of the Capitol Cup format, you will need to move your boards from the warm-up gym to the competition gym when your team or squad is up on vault.

Once you have completed your event, or if you are moving to a bye round, please take your board to the area so designated.

8. The equipment on the warm-up floor is to be used by competitors only. **All warm-ups shall take place in the warm-up gym.**
9. Check your music for time-speed of tape player, as it may be different than you are accustomed to. Please time your music during bar setting time on the competition floor. Also check the volume of your music prior to the start of competition. Tournament personnel will operate the sound system throughout the tournaments. CD's are the format of choice for this system.

PROCESSIONAL

1. After bar settings and the coaches' meeting, gymnasts shall be dressed in competition warm ups and leotards. **No other attire is permitted.** You will be given a school sign and directed to line up by competitor numbers along the wall in the warm-up gym. Tournament personnel will direct the processional onto the floor exercise mat. Please make rows as directed. ONLY THE TEAM MEMBERS PARTICIPATING IN THE STATE TOURNAMENT ARE PERMITTED TO PARTICIPATE IN THE PROCESSIONAL AND AWARDS CEREMONY.
2. Please turn in school signs after the processional to tournament personnel.
3. Awards Ceremony - We will call you at the end of the tournament. Line up in the same manner. Please stay in competition warm up or leotard for the Awards Ceremony. Gymnasts in street clothes will not be permitted to participate.

COMPETITION RULES

1. **Only the competitors and properly identified board-approved coach(es) who have a valid pupil coaching permit from the school are to be on the competition floor.** Seating will be available in the competition area for teams or individuals that are waiting to compete on that event. Before and after you compete, or if your team has a bye, please sit in the designated area in the bleachers or return to the field house. Coaches are encouraged to dress appropriately in school warm-up attire or casual clothing.
2. Since we cannot always call the next competitor, be sure you are paying attention.
3. Numbers if worn are to be placed on the back. You can peel and attach numbers (two sets provided) to your gymnast's leotard or the gymnast or coach can simply hold her number.
4. No one is permitted near the scorer's table - scores will be flashed. Unofficial scores will also be posted in the lobby. See Alisha Wilson with questions, problems, concerns, etc.
5. Green flags are used to start routines - watch the chief judge for the green signal to begin. Instruct gymnasts to show their number to each judge while they are waiting to begin.
5. Time warning will be given verbally by the timer.
6. No protests are allowed. Inquiry forms are available at the announcer's table
7. Vault numbers will be flashed.
9. Coaches are responsible for supervising the gymnasts in the warm-up area.
10. Signs and Banners - The use of balloons, pennants, shakers and noisemakers is not permitted. Signs and banners may be affixed to walls subject to the approval of the Tournament Manager.
11. At the conclusion of each rotation, gymnasts will exit the competition gym and report to either the warm-up gym or to their bye round (in team competition) or back to the warm-up gym (in individual competition). The next four squads will march into the competition gym, present to the chief judges and begin the touch warm-up procedures.
12. Please ask your team members to refrain from "screaming" at the completion of a teammate's routine. This could startle another gymnast and cause her to lose concentration.
13. Regulation matting must be under beam and bars at all times during the tournament. Mats may not be pulled for any reason. Four inch landing mats, sting mats or skill cushions may be added at beam and bars for dismounts.
14. Injuries, whether bleeding is involved or not, shall be given a :45 time period during which a decision shall be made whether a gymnast may resume her interrupted event.
15. Computer Scoring
 - a. Score cards with competitor name, number and event are color-coded. Vault – Yellow for #1; White for #2; Bars – Blue; Beam – Pink and Floor - Green

- b. Make sure the names, number and event are on the cards, and if not fill in the cards yourself. Make absolutely sure you use the color for the corresponding event.
- c. If you lose a card, or one is missing from your packet, go to the check in table at the pass gate inside the field house to receive a new card..
- d. Please put cards in the order in which you want gymnasts to compete, and give them to the head scorekeeper at the event when it is your turn. Do this before your squad starts, and be sure to hand **all the cards to the scorekeeper at the same time, not one card at a time.**

STAGGERED TOUCH WARM UP PROCEDURES

BALANCE BEAM

After the team/squad rotates onto the competition floor and reports to the Chief Beam Judge, the first three competitors, in order, shall take a 30 second touch on the competitive beam. Ample but not excessive time between competitors is given to allow for the moving of mat(s) and/or board placement for mounting. Following this initial warm-up period, the first athlete competes. When she dismounts, the fourth competitor begins her 30-second touch after time is given to adjust matting and/or boards. When her 30 seconds are up, the second gymnast competes. Upon her dismount, the fifth athlete in the competition order shall touch, followed by the third competitor, etc.

The fall timer (or other designee of the tournament manager) shall be charged with the duty of timing the touch warm ups as well as calling out who is up for touches. **THE ULTIMATE RESPONSIBILITY FOR HAVING COMPETITORS READY FOR THEIR TOUCH WARM UP IS THE COACHES', ALTHOUGH THE TIMER WILL CALL OUT WHO IS UP AND TIME THE 30 SECOND TOUCH.**

When it is time for a warm-up and after the watch is shown to the chief judge for any time violations, the timer shall **STAND** during the 30-second touch. She/he shall give an indication of 10 seconds remaining. When time is called and the athlete, who is warming up leaves the apparatus, she/he shall **sit down**.

Spectators will be informed of competition by seeing the timer **SIT DOWN** and by both the green flag displayed at the judges' table and the gymnast's number indicated on the scoring placard. This procedure should make the competition more "spectator friendly."

SAMPLE SCHEDULE OF COMPETITION AND TOUCH WARM-UPS FOR BALANCE BEAM 6 ATHLETE ROTATION

The first three gymnasts touch, in order of competition, prior to the following:

Gymnast

1	COMPETES	4	TOUCHES
2	COMPETES	5	TOUCHES
3	COMPETES	6	TOUCHES

FLOOR EXERCISE

The touch on floor exercise shall be in flights with the entire team/squad taking a touch (3:00 per team and :30 seconds X the number of competitors per squad) then competing.

Assigned tournament personnel will time and monitor this procedure.

TOUCH WARM-UP PROCEDURES FOR VAULT AND UNEVEN BARS

VAULT

For team competition as well as individual and all-around competition, all competitors on the team/squad shall touch in one group.

Each competitor shall receive three vaults. After each of the competitors has taken the three vaults, the competition shall begin.

UNEVEN PARALLEL BARS

Bar warm ups shall be conducted much the same as floor exercise. Each competitor shall have 30 seconds per touch, which does not include setting the bars. Each athlete will take her touch in the competitive order. As soon as all athletes in the squad have had their touch warm up, each competitor shall compete in order. The fall timer, or other designated tournament personnel, shall keep track of the time and announce the order for warm ups. **COACHES ARE RESPONSIBLE FOR HAVING ATHLETES READY FOR THEIR TOUCH.**

March 4 – Team Competition (12 Squads)

- 1:15 PM – Registration – Competitors and Coaches
Bar Settings
- 2:15 PM – Coaches Meeting
- 3:00 PM – Parade of Competitors and Introduction of Officials
- 3:10 PM – Teams 1-4 – Warm-up First Events in Warm-up Gymnasium
Teams 5-12 – Bye
- 3:30 PM – 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 as soon as all scores are verified. Estimated time of competition is 5 hours 30 minutes.

March 5 – Individual Competition (Divided into Eight Squads)

- 10:00 AM – Registration – Competitors and Coaches
Bar Settings
- 11:00 AM – Coaches Meeting
- 11:30 AM – Parade of Competitors and Introduction of Officials
- 11:40 AM – Squads 1-4 – Warm-up First Events in Warm-up Gymnasium
Squads 5-8 – Bye
- 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 as soon as all scores have been verified. Estimated time of competition is four hours.

ADDITIONAL INFORMATION

1. If an athlete qualifies for both Individual and All-Around competition, she competes only once and the score counts for both.
2. Athletes that qualify as an All-Around Competitor must also qualify as an Individual Competitor in order to be eligible for an Individual award at the State Tournament.
3. EQUIPMENT LIST: Please see the OHSAA website: ohsaa.org for an updated list.
4. ACCOMMODATIONS: Please go to www.ohsaa.org/general/hotelscol.htm for a listing of Hilliard area hotels.
5. For team competition, scratches and substitutions will be taken at the door when you register.
6. Photographers must have press credentials. Contact Tim Stried at the OHSAA via Email to request credentials. Email: tstried@ohsaa.org
7. Individuals who wish to videotape from their seats may do so. No tripods are permitted.
8. **EXPENSE FORMS ARE NO LONGER REQUIRED.**
9. **Note: If a qualified gymnast cannot compete in the Individual State Tournament due to injury, illness or ineligibility, the alternate shall be the next highest individual qualifier in that event. Alternates may be approved for competition up until the beginning of the event at the state tournament; however, to insure that the athlete receives recognition in the program, the head coach or a school administrator from the school with the gymnast who cannot compete should notify the alternate at her school and Associate Commissioner Deborah Moore or Program Director Jenn Close no later than 4:00 p.m. on Tuesday prior to the State Tournament if her status is known at that time. If it is discovered that an alternate is needed prior to Thursday at 4:00 PM, please notify Deborah Moore or Jenn Close at the OHSAA. If discovered after that time, the alternate will be processed at the state competition site.**
10. **A Board-approved school coach who has a pupil coaching permit or approved school representative shall remain with the gymnasts throughout the entire competition. No gymnast will be permitted to enter without her coach.**