

**CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
30 Realty Drive, Cheshire, Connecticut 06410**

2019 CIAC GIRLS GYMNASTICS INFORMATION

Meet Director
Kelly Smith – Daniel Hand High School, Madison
C – (203) 464-9728
smithkc@madison.k12.ct.us

Tournament Director
Pat Simon – Jonathan Law High School, Milford
H – (203) 874-2260 / C – (203) 215-5015
Patrick.simon@snet.net

Meet Director
Kasey Tocchio – Woodstock Academy
C - (860) 481-2179
kaseyfillmore@yahoo.com

Meet Director – Coaches Chair
Hal Rettstadt – Pomperaug High School, Southbury
W - (203) 598-0403 / H - (203) 405-2348
C - (203) 560-6951
hrettstadt@gmail.com

THE GIRLS GYMNASTICS TOURNAMENT INFORMATION IS ARRANGED IN NINE (9) SECTIONS

- 1.0 DIVISIONS
- 2.0 DATES / SITES / MEET DIRECTORS / TIMES
- 3.0 ENTRY PROCEDURES
- 4.0 EXPENSES / TICKETS
- 5.0 FORFEITS
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2019 ANNUAL CIAC GIRLS GYMNASTICS INFORMATION

ALERT PAGE

- **Tournament Team Format** – The top four (4) scoring teams in the divisional meets will qualify to compete in the Open Meet to determine an Open team champion as well as a runner-up team. The top three teams in the Open Meet will represent Connecticut in team competition at the New England Gymnastics Championships.
- **Regular Season Scores** -- All regular season meet scores MUST be entered online on the day of the game as soon as possible following the game's completion.

Scores may be entered via the Online Eligibility Center, the “Submit Scores/Forms” option of the “CIAC for Coaches” menu at ciacsports.com, or the “Submit Scores” button in our ciacmobile.com mobile site. Entering scores at ciacsports.com or ciacmobile.com requires either a coaches or scorekeeper's access code, those codes are managed via the Online Eligibility Center and can be retrieved from a school's athletic director.

- Only individual qualifying girls will be eligible to medal in each event and the all-around as determined under section 6.0 of the tournament packet. Also, the top 20 all-around scorers from the regular season will qualify for the all-around.
- Individuals competing in a non-school meet as unattached may not have their scores count for an outside team.
- December 13, 2018 is the final date for scheduling new meets that will count for tournament.
- **Scrimmages** – Teams must have a minimum of three (3) days of practice prior to scheduling a full team scrimmage. All sports teams and individual athletes must have a minimum of ten (10) physical/exertional practice days with their school before the date of the first scheduled competition. No team/athlete shall practice/compete with their school more than six (6) consecutive days to provide a day of rest. Saturdays, Sundays, and holidays may be used unless prohibited by local board policy. Sunday practices may be counted to fulfill the 10 day requirement.
- **Students With Special Needs**– Coaches are reminded to inform contest officials prior to each competition of any students with special needs who could be competing in the contest when his/her disability could impact the individual's performance or the conduct of the competition.
- **CIAC Tournament Site Media Policy** – The CIAC places tremendous value on the role the media plays in promoting and highlighting high school sports. To that purpose CIAC tournament venues and hosts should make every effort to provide a working environment conducive to all media (print, broadcast and internet based) covering our events. The following are **minimum standards**, developed in consultation with the CIAC Media Advisory Committee, which should be provided for working media at all CIAC tournament sites:
 1. A minimum of one hour following the conclusion of post-game interviews to write in the press box, press area or a suitable facility in close proximity to the site of the event (i.e. office, classroom, etc.)
 2. Access to electric power (shared power strip, etc.)
 3. Access to wireless internet service

Site directors should communicate these requirements to any staff person who may be responsible for the administration of the event. If for some reason a site will not be able to provide these items for a contest, a site representative should inform the CIAC in advance and work with the media on-site before the game and work to

provide a reasonable solution to the issue. Members of the media who will be covering events are directed to contact the appropriate site as far in advance as possible to inform them they will be at the event and discuss what arrangements will be made for working media at the site.

- **Unmanned Aerial Systems at CIAC-Sanctioned Events** – The use of unmanned aerial systems, often referred to as drones, is prohibited for any purpose by any person(s) at all CIAC-sanctioned events. This policy includes not only the restricted playing area of the venue(s), but also the physical confines of the entire stadium / field / arena structure. For the purpose of this policy, an unmanned aerial system is any aircraft without a human pilot on board.
- **Sportsmanship** -- Member schools are expected to conduct their relations with each other at all levels of competition in a spirit of good sportsmanship. Everyone involved has the obligation to see clearly his/her influence and act accordingly. The CIAC acknowledges that the school administration is responsible for the athletic program, including the making of broad and specific policies and procedures relating to sportsmanship and the conduct of activities in the school. To that end, the CIAC urges each school principal to adopt the following sportsmanship procedures and standards for their school and to champion the “Class Act” sportsmanship program as these standards will be used in all CIAC post-season contests.

CIAC Sportsmanship Guidelines

- The CIAC request that all school personnel – administrators, faculty, and coaches – give special and specific emphasis about CIAC’s expectations for good sportsmanship during the regular season as well as CIAC tournaments requiring that athletes and members of the student body conduct themselves in a manner that reflects nothing but credit upon your school. Any unsportsmanlike conduct on the part of students and adults is unacceptable and will be addressed with strong and appropriate measures.
- The CIAC sportsmanship standards should be as widely disseminated as possible using the student-parent handbook, student-athlete handbook, school newspaper, parent newsletter, school web site and the local media.
- The CIAC sportsmanship standards for spectators should be read by PA announcers prior to each contest.
- The CIAC sportsmanship standards of conduct be prominently posted at all sports venues.
- When event programs are provided, the CIAC sportsmanship standards be included.
- Member schools require having athletes, parents/guardians, sign an acknowledgement which would show that they have read the student-athlete handbook and understand the CIAC sportsmanship standards.
- Member schools work with community officials to insure that levels of the CIAC sportsmanship standards are enforced when contests are held at their school and at non-school facilities.
- The CIAC and the CIAC sports committees insist the CIAC sportsmanship standards be rigorously enforced at all regular season contests and at all CIAC tournament contests. This is particularly important when contests are held at non-school sites.
- Member schools will conduct a pre-season meeting with student-athletes, coaches and parents to review the CIAC sportsmanship standards.
- Member schools should communicate with opposing schools and inform them they are a “Class Act School” and provide them with the CIAC sportsmanship standards which will be strictly adhered to.
- Member schools hosting a game should make available to visiting schools necessary game information – includes directions for parking, location of ticket booths, seating arrangement, ticket prices, game time, directions for each game site.
- Member schools hosting a game should designate specific seating areas for students, bands, adults and visitors. If possible, opposing student bodies should be separated.
- Member schools hosting a game should arrange for adequate police supervision.
- When possible the member schools hosting a game should assign officials to dressing facilities separated from both teams. Provides escorts for the officials when it appears that disturbances may develop.
- Member schools should take measures to prevent fans from getting near or on the playing area and around the players benches. After the contest, prevents fans from going onto the playing area.
- Member schools should provide for adequate supervision of students and facilities. Supervisors should sit in the stands with the students.
- **Member schools should support and adhere to ALL the following CIAC standards.**

The CIAC “Class Act” Sportsmanship Standards

ALL Spectators (including parents):

- Will adhere to the host school’s acceptable dress code at all home and away contests commensurate with classroom behavior. For CIAC tournament contests all spectators will be appropriately attired with their torso completely covered and with no visible degrading or demeaning writings/logos.
- Any signs displayed must be positive in nature, reference only the school supported by the sign maker, and must be pre-approved by the Athletic Director of the school reference in the sign.
- During outdoor sports, no air horns or horns of any kind or whistles will be used, and any other noisemakers will be allowed with the host athletic director’s approval and only be used during “dead ball” situations to celebrate good play. During indoor sports, no noisemakers will be used. Pep bands are allowable at a home contest if the school provides adult supervision and the band only plays during “dead ball” situations.
- Spectators will cheer positively to support their team, will not cheer negatively against the opponent.
- Spectators will show respect for the game officials and their decisions.
- Spectators will show respect for the playing of the National Anthem.

Game Personnel / Announcers:

- Will explain and consistently enforce host school expectations for spectators.
- Will be enthusiastic but not show favoritism while making announcements, and never publicly question or criticize the players, coaches, or officials.
- Will encourage respect for the National Anthem and remind spectators to remove caps and stand.

Coaches

- Will exemplify high moral character, behavior and leadership, lead by example, and set a standard for players and spectators to follow both on and off the athletic arena.
- Will teach players the rules of the game and to respect the game, and will take action when athletes exhibit poor sportsmanship.
- Will respect the integrity and judgement of officials and will not publicly criticize or question the decisions of officials.
- Will be aware of the competitive balance of contests and will manage the score in a manner that is sportsmanlike and respectful of opponents.

Players:

- Will accept the responsibility and privilege the student-athlete has in representing their school and community by learning and showing teamwork, sportsmanship and discipline in all aspects of the game.
- Will demonstrate respect for self, coach, teammates, opponents, officials and spectators by exhibiting good character and conducting themselves as a positive role model.
- Will win and lose graciously.
- Will cheer for your team, not against your opponent.
- Will congratulate opponents in a sincere manner following either victory or defeat.

CIAC TOURNAMENT

- 1.0 **DIVISIONS** – Only institutional members of the Conference may enter this tournament which will be in three (3) divisions – L, M, S.

Divisions will be determined at the seeding meeting in February based upon the top 24 team averages. Enrollment figures of the previous school year will be used (dividing them into three equal groups (divisions)).

2.0 DATES

- 2.1 Practice may commence on, but not before, Thursday, November 29, 2018.
- 2.2 Competition may commence on, but not before Thursday, December 13, 2018.
- 2.3 The last date for meets to count for the 2019 CIAC Gymnastics Tournament will be Monday, February 18, 2019.

3.0 TOURNAMENT DATES

- 3.1 The **Team Division Championship** tournament will be held on Saturday, February 23, 2019 (snow date February 24). Times for the three divisions will be announced after the seed meeting on Wednesday, February 20, 2019 – Information will be available on the CIAC web site.

DIVISION L TEAM CHAMPIONSHIP

Jonathan Law High School, Milford

Meet Director: Kelly Smith – Daniel Hand High School, Madison
Cell (203) 464-9728 / Email: smithkc@madison.k12.ct.us

DIVISION M TEAM CHAMPIONSHIP

Jonathan Law High School, Milford

Meet Director: Hal Rettstadt – Pomperaug High School, Southbury
Work (203) 598-0403 / Home (203) 405-2348 / Cell (203) 560-6951
Email: hrettstadt@gmail.com

DIVISION S TEAM CHAMPIONSHIP

Jonathan Law High School, Milford

Meet Director: Kasey Tocchio – Woodstock Academy
Cell (860) 481-2179
Email: kaseyfillmore@yahoo.com

- 3.2 The **OPEN INDIVIDUAL CHAMPIONSHIP** will be held on Saturday, March 2, 2019
New Milford High School
Meet Director: Pat Simon – Jonathan Law High School, Milford
Cell (203) 215-5015 / School (203) 874-2260
Email: Patrick.simon@snet.net
Coaches Meeting 9:00 a.m. / Warm-up 9:30 a.m. / Competition 10:00 a.m.
- 3.3 **New England Championship** – Saturday, March 9, 2019
Site – TBA

4.0 QUALIFYING

- 4.1 To be eligible for consideration for the **Team Divisional Championship**, a team must have participated in a minimum of six (6) meets during the regular season. Only the first two meets with any single full team will count for tournament purposes.
- 4.2 Dual, tri, quad meets shall count. Each score from these meets shall count as ONE SCORE toward championship meet qualification. Do not, for example, count your score from a tri meet two times.
- 4.3 Individual and team scores must be submitted after each meet on the eligibility center or the submit scores/forms option under the CIAC for coaches menu at ciacsports.com or the submit scores button in

our ciacmobile.com mobile site. Entering scores at ciacsports.com or ciacmobile.com requires either a coaches or scorekeeper's access code, those codes are managed via the online eligibility center and can be retrieved from the school's athletic director. Failure to have all updated scores submitted by February 18 will result in that school being fined \$50.

- 4.4 All meet scores to be considered for team and individual tournament qualification shall have at least one rated official per event. (If more than one event is going on at one time, use at least one rated official at each event.)
- 4.5 Gymnasts, including members of one person teams must have been members of their school team for a minimum of six meets during the regular season to be eligible for participation in the Division Team Championship or in the Individual Open Championship.
- 4.6 Gymnasts who have been approved to participate as one person teams shall only compete for CIAC tournament qualification in CIAC regular season competitions that are scheduled by the "receiving school" with which the one person team gymnast(s) participates. (A receiving school is the school that accepts the approved participation of the "one person" team.) **The final date to apply for one person team status is December 18, 2018.**
- 4.7 **All schools, including one person teams and cooperative teams are responsible for submitting all CIAC information and must ensure supervision by Connecticut certified coaches for their athletes at all meets and tournaments.** One person teams may enter their league championship meet scores under their host team's league championship meet.
- 4.8 Gymnastics teams of CIAC member schools may compete for qualifying purposes with schools in these categories:
- Schools which are members of CIAC
 - Out-of-state schools which are members of their state association
 - The American School for the Deaf

NOTE: Girl gymnasts on CIAC member school teams are permitted to participate in a maximum of four (4) USGA-sanctioned meets during the course of the interscholastic girls' gymnastics season as unattached participants. (See "unattached" definition in CIAC Handbook.) Requests for permission to participate must be made to the individual gymnast's school principal. CIAC weekly limitations must be observed. Failure to receive permission violates Rule II.E. of the CIAC Code of Eligibility. **School competitions must not be missed in order to compete in a non-school meet.**

5.0 TEAM DIVISIONAL CHAMPIONSHIPS

- 5.1 Twenty-four school teams are invited to participate in the Team Division Championship. Athletes who are members of one person teams are eligible to qualify for the Open Individual Championship throughout the regular competition season. The Team Division Championship is for school teams with four (4) or more members.
- 5.2 Process used by the committee at the end of season seeding meeting to determine qualifying teams for the Team Division Championship:
- Team averages are listed from highest to lowest, based on the top six (6) team scores achieved during the regular season. **Scores are averaged as follows: the highest score is discarded and the next five highest scores are averaged.**
 - School teams with the top 24 averages are identified.
 - This list is then divided into three divisions of eight (8) schools each, based on girls enrollment (grades 9-12) from the previous year.

- 5.3 During the Team Division Championship the top four (4) scores per apparatus for each team will count toward the team score. Each team may compete a maximum of six (6) gymnasts per event. Competition must be designated prior to the seeding meeting.
- 5.4 The team divisional championship will be run as a team meet with no more than six (6) gymnasts from one school competing as a team at each event.

6.0 INDIVIDUAL QUALIFICATION – OPEN INDIVIDUAL TOURNAMENT

- 6.1 **Tournament Format** – For 2019, the top 40 girls overall will be accepted into the Open Meet in each of the four competitive events. In the event of a tie for 40th place, those girls tying for the 40th spot will be accepted into the respective individual event. If a girl qualifies in all four events, she will be eligible to medal in the all-around. Also, the top 20 all-around scores during regular season meets will qualify for the all-around competition in the Open Meet.

The top four scoring teams in the divisional meets will qualify to compete in the Open Meet to determine an Open team champion as well as a runner-up team. The top three teams in the Open Meet will represent Connecticut in team competition at the New England Gymnastics Championship.

Only individual qualifying girls will be eligible to medal in each event and the all-around as determined under section 6.0 of the tournament packet.

All gymnasts are required to compete in a minimum of five (5) meets. The average of the best four scores after the highest score is eliminated (per individual/per event, including all-around) achieved during the regular season competition will be used to determine qualification for the Open tournament.

- 6.2 If a gymnast was unable due to an injury to record a minimum of five (5) scores in order to qualify according to the regulations, a request for a “bye” into the Open individual tournament may be submitted for consideration by the CIAC Girls Gymnastics Committee.
- The request must be submitted in writing by the athletic director of the school for which the gymnast competes;
 - The request must be accompanied by medical documentation testifying that the gymnast was unable to compete;
 - The gymnast must have participated in at least three meets;
 - The average of the gymnast’s scores must meet or exceed the qualifying mark;
 - The decision of the Committee is final.

- 6.3 **New England Championships** – The top three (3) scoring teams at the Open tournament and medalists (top six) from the Open tournament will represent Connecticut at the New England Championships. Only six (6) gymnasts per state may be entered as the top six medalists from each state.

Tie-breaker policy for the New England Championships:

- The higher qualifying score on the CIAC web site will be used
- If there is still a tie then a coin flip will be the deciding factor

7.0 ENTRY PROCEDURE

- 7.1 **Entry Forms** – All entry forms can be submitted via the online eligibility center or the submit scores/forms option under the CIAC for coaches menu at ciacsports.com by Monday, February 18.
- 7.2 **ALL SCORES MUST BE SUBMITTED BY FEBRUARY 18 BY 10:00 P.M.**

Member schools must make every effort to complete their season as scheduled, including make-up meets. Any effort to gain an advantage in tournament play by not competing in a scheduled game is unacceptable and is subject to action by the CIAC Board of Control. Cancellation of any regular season contest/make-up to play in a league tournament will not be allowed. Schools not having all updated regular season scores submitted by February 18 will be assessed a \$50 fine.

** It is imperative that all entry forms be submitted regardless of state team qualifications or individual qualifications for the purpose of ranking all teams and individuals in the state.

7.3 **Entry Fee** -- \$125.00 for each school entering the Team Divisional Championships; and \$15.00 per qualifier/per event for the Open Championship.

If a school needs an invoice in order to pay its tournament fee, one can be downloaded by using the "Generate Tournament Invoice" link under the girls gymnastics options in the password protected online eligibility center.

8.0 **EXPENSES / TICKETS**

8.1 **Charges for admission to tournament games** (subject to change depending on the venue)

Children five (5) and under – Free

Military in uniform or with ID – Free

Senior Citizens (age 65 and older) and Students (grades 1-12) -- \$5.00

Adults (all others not in the above categories -- \$10.00

8.2 During the 2019 tournament, the following passes will be honored at all games where an admission is charged.

a. Principal (or designee) of participating schools

b. Press Card

c. Athletic directors CAAD membership card

d. CIAC Gymnastics Officials membership card

No other complimentary admissions will be permitted.

8.3 Schools will bear all traveling expenses.

9.0 **FORFEITS**

9.1 Member schools are required to submit a schedule of gymnastics meets. A forfeit meet shall count as a victory for the team declared the winner and as a loss for the team declared a loser in determining tournament qualifications and ratings. For tournament qualifications only the following reasons for a forfeit shall be accepted.

9.2 A team shall forfeit a meet or meets if through a violation it is required to do so under the CIAC Rules of Eligibility.

9.3 A team shall forfeit a meet if the meet official declares the meet a forfeit as a result of a National Federation rule violation, or a team refuses to participate after being instructed to do so by the meet official.

9.4 Forfeitures will be honored when there is mutual agreement between the principals of the two schools involved in the meet not held. Each principal must submit on the official CIAC Canceled Game/Forfeiture Form his/her decision and it must be received in the CIAC office within 72 hours following the time of the scheduled meet. On the eve of a tournament when there is not sufficient time for normal administrative procedures (72 hours) if a question of team forfeiture arises the Executive

Director or his designee, in consultation with the Chairman of the sports committee affected and the principals of the two school will make an appropriate ad hoc decision in consideration of the best interests of the tournament as a whole.

- 9.5 All games listed on the original schedule and submitted to the CIAC which are not played and have not been forfeited in accordance with this policy will be considered by each sport committee as No Contest and shall not count for tournament qualification and ratings unless it affects the minimum number of meets required to qualify for tournament participation. In this instance the sport committee shall review the evidence submitted by the teams involved and may grant an exception from the minimum meet requirement.

10.0 PROTESTS

- 10.1 Each sports committee will establish a protest committee whose purpose will be to adjudicate all protests relating to the operation of the tournament, including the application and administration of tournament regulations. National Federation or CIAC meet rule interpretations and judgments by the meet officials cannot be protested. The Protest Committee for each sport shall consist of the Assistant Executive Director for CIAC, the Chairman of the Tournament Committee, an administrator member of the sports committee, the Tournament Director and the Coaches' Chairman on the sport committee. All Protest Committee decisions are appealable to the CIAC Board of Control as provided in the CIAC by-laws.
- 10.2 On the eve of a tournament when there is not sufficient time for normal administrative procedures and Board of Control hearings, if a question of interpretation of tournament regulations or the operation of the tournament arises, the Chairman of the CIAC Board of Control, the Executive Director of CIAC, and the Chairman of the Tournament Committee in question will make an appropriate ad hoc decision in consideration of the best interest of the tournament as a whole.
- 10.3 Decisions by Meet Judges – Protests arising from the decisions, interpretations and misapplication of the National Federation or CIAC meet rules by the judges during the meet will be considered upon a written inquiry. A \$5.00 fee must accompany the inquiry. The decisions and interpretations of the rules by the judges on the inquiry are final. The record of the official scorekeeper at the conclusion of the championship is final unless an error is discovered. Such error shall be corrected as covered by specific meet rules. Any team leaving the contest area before the conclusion of the contest because of dissatisfaction with the officiating will render the school liable to disciplinary action by the conference.

11.0 SUPERVISION / SPORTSMANSHIP

- 11.1 In the interest of crowd control and proper supervision the CIAC Board of Control has approved the tournament regulation requiring the principal of the participating schools or his/her designee to attend all tournament games. The school administrator should identify him/herself to the site director. DECORUM APPROPRIATE TO GYMNASTICS IS EXPECTED AT ALL CONTESTS.
- 11.2 When a member school's coach is ejected from a meet for an infraction as prescribed by the rules, the meet may not continue until the member school replaces the ejected coach with a certified coach. If this cannot be accomplished within 15 minutes after the ejection, the official in charge will declare the entire team disqualified.
- 11.3 Use of tobacco products or possession of alcoholic beverages of any kind, including champagne, are not permitted at a meet. The principal or his/her designee at the game shall see that this rule is enforced and adhered to by the teams.

12.0 TOURNAMENT RULES / PROCEDURES

- 12.1 At the Open Championship and the three Team Divisional Championships four (4) events will be run concurrently, with two judges per event.
- 12.2 **Regular Season Meet Guidelines:**
- a. Order of events if possible – vault, bars, beam and floor.
 - b. If two events run at once the order is vault and bars; beam and floor.
 - c. Maximum six (6) official gymnasts per event with the top four (4) scores added to determine the team score. Quadrangular meet – maximum six (6) official gymnasts per event, with two events going on at once and four (4) judges.
 - d. Provide ½ hour warm-up time to the competing teams in dual meets and 45 minutes warm-up time in tri and quadrangular meets. Start meets as scheduled.
 - e. HOST SCHOOLS MUST BE CERTAIN THAT ALL EQUIPMENT CONFORMS TO NATIONAL FEDERATION SAFETY STANDARDS. (Consult current National Federation Rule Book.)
 - f. A warm-up compete format is recommended.
- 12.3 **Selection of Officials:** Coaches may recommend officials for the CIAC gymnastics championship events. Each head coach may recommend up to nine (9) officials for the championships, and each coach may list up to two (2) officials that they do not recommend to work the gymnastics championships. Those names may be filed on the CIAC Eligibility Center no later than February 4 at 4:00 p.m. Those recommendations will be utilized in the assignment of officials for the championship events.
- 12.4 All meets including tournaments shall be scored and governed by the current National Federation Official High School Girls Gymnastics Rules.
- 12.5 A rotational and timed warm-up will precede each event at the Team Championship and Open competition. Specifics of this rotation and warm-up period will be determined at the coaches meeting prior to the competition.
- 12.6 **Awards:**
- The Team Divisional Championship will award plaques and medals as follows:
 - The first place team will receive a plaque and individual gold medals
 - The second place team will receive a plaque and individual silver medals
 - The third team will receive individual bronze medals
 - The Open Championship will award medals to the top six gymnasts in each event, including the All Around. Additionally, the top two teams will receive plaques.
- 12.7 **CIAC LATE ENTRY POLICY**
- No tournament entries will be accepted after the established deadline except those approved by the CIAC Board of Control.
 - Corrections requested by a school to an entry form that was submitted by the established deadline but prior to seeding/pairing data being published on the web site, will be assessed a fee of \$50 per correction to a maximum of \$250.
 - All requests for corrections must be submitted on a support ticket via the online eligibility center. **No phone request will be considered.**

TOURNAMENT REGULATIONS VIOLATIONS -- If a school fails to comply with tournament regulations and such requires the CIAC tournament sports committee, central office staff, or the CIAC Board of Control to redo any portion of the tournament pairings or such non-compliance adversely impacts the management of the tournament, an administrative violation fee of \$50 will be imposed upon the school before entry into the tournament will be allowed.

The CIAC Gymnastics Committee 2018-19:

Brian Stranieri, Southington High School– Chair

Coaches

Hal Rettstadt, Pomperaug High School, Southbury – Ch

Kasey Tocchio, Woodstock Academy

Kelly Smith, Daniel Hand High School, Madison

Consultants

Bethany Mihaly, New Milford High School

Pat Simon, Jonathan Law High School, Milford

Alison Laney – Official

John Krot, Parish Hill High School, Chaplin – CAAD

Greg Ferry, Southington High School - CAAD

2018-20 NFHS Girls Gymnastics Rules Changes

Rule 1 Redefines the definition of a balk on all apparatus.

2-2-1b(9) Clarifies when a second trial is permitted.

6-2-5, 6-2-6, 6-5-1, 7-2-7, 7-3-6d, 8-3-6d Clarifies the application of the balk rule.

6-2-5c, 6-5-1g Specifies that a salto vault that is facilitated may be scored but will incur a 1.0 deduction.

7-3-3, 8-3-3, 9-3-3 Clarifies and provides an objective method for evaluating composition.

7-3-4c Specifies the deduction for a clear hip circle that does not end in 45°.

7-3-7g, 8-3-7g Clarifies that there is no deduction for checking the placement of the board.

7-5-2, 8-5-2 Deletes elements in Balance Beam and Floor Exercise.

7-6-1 Clarifies that a single leg overshoot can be performed on either bar.

8-6-2, 8-6-3 Clarifies that Advanced High Superiors that exceed minimum requirements also receive Advanced High Superior credit.

9-4-7o Clarifies the music failure deduction.

Adds new element 7-6-9 (9.306b), 8-6-1 (1.303, 1.105, 1.107), 8-6-2 (2.103, 2.11b), 8-6-3 (3.202a, 3.202b), 8-6-5 (5.103), 9-6-1 (1.313, 1.106b, 1.206b, 1.409c, 1.411b), 9-6-2 (2.205, 2.305, 2.405) 9-6-6 (6.102)

2018-20 NFHS Girls Gymnastics Editorial Changes

2-1-3, 2-1-4, 2-1-5 NOTE, 5-1-7 NOTE, 6-1-2, 7-5 Figure 1, 7-6-9 (9.405c) 8-4 Chart, 8-6-2 (2.407, 2.408, 3.401) 8-6-3 (3.4020, 8-6-5 (5.101), 9-2-3, 9-2-3a, 9-3-3b, 9-6-1 (1.206, 1.213, 1.411a)

2018-20 NFHS Girls Gymnastics Points of Emphasis

1. Balks on Vault
2. Balks on Bars and Beam
3. Spotting
4. Awarding Credit
5. Event Requirements on Floor
6. Composition

APPENDIX A

2018-19 CIAC GIRLS GYMNASTICS SCHEDULE

All CIAC member schools are to report their 2018-19 schedule for gymnastics on this form via the password-protected online eligibility center. This information will be used to verify petition of entry forms when they are submitted.

APPENDIX B

2018-19 GIRLS GYMNASTICS PETITION FOR NON-CIAC COMPETITION

This form must be submitted via the password-protected online eligibility center not later than Monday, February 18, 2019.

I understand that the above named gymnast may compete in a maximum of four (4) non-CIAC meets and must compete unattached from any team and her score may not be used for team scoring in a non-CIAC meet.

I also understand that the above named gymnast must maintain the CIAC rule of two (2) meets per week with Sunday as the first day of the week and no more than fourteen (14) meets during her high school schedule which starts with the first high school meet. **The four unattached meets are in addition to the 14 regular season meets.**

APPENDIX C

WORKSHEET

2018-19 CIAC GIRLS GYMNASTICS SCORESHEET

Team _____
 Site _____

Team _____
 Date _____

Vaulting			Total	Vaulting			Total
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____

Bars			Total	Bars			Total
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____

Beam			Total	Beam			Total
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____

Floor			Total	Floor			Total
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____

Final Score	Final Score
_____	_____

Coach Signature	Coach Signature
_____	_____

Judge Signature	Judge Signature
_____	_____

All Around	Vault	Bars	Beam	Floor	Total	All Around	Vault	Bars	Beam	Floor	Total
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____

		BARS	
		Event Requirements-1.0	
		1. Sup release/flight(exclude dismt)	(0.2) __
		2. 1 Direction change (exclude mt/dismt)	(0.2) __
		3. Kip	(0.2) __
		4. Inverted stretched vert. element (handstand)	(0.2) __
		5. Superior dismount	(0.2) __
		Difficulty	(3.0) __
		Bonus-0.8	
		1. (max.4) AHS-2 diff, no fall/spot	(0.2 ea)
		2. (0.2) HL BBS	__ __ (0.2) __
		3. (max .2) LL BBS(0.1 ea, Up to 0.2)	__ __
		2nd HL BBS	(0.2) __
		3rd AHS-diff, no fall/spot	(0.2) __
		Neutral Ded. ____	
		SCORE: _____	
VAULT			
SCORE: _____			
BEAM		FLOOR	
Event Requirements-1.0		Event Requirements-1.0	
1. 360 turn on 1 foot	(0.2) __	1. Salto with minimum of 180	(0.2) __
2. 1 acro flight element on beam	(0.2) __	2. 3 acro passes	(0.2) __
3. Acro series of diff on beam	(0.2) __	3. Sup acro elem -in 3rd acro pass or as Last acro element	(0.2) __
4. Dance series of diff on beam	(0.2) __	4. Superior lp/jp/turn on 1 foot	(0.2) __
5. Superior dismt	(0.2) __	5. Dance series of 2 diff Grp 1 elements	(0.2) __
Difficulty	(3.0) __	Difficulty	(3.0) __
Bonus-0.8		Bonus-0.8	
1. (max.4) AHS-2 diff, no fall/spot	(0.2 ea)	1. (max.4) AHS-2 diff, no fall/spot	(0.2 ea)
2. (0.2) HL BBS	__ __ (0.2) __	2. (0.2) HL BBS	__ __ (0.2) __
3. (max .2) LL BBS(0.1 ea, Up to 0.2)	__ __	3. (max .2) LL BBS(0.1 ea, Up to 0.2)	__ __
2nd HL BBS	(0.2) __	2nd HL BBS	(0.2) __
3rd AHS-diff, no fall/spot	(0.2) __	3rd AHS-diff, no fall/spot	(0.2) __
Neutral Ded. ____		Neutral Ded. ____	
SCORE: _____		SCORE: _____	

Connecticut State Department of Education and the Connecticut Interscholastic Athletic Conference
Concussion and Head Injury Annual Review 2018-19
Required for ALL School Coaches in Connecticut

This document was developed to provide coaches with an annual review of current and relevant information regarding concussions and head injuries. It includes guidance from the 2017 Concussion in Sport Group consensus statement that was developed to provide further understanding and management of sports-related concussion.

In addition to reviewing this document, the annual review must include one of the following prescribed resources: Connecticut Concussion Task Force video, Centers for Disease Control and Prevention (CDC) Heads Up: Concussion in Youth Sports training course, or the National Federation of State High School Associations (NFHS) concussion training course. Links to these resources can be found at: <http://concussioncentral.ciacsports.com/>. A new form is required to be read, signed, dated and kept on file by coaches' associated school district annually to comply with Section 10-149b of the Connecticut General Statutes, *Concussions: Training courses for coaches. Education plan. Informed consent form. Development or approval by the State Board of Education. Revocation of coaching permit.*

What is a Concussion?

"A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, stretching and damaging the brain cells and creating chemical changes in the brain." (CDC, 2017)

Section 1. Concussion Education Plan Summary

The [Concussion Education Plan and Guidelines for Connecticut Schools](#) was approved by the Connecticut State Board of Education in January 2015. Below is an outline of the requirements of the Concussion Education Plan. The complete document is accessible on the CSDE web site at <http://portal.ct.gov/SDE/Publications/Concussion-Education-Plan-and-Guidelines-for-Connecticut-Schools>

State law requires that each local and regional board of education must approve and then implement a concussion education plan by using written materials, online training or videos, or in-person training that addresses, at a minimum the following:

1. the recognition of signs or symptoms of concussion;
2. the means of obtaining proper medical treatment for a person suspected of sustaining a concussion;
3. the nature and risks of concussions, including the danger of continuing to engage in athletic activity after sustaining a concussion;
4. the proper procedures for allowing a student-athlete who has sustained a concussion to return to athletic activity; and
5. current best practices in the prevention and treatment of a concussion.

Section 2. Signs and Symptoms of a Concussion: Overview

A concussion should be suspected if any one or more of the following signs or symptoms are present following an impact or suspected impact as described in the CDC definition above.

Signs of a concussion may include (i.e. what the athlete displays/looks like to an observer):

- Confusion/disorientation/irritability
- Trouble resting/getting comfortable
- Lack of concentration
- Slow response/drowsiness
- Incoherent/ slurred speech
- Slow/clumsy movements
- Loses consciousness
- Amnesia/memory problems
- Acts silly/combative/aggressive
- Repeatedly ask same questions
- Dazed appearance
- Restless/irritable
- Constant attempts to return to play
- Constant motion
- Disproportionate/inappropriate reactions
- Balance problems

Symptoms of a concussion may include (i.e. what the athlete reports):

- Headache or dizziness
- Nausea or vomiting
- Blurred or double vision
- Oversensitivity to sound/light/touch
- Ringing in ears
- Feeling foggy or groggy

State law requires that a coach **MUST** immediately remove a student-athlete from participating in any intramural or interscholastic athletic activity who: a) is observed to exhibit signs, symptoms or behaviors consistent with a concussion following a suspected blow to the head or body, or b) is diagnosed with a concussion, regardless of when such concussion or head injury may have occurred. **Upon removal of the athlete, a qualified school employee (principal, teacher, licensed athletic trainer, licensed physical or occupational therapist employed by a school district, coach or school paraprofessional) must notify the parent or legal guardian within 24 hours that the student-athlete has experienced a head injury and has exhibited signs and symptoms of a concussion.**

Section 3. Return to Play (RTP) Protocol Overview

It is impossible to accurately predict how long an individual's concussion will last. There must be full recovery before a student-athlete is allowed to resume participating in athletic activity. Connecticut law now requires that no athlete may resume participation until she/he has received written medical clearance from a licensed health care professional (physician, physician assistant, advanced practice registered nurse (APRN), athletic trainer) trained in the evaluation and management of concussions.

Concussion Management Requirements:

1. No athlete SHALL return to participation in the athletic activity on the same day of head injury or concussion.
2. If there is any loss of consciousness, vomiting or seizures, the athlete MUST be transported immediately to the hospital.
3. The athlete should not be left alone after the injury. Close observation and monitoring of an athlete MUST continue following a concussion or head injury to ensure that there is no worsening/escalation of symptoms.
4. Any athlete with signs or symptoms related to a concussion MUST be evaluated by a licensed health care professional (physician, physician assistant, advanced practice registered nurse (APRN), athletic trainer) trained in the evaluation and management of concussions.
5. The athlete MUST obtain an initial written clearance from one of the licensed health care professionals identified above directing her/him into a well-defined RTP stepped protocol similar to the one outlined below. If at any time signs or symptoms return during the RTP progression, the athlete should cease activity.
6. After the RTP protocol has been successfully administered (no longer exhibits any signs or symptoms or behaviors consistent with concussions), final written medical clearance is required by one of the licensed health care professionals identified above for the athlete to fully return to unrestricted participation in practices and competitions.

Medical Clearance RTP protocol (There should be at least 24 hours for each step of the progression)

Stage	Rehabilitation Steps/Aim	Functional exercise at each step of rehabilitation/activity	Goal to each step
0	It is recommended that an initial period of 24-48 hours of both relative physical rest and cognitive rest is achieved before beginning the RTP progression identified in Stages one through six below (McCrory, P.et al., 2017). If at any time signs or symptoms should worsen during the RTP progression, the athlete should stop activity that day. If the athlete's symptoms are gone the next day, she/he may resume the RTP progression at the last step completed in which no symptoms were present. If symptoms persist (example, more than four days in children or more than 10-14 days in adults) the athlete should be referred to a healthcare professional who is an expert in the management of concussion.		
1	Symptom-limited activity	Daily activities that do not provoke symptoms	Gradual reintroduction of work/school activities
2	Light aerobic exercise	Walking or stationary cycling at slow to medium pace. No resistance training.	Increase heart rate
3	Sport-specific exercise No contact	Running or skating drills. No head impact activities	Add movement
4	Non-contact training drills	Harder training drills (example, passing drills). May start progressive resistance training.	Exercise, coordination and increased thinking
5	Full contact practice	Following medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff
6	Return to sport	Normal game play	Return to full athletic participation

Section 4. Local/Regional Board of Education Policies Regarding Concussions

***** Attach local or regional board of education concussion policies *****

I have read and understand this document and have viewed the prescribed resource material. I understand that state law requires me to immediately remove any player suspected of having a concussion and to not allow her/him to return to participation until she/he has received written medical clearance by a licensed health care professional trained in the evaluation and management of concussions.

Coach: (Print) _____ **School** _____
Coach Signature: _____ **Date** _____

References: McCrory, P., Meeuwisse, W., Dvorak, J., Aubry, M., Bailes, J., Broglio, S., et al., Vos, P. (2017). Consensus statement on concussion in sport – The 5th international conference on concussion in sport held in Berlin, October 2016. *British Journal of Sports Medicine*, 0, 1-10. Doi: 10.1136/bjsports-2017-097699. Retrieved from <http://bjsm.bmj.com/content/bjsports/early/2017/04/26/bjsports-2017-097699.full.pdf>

Resources: CDC. (2017). *Heads up: Concussion in high school sports*. Retrieved from http://www.cdc.gov/NCIPC/tbi/Coaches_Tool_Kit.htm
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