

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

**2022 CIAC GIRLS GYMNASTICS INFORMATION**

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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
- 6.0 PROTESTS
- 7.0 QUALIFYING
- 8.0 SUPERVISION / SPORTSMANSHIP
- 9.0 TOURNAMENT RULES / PROCEDURES

APPENDIX A – SCHEDULE FORM

APPENDIX B – PETITION FOR NON-CIAC COMPETITION

APPENDIX C – GYMNASTICS SCORE SHEET

APPENDIX D – CERTIFICATIONS/COACHING CERTIFICATIONS

## 2022 ANNUAL CIAC GIRLS GYMNASTICS INFORMATION

### ALERT PAGE

- **ALL TICKETS SALES FOR CIAC TOURNAMENT GAMES WILL BE SOLD AND REDEEMED VIA DIGITAL TICKETS.**
- **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](http://ciacsports.com), or the “Submit Scores” button in our [ciacmobile.com](http://ciacmobile.com) mobile site. Entering scores at [ciacsports.com](http://ciacsports.com) or [ciacmobile.com](http://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 16, 2021 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 Standards for sportsmanship as defined in the Class Act program are found at [http://ciacsports.com/site/?page\\_id=10438](http://ciacsports.com/site/?page_id=10438).

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## 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, December 2, 2021.
- 2.2 Competition may commence on, but not before Thursday, December 16, 2021.
- 2.3 The last date for meets to count for the 2022 CIAC Gymnastics Tournament will be Monday, February 21, 2022.

## 3.0 **TOURNAMENT DATES**

- 3.1 The **Team Division Championship** tournament will be held on Saturday, February 26, 2022 (snow date February 27). Times for the three divisions will be announced after the seed meeting on Wednesday, February 23, 2022 – 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](mailto: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 / Cell (203) 560-6951

Email: [hrettstadt@gmail.com](mailto: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](mailto:kaseyfillmore@yahoo.com)

- 3.2 The **OPEN INDIVIDUAL CHAMPIONSHIP** will be held on Saturday, March 5, 2022

New Milford High School

Meet Director: Pat Simon – Jonathan Law High School, Milford

Cell (203) 215-5015

Email: [Patrick.simon@snet.net](mailto: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 12, 2022

Site – Fairfield Warde High School

## **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](http://ciacsports.com) or the submit scores button in our [ciacmobile.com](http://ciacmobile.com) mobile site. Entering scores at [ciacsports.com](http://ciacsports.com) or [ciacmobile.com](http://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 21 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 29, 2021.**

- 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.**
- 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 2022, 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 40<sup>th</sup> place, those girls tying for the 40<sup>th</sup> 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 six (6) 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 six (6) 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. Must be submitted by the last date to count.

- 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 21.

7.2 **ALL SCORES MUST BE SUBMITTED BY FEBRUARY 21 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 21 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 2020 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.

**All ticket sales for CIAC tournament games will be sold and redeemed via digital ticketing.**

### 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 15 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 2021-22:

Administrators

Kim Longobucco, Newtown High School

Coaches

Hal Rettstadt, Pomperaug High School, Southbury

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

Lori Buggee – Rules Interpreter

John Krot, Parish Hill High School, Chaplin – CAAD

Jason Siegal, West Hartford Public Schools - CAAD

**2020-22 NFHS Girls Gymnastics Rules Changes**

- 3-3-1** Clarifies the proper uniform.
- 5-1-5, 5-1-6b** Permits state associations to adopt their own inquiry procedures.
- 5-1-6f** Standardizes the deduction for competing out of order.
- 6-1-1e** Specifies that tape, chalk or other substances may not be used on the vault table.
- 6-1-2d** Specifies the procedure for securing the top landing mat.
- 6-1-4** Specifies that chalk may not be used on the runway and adds maximum length of tape.
- 6-2-6c(2)** Specifies that the safety zone must be present around the front and sides of the board and eliminates the requirement of a coach being present for a round-off entry/Yurchenko vault.
- 6-4-2a** Specifies a deduction for a vault that does not pass through the vertical.
- 7-3-3** Eliminates redundant language and streamlines the composition category for ease of use.
- 7-3-4c(8) Notes** Standardizes the deduction for extra swings.
- 8-2-1** Standardizes the fall time.
- 8-3-3** Eliminates redundant language and streamlines the composition category for ease of use.
- 8-5c** Clarifies the amount of twist needed for the element to be awarded AHS credit in difficulty and bonus.
- 9-3-3** Eliminates redundant language and streamlines the composition category for ease of use.

## 2020-22 NFHS Girls Gymnastics Editorial Changes

4-1-2e Note 4, 7-4a-3, 7-6-7, 8-3-5 Note 4

## 2020-22 NFHS Girls Gymnastics Element Changes

7-6-1 (Box 1.104c), 7-6-5 (Box 5.101), 7-6-8 (Box 8-402), 7-6-8 (Box 8.201 and Box 8.203),  
7-6-9 (Box 9.205, 9.305a, 9.305b, 9.405a, 9.405b, 9.405c, 9.306a, 9.406a), 8-6-2 (Box 2.109), 8-6-3 (Box 3.302)  
9-6-1 (Box 1.109, 1.409c), 9-6-10 (Box 10.402)

## 2020-22 NFHS Girls Gymnastics Points of Emphasis

1. Awarding Credit
2. Composition
3. Event Requirements on Floor
4. Seven Ways to Break a Series

### APPENDIX A

#### 2021-22 CIAC GIRLS GYMNASTICS SCHEDULE

All CIAC member schools are to report their 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

#### 2021-22 GIRLS GYMNASTICS PETITION FOR NON-CIAC COMPETITION

This form must be submitted via the password-protected online eligibility center not later than Monday, February 21, 2022.

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

2021-22 CIAC GIRLS GYMNASTICS SCORESHEET

Team \_\_\_\_\_  
Site \_\_\_\_\_

Team \_\_\_\_\_  
Date \_\_\_\_\_

Vaulting			Total			Vaulting			Total		
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
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Bars			Total			Bars			Total		
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Beam			Total			Beam			Total		
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Floor			Total			Floor			Total		
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_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____

Final Score \_\_\_\_\_

Coach Signature \_\_\_\_\_

Judge Signature \_\_\_\_\_

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

		<b>BARS</b>	
		<b>Event Requirements-1.0</b> 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) __  <b>Difficulty</b> (3.0) __	
<b>VAULT</b>		<b>Bonus-0.8</b> 1. <b>(max.4)</b> AHS-2 diff, no fall/spot (0.2 ea) __ __ 2. <b>(0.2)</b> HL BBS (0.2) __ 3. <b>(max .2)</b> 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: _____	
		<b>FLOOR</b>	
<b>BEAM</b>		<b>Event Requirements-1.0</b> 1. 360 turn on 1 foot (0.2) __ 2. 1 acro flight element on beam (0.2) __ 3. Acro series of diff on beam (0.2) __ 4. Dance series of diff on beam (0.2) __ 5. Superior dismt (0.2) __  <b>Difficulty</b> (3.0) __  <b>Bonus-0.8</b> 1. <b>(max.4)</b> AHS-2 diff, no fall/spot (0.2 ea) __ __ 2. <b>(0.2)</b> HL BBS (0.2) __ 3. <b>(max .2)</b> 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: _____	<b>Event Requirements-1.0</b> 1. Salto with minimum of 180 (0.2) __ 2. 3 acro passes (0.2) __ 3. Sup acro elem -in 3rd acro pass or as Last acro element (0.2) __ 4. Superior lp/jp/turn on 1 foot (0.2) __ 5. Dance series of 2 diff Grp 1 elements (0.2) __  <b>Difficulty</b> (3.0) __  <b>Bonus-0.8</b> 1. <b>(max.4)</b> AHS-2 diff, no fall/spot (0.2 ea) __ __ 2. <b>(0.2)</b> HL BBS (0.2) __ 3. <b>(max .2)</b> 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: _____

## APPENDIX D

### CERTIFICATIONS/COACHING CERTIFICATIONS

- Coaching Education Overview: Required coaching certifications, including medical certifications, can be found at this link: <http://www.ctcoachinged.org/>
- Information on Coaching Permit Renewal for the State of Connecticut can be found at: <http://www.ctcoachinged.org/CEU.html>
- Temporary coaching permit application can be found at this link: [https://portal.ct.gov/-/media/SDE/Certification/Forms/ed\\_186.pdf](https://portal.ct.gov/-/media/SDE/Certification/Forms/ed_186.pdf)
- 5 Year coaching permit application can be found at this link: [https://portal.ct.gov/-/media/SDE/Certification/Forms/ed\\_185.pdf](https://portal.ct.gov/-/media/SDE/Certification/Forms/ed_185.pdf)
- Coaching Course Registration: <http://ctcoachinged.org/Permit.html>
- Sudden Cardiac Arrest Renewal: [https://portal.ct.gov/-/media/SDE/Certification/Coaching/coaches\\_sudden\\_cardiac\\_arrest\\_awareness\\_annual\\_review.pdf?la=en](https://portal.ct.gov/-/media/SDE/Certification/Coaching/coaches_sudden_cardiac_arrest_awareness_annual_review.pdf?la=en)
- Information on concussion training and certification can be found at this link: <http://www.ctcoachinged.org/concussionpage.html>
- Concussion Renewal Form for Coaches: [https://portal.ct.gov/-/media/SDE/Certification/Coaching/Concussion\\_and\\_Head\\_Injury\\_Annual\\_Review\\_for\\_Coaches\\_2021-22pdf?la=en](https://portal.ct.gov/-/media/SDE/Certification/Coaching/Concussion_and_Head_Injury_Annual_Review_for_Coaches_2021-22pdf?la=en)
- Mandated Reporter Training: <https://portal.ct.gov/DCF/Mandated-Reporter-Training/Home>
- EpiPen Training: <https://www.redcross.org/take-a-class/preview-kits/anaphylaxis-epinephrine-auto-injector>
- Coaches Guide to Dehydration and Other Heat Illnesses: <https://www.nata.org/practice-patient-care/health-issues/heat-illness>
- Heat Illness Legislation for Coaches, Parents and Students: <https://www.cga.ct.gov/2021/ACT/PA/PDF/2021PA-00087-R00HB-06492-PA.PDF>
- Exertional Heat Illness Review for Coaches: <http://www.casciac.org/pdfs/ExertionalHeatIllnessReviewSheet.docx>

**Volunteer Coaches:** The State of Connecticut Department of Education does not distinguish between volunteer or paid coaches when considering certifications or responsibilities. All coaches who are responsible for, or instruct students in any way must follow Connecticut State Law for certifications and responsibilities. Therefore, volunteer coaches are required to obtain the same certifications as all other coaches.