



Published by the Kansas State High School Activities Association

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2011 KSHSAA GIRLS GYMNASTICS

Rules Meeting Announcement Sheet

Monday, August 29 - Shawnee Mission-West High School (7:00 PM)



The National Federation of State High School Associations "Girls Gymnastics Rule Book" and the Kansas State High School Activities Association "Handbook" shall be the rules that govern the Kansas interscholastic Girls Gymnastics program.

REQUIRED RULES MEETING AND TEST

HEAD COACHES and ALL REGISTERED JUDGES

1. RULES MEETING

- ✓ Must attend rules meeting conducted in August
- ✓ Attendance card must be completed, signed and turned in at the end of the meeting (*head coach and judge only*)

Coaches = Card GYM-1
Judges = yellow card

2. RULES TEST

- ✓ Must take an NFHS "open-book" gymnastics test—**DUE SEPTEMBER 9**. Coaches test mailed to your athletic director in early August. Judges test mailed in July (in packet if just registered).
- ✓ **The test will be taken online only. See instructions with test.**
- ★ *NFHS Gymnastics Rule Book* - \$5.00 @ meeting; \$6.00 via mail
- ✓ Must score 90% or better. If not: **Coaches** school name is printed in *KSHSAA Journal*
Judges - not eligible for post-season
- ✓ KSHSAA must receive test answers by **SEPTEMBER 9**. If not:
Coaches - \$25 fee to KSHSAA, school name is printed in *Journal*
Judges - placed on probation or suspension

SCHOOL RESPONSIBILITIES

1. KSHSAA REGISTERED JUDGES ARE REQUIRED

Please ask to see judges license for proof of current year registration. It is recommended that registered officials be used for all non-varsity competition as well.

2. COMMUNICATION IMPORTANT

Please communicate with visiting schools and judges prior to each contest in order to eliminate unwanted challenges.

3. REPORTS TO KSHSAA

Please report unusual situations or sportsmanship challenges to the KSHSAA (for reports on judges, see Form S (found at www.kshsaa.org)). The KSHSAA would also like to be informed of positive and rewarding experiences that take place.

4. OFFICIAL RECOMMENDATIONS FORM GYM-2 (DUE OCT. 3)

State Judges will be assigned by the KSHSAA based on the recommendations submitted by participating member schools. **PLEASE SUBMIT FORM GYM-2** (found at www.kshsaa.org) **NO LATER THAN OCTOBER 3**. Please list at least 8 judges and the event you would recommend them for.

**FAILURE TO SUBMIT
FORM GYM-2
WILL RESULT IN A \$25 FINE
TO MEMBER SCHOOLS!**

COACHES

1. PARTICIPATION DATES - 2011 SEASON

- ✓ **Monday, August 15**
First Day of Practice
- ✓ **Friday, September 2**
First Day of Competition
- ✓ **Saturday, October 22**
Last Day of 2011 Season

2. ATHLETE PHYSICALS

ALL High School and Middle School/Jr. High athletes must have a KSHSAA physical examination/parental consent form completed and turned in before they are allowed to practice!

The physical may not be taken/dated earlier than **May 1, 2011**.

No student representing a member high school shall **PARTICIPATE IN MORE THAN TEN (10) MEETS** (*exclusive of the State Meet*).

3. WHO CAN COACH

KSHSAA RULE 10 - Only certified coaches (certified in compliance with the standards established by the Kansas State Board of Education) or coaches aides (through application and approval from the KSHSAA) are allowed to work with the team. **NO OUTSIDERS OR VOLUNTEERS MAY COACH OR ASSIST WITH COACHING DUTIES**, with the exception provided for individuals who are certified staff, employed by the member school at the same school site.

**NEW FOR 2011-2012 SEASON - STATE GYMNASTICS MEET WILL BE ON
SATURDAY, OCTOBER 22, 2011**

DURING THE SCHOOL YEAR, COACHES MAY ONLY BE INVOLVED WITH THEIR ATHLETES DURING THE SEASON-OF-SPORT.

- **COACHES MAY** transport their athletes to non-school competition in their sport outside the season-of-sport.
- **COACHES MAY NOT** transport their athletes to camps/clinics in their sport outside the season-of-sport.

The 2011 season is from August 15 - October 22.

NOTE: The final date for a member school athletic practice is the date the school is eliminated from post-season competition.

JUDGES

1. KSHSAA Rule 11 - Athletic Officials

Neither a member school nor an approved school shall take any action to prevent an athletic official from officiating a contest because of the official's race, sex, religion or national origin. Neither shall a member school or an approved school participate in a contest for which an athletic official has been excluded from officiating because of the official's race, sex, religion or national origin.

2. MEET CONTRACTS

The Arbiter online assigning program will be used by some league commissioners. Judges will receive and accept contracts via email. Email reminders will be sent to judges prior to the contest.

ALL CONTRACTS MUST BE MADE IN WRITING, CLEARLY SETTING FORTH THE TERMS. It is advisable to confirm the date at least a week prior to the meet. A judge's word is his/her bond. **If contracts are broken by schools or judges, the KSHSAA should be notified.**

- ✓ The host school should make the judges check available to all judges prior to the meet or immediately thereafter.

3. COMMUNICATION IMPORTANT

- ✓ **Contact school**—if you do not hear

from the school prior to your assignment, please contact them regarding details you might need: meet time, location of contest, where to park, etc.

- ✓ **Information to coaches**—please give coaches a card/information prior to the meet, to include: your name and town, meet date, opponents, level of competition, etc.

4. REPORTS TO KSHSAA

Please report unusual situations or unsportsmanlike conduct by athletes, coaches or fans which distract from the educational environment. The KSHSAA would also like to know of positive and rewarding experiences that take place.

5. POST-SEASON ASSIGNMENTS

- ◆ Assignments of judges for post-season meets will be based on schools' recommendations.
- ◆ Priority and first consideration will be given to those who have met the following standards for the 2011 season:
 - a. Attending a KSHSAA Gymnastics Rules Meeting
 - b. Scoring a 90% or above on the written exam
 - c. Receiving recommendations from participating member schools

The State Meet will use two judges per event (all four events running simultaneously), and the meet referee.

The KSHSAA will make every attempt to provide for equal geographical distribution of judges at all post-season meets, in so far as possible.

Please NOTE, AND ENFORCE: Rule 2-2-1b.2 - Judges are to be placed apart from one another.

JUDGES—Please make application with the KSHSAA to work post-season tournaments. (Form online and mailed in mid-September).

COACHES & JUDGES

1. QUESTIONNAIRE PARTICIPATION

PLEASE complete and return surveys received from the NFHS and/or KCA (KS. Coaches Assoc.) and KGA

(KS. Gymnastics Assoc.). Your input is valued and appreciated.

NOTE: Please contact the KSHSAA with any concerns regarding the gymnastics program (*i.e., suggestions for change or modification to the rules*).

2. RECRUITING NEW JUDGES

There is an ongoing need for recruiting officials in all activities and providing them with opportunities to work so they can improve their skills.

Please encourage former gymnasts, parents, and those who officiate in other sports to register as a gymnastics judge.

Interested individuals may register at any gymnastics rules meeting or contact the KSHSAA.

COMPETITION AREA

- ▶ NFHS Gymnastics Rule 5-1-1: Only competitors and officials shall be permitted on the floor during competition. Coaches and/or gymnasts may be present to spot except on floor exercise. (Officials would include the judge's student assistants).
- ▶ The KSHSAA will work with the state manager and the meet referee in reasonably accommodating a press pass for photo opportunities. Only those with a KSHSAA issued state gymnastics pass will be granted access to the floor.
- ▶ School administrators, parents, other students and spectators are to remain seated in the spectator area (exception: event manager). This is extremely important for the safety of the gymnasts and to allow judges an unobstructed view of the performance they are judging.

POST-SEASON MEET INFORMATION

1. NO REGIONAL MEETS

There will be no regional qualifying meets in the 2011-2012 season.

2. STATE MEET ORGANIZATION

The **STATE MEET** shall be **CONDUCTED IN ONE DAY WITH ONE SESSION**. All four events will run simultaneously with two judges per event. Continuous bump rotations will be used.

3. PRE-MEET WARM-UPS

During the regular season and post-

season competitions, the host school will announce the warm-up times and rotation to be used. At the request of the KCA, state host schools will determine the warm-up (traditional, capital cup, modified capital cup).

4. SCORING SYSTEM

THE DUAL MEET SCORING SYSTEM shall be used in KSHSAA post-season meets. The event score for a team is computed by adding the three highest scores of the competitors for that team in that event. The team score is computed by adding the four event scores.

STATE MEET

The **2011 STATE MEET**, hosted by **Shawnee Mission-Northwest High School**, will be held on **SATURDAY, OCTOBER 22 at 12 noon**. Richard Grinage will be the tournament manager. One meet will include all classes.

1. STATE ENTRY FORM

ENTRY FORM GYM-3 - Please send **FORM GYM-3** (found at www.kshsaa.org) **TO THE KSHSAA NO LATER THAN FRIDAY, OCTOBER 14.**

KSHSAA
FAX: 785/271-0236

2. STATE ENTRIES

A team is **LIMITED TO A MAXIMUM OF FIVE ENTRIES PER EVENT**. Effective with the 2009-10 season, schools are no longer required to have an all-around gymnast. If they do, there is no limit to the number of all-around gymnasts from a given school.

3. COMPETITION

TEAMS WILL COMPETE AS UNITS with all five (5) of a team's entries per event competing consecutively.

4. STATE ROTATION

In the 2011 season, **ALL TEAMS will be eligible to participate in the State Meet**. To determine the rotation order for the state meet, the following format will be used:

1. **The best team score, for each school, during the season will become their "base score".**
2. **The base score must be achieved at an invitational meet or a cul-**

minating meet at the end of the season (i.e., League Championship or the Last Meet for teams NOT in a league). **NOTE:** Scores at Junior Varsity Meets will not be eligible to submit as a team base score.

3. **Invitational Meets:** For determining a team's base score, participation at an **Invitational Meet shall consist of a minimum of 5 teams competing and have at least three judges present to judge the meet.** (Quads will not count as an invitational meet.)

4. **The Invitational Meet Host School Coach and /or AD of an will be required to submit to the KSHSAA the final team score sheet with a judge's signature from that meet WITHIN 48 HOURS AFTER THE INVITATIONAL.** If the meet is held outside of Kansas, one Kansas coach needs to submit the results with a signature of a judge from that meet.

5. **The KSHSAA will post, on line, a list of all team "base scores" on TUESDAY, OCTOBER 18** and indicate the meet they achieved that score.

6. **A team will have 24 hours to correct a score with the KSHSAA, if for some reason a better score should have been used.** The school will have to indicate what meet they achieved that score.

7. **The final state rotation will be posted on-line no later than THURSDAY, OCTOBER 20.**

5. MEDALS AND TROPHIES

Individual and all-around medals will be presented to the first through sixth-place individual winners. Trophies and medals will be presented to first-, second- and third-place teams.



STATE PROGRAM

1. ALL SCHOOLS PARTICIPATING MUST SEND A 5x7 PHOTOGRAPH OF THEIR TEAM & COACHES (IN UNIFORM) TO REACH THE KSHSAA NO LATER THAN OCTOBER 1!

2. A GOOD PHOTO . . .

- ✓ is no larger than 5x7
- ✓ shows all faces
- ✓ is arranged in 2-3 rows
- ✓ is accompanied by proper identification—**PLEASE!**
- ✓ is planned for well in advance to allow for a retake
- ✓ **arrives at the KSHSAA before the deadline date**

3. E-MAILING DIGITAL PICTURES

Digital team photos may be sent via e-mail to dcherry@kshsaa.org in one of the following formats:

Best: JPEG
Next best: TIF

When scanning your team photograph, scan at 600 dpi or higher.

**PLEASE
SEND YOUR TEAM
PHOTOGRAPH
TO THE KSHSAA NO LATER
THAN OCTOBER 1!**

"Gymnastics has helped me so much, how to be dedicated to something, how to work hard to achieve your goals, also to be organized, and how to try and balance my life out. I think it's helped me in school too, because it's kept me organized and I'm always striving for a goal."

**Shannon Miller
Olympic Gymnast**

SELECT KSHSAA RULES

Rule 14

BONA FIDE STUDENT

Section 1: General Regulations (apply to grades 7-12)

Art. 1: In order to be eligible for participation, the student must be a bona fide undergraduate member of that school and in good standing. (See *Rule 22-1-3, Outside Competition and Rule 30-2-2, Seasons of Activities.*)

In order to participate in practice, the student must be a bona fide undergraduate of that school and one who is eligible or has the possibility of eligibility.

Art. 2: A student who is under penalty of suspension or whose character or conduct brings discredit to the school or to the student, as determined by the principal, is not in good standing and is ineligible for a period of time as specified by the principal.

Art. 3: A student who uses any form of tobacco, illegal drugs, alcoholic beverages, etc., at school events is not in good standing.

Art. 4: A student who uses anabolic steroids would be ineligible for interscholastic competition until such time as medical evidence can be presented that his/her system is free of that drug.

Art. 5: A student shall not be permitted to make up work after the close of the semester for the purpose of becoming eligible. A "condition" or an "incomplete" shall count as a failure. However, should a student have an excused absence for day(s) missed, completing such work per school policy (Illustration: two days for every day missed) would not be considered as "make up" per se. Summer school is not to be used for making up credit deficiencies for the purpose of becoming eligible.

Art. 6: If the student competes under an assumed name, he or she shall be ineligible in all sports.

This announcement sheet is also located on-line @ www.kshsaa.org
(See activities; athletic; girls gymnastics; news/updates/announcements)

Rule 22

OUTSIDE COMPETITION

Violation of this rule shall make a student ineligible for the remainder of that sport or scholars' bowl or debate season, unless he or she is reinstated by the Executive Board.

Section 1: General Regulations (apply to grades 7-12)

Art. 1: A student who is a member of a school athletic, scholars' bowl or debate squad effective Tuesday following Labor Day through Friday preceding Memorial Day may not participate as a member of an outside team or as an independent competitor in the same sport, scholars' bowl or debate activity. (Exception: See *Rule 4, United States Olympic Committee-Sponsored National Trials and Competitions.*)

NOTE: Informal participation on the part of the student athlete, such as that experienced on the black top (concrete), in the park, local "Y", etc., is not considered a violation of this rule, provided it was not formally called or organized, no coaching takes place, where no official score is kept, time kept, officials used, etc.

Intra non-school youth group athletic participation is not considered a violation of this rule. Inter non-school youth group athletic participation is a violation.

Art. 2: A student shall not be prohibited from competing on a special team within his or her own school such as an FFA team, etc. All members of such teams must be bona fide students, however, and eligible under the rules of the Association.

Art. 3: A student becomes a member of a school's athletic squad, scholars' bowl or debate team when he or she first participates in a practice session.

A student ceases to be a squad member after his or her last contest for the school's athletic squad, scholars' bowl or debate team or when the membership on a squad is terminated. (See *Rule 14-1-1, Bona Fide Student and Rule 30-2-2, Seasons of Activities.*)

Rule 26

ANTI-TRYOUT AND PRIVATE INSTRUCTION

A student who violates this rule shall be ineligible in that activity for a period of one year from the date of the violation, unless reinstated by the Executive Board.

Section 1: General Regulations (apply to grades 7-12)

Art. 1: A student may receive instruction from their parent(s) at any time. A student's parent(s) may attend their student's private instruction session without violating the provisions of this rule.

Art. 2: A student may receive private instruction at any time of the school year. During the time a student is a member of a school athletic squad, starting with the student's first day of school practice and ending with the student's last day on the school athletic squad, a student may receive private instruction subject to the conditions set forth in this rule.

Art. 3: Other individuals may be present at a student's private instruction session as long as they are there in a supportive capacity only and not giving or providing instructions to the student.

NOTE: Private instruction is defined as one student receiving instruction from one person during the period of instruction.

A group is defined as two or more students receiving instruction from an instructor during the same period of instruction.

Supportive capacity is defined as participating in the period of instruction without providing any instruction to the student or instructor or in a competitive situation/capacity.

Art. 4: A student shall not participate in group training sessions or tryouts held by colleges or other outside agencies in a sport while he or she is a member of a school athletic team in that identical sport.

Exception: The Kansas Legislature in the 2011 session, enacted the following law:

"(a) The Kansas state high school activities association and its member high schools, and administrators,

principals, coaches, teachers and other affiliated with such association and member high schools, shall not adopt any rules and regulations or interpret any existing rule and regulation in any manner which would prohibit a student athlete from training with any Kansas state high school league-sponsored sport or competition while the student athlete is participating in nonschool swimming athletic training or diving athletic training, or both, during the high school sport season and throughout the year if:

- (1) The nonschool swimming athletic training or diving athletic training, or both, is under the jurisdiction of and sanctioned by the national governing body of the sport, U.S.A. swimming, inc., or U.S.A. diving, inc. and is conducted in a manner which protects the health and safety of the student athlete; and
- (2) the student athlete meets the reasonable and ordinary school-established requirements for participation in the student athlete's high school swimming program or diving program, or both, including requirements designed to protect the health and safety of such student athlete.

(b) This section shall take effect on and after July 1, 2011."

Rationale:

An Anti-Tryout and Private Instruction requirement:

- a. Protects the school/coach - student/athlete relationship;
- b. Establishes guidelines under which a student-athlete may receive private instruction;
- c. Helps preserve the school's staffing integrity;
- d. Promotes and helps protect the student/athlete relationship to the school's team;
- e. Provides opportunity for specialized individual training;
- f. Prohibits student/athletes from trying out for non-school teams during the school season of the same sport;
- g. Maintains a fair competitive environment for school teams;
- h. Protects the parent-child relationship.

Rule 30

SEASONS OF ACTIVITIES

Section 1: General Regulations (apply to grades 7-12)

Art. 1: A student shall not have more than one season of possible eligibility in grade seven and one season in grade eight. A student shall not **participate in** more than four seasons in grades nine through twelve, regardless of whether the ninth grade is included in junior high or in a senior high school.

NOTE: If a student is ineligible due to transfer, scholarship, etc., the season(s) during that period shall be counted toward the total number of seasons possible. (See **Rule 16-1-1, Semester Requirements.**)

Art. 2: Participation in a sport for any length of time, even though it may be only a part of one game, shall constitute a season.

Art. 3: During the school year a coach/coach's aide may only be involved with his/her athletes in a sport during the season.

During the school year, prior to or after season, a coach/coach's aide may not:

- a. Organize or conduct practices or competitions for his/ her athletes. However, a coach may be involved in one organizational meeting for a non-school league to assure no more than three of his/her athletes in basketball, six in 11-Man football, five in 8-Man football, four in volleyball, six in soccer, five in baseball, or five in softball are on the same outside team; (See **Rules 32-1, 33-1-5, 35-1-2, 38-1, 39-1, 43-1-1.**)
- b. Practice or compete with or against his/her athletes;
- c. Attend clinics or camps with his/her athletes.

Following the season of sport, seniors may receive instruction from their school coach, in the same sport.

NOTE: (For information pertaining to summer coaching restrictions, see **Rule 10-1-6.**) (See *summer camp regulations, this section Art. 6 for exceptions.*)

Art. 4: Prior to the opening practice dates, there shall be no called or scheduled meetings where instruction is a part of the program.

NOTE: Coaches are permitted to check out equipment, distribute physical examination cards, and assign lockers without violating the standards.

Art. 5: Interschool scrimmages (practices) in all activities shall be prohibited.

a. Schools may not hold interschool scrimmages (practices) in athletics, scholars' bowl or debate. Interschool is defined as middle/junior school with another middle/junior school and senior high school with another senior high school. This does not eliminate scrimmages between alumni and the school team.

In Gymnastics and Swimming and Diving and Track and Field (pole vault only) schools who employ the same coach or share facilities and equipment, may practice together and not be in violation of the prohibition on interschool scrimmage.

During a scrimmage there can be no score kept and no clock. Use of officials is permitted. Should one or more game elements (score or time) be involved, it would no longer be a scrimmage, but must count toward the number of contests allowed during the season.

Intrasquad scrimmages, games among teammates, even with score, time and/or officials used would not be considered a game.

EXCEPTION: When combined with an interscholastic athletic event, it is permissible to conduct interschool scrimmages. (Illus: Fifth quarter in football and basketball, etc. where the intent is to provide those not participating significantly in the interscholastic competition to have an opportunity to participate informally under modified game conditions.) Participation in a modified game condition (fifth quarter), as described above, would not count toward the four- or five-quarter limitation.

b. Prior to the opening practice dates, a school's athletic team may participate in a clinic designed for the improvement of athletic officials provided the clinic received prior approval from the KSHSAA Executive Board. Coaches may be present and work with their students at these clinics. Team participation shall be limited to intra-squad scrimmages or being used as demonstration teams for those phases of the clinic

that requires players to be on the floor/field.

Art. 6: No school-organized spring or summer practice or school-organized summer camps, shall be permitted. (See **Rule 20-1-1e, Awards.**)

a. A football, volleyball and basketball coach may be present only as an observer, participant or staff member at summer camps as long as the attendance of athletes he or she would be coaching the succeeding season does not make up more than ten percent of the total camp enrollment. The coach may not administer or organize the camp.

b. In addition to the above, a coach may organize and administer a one-week (per sport) camp for his/her players only, provided the following guidelines are met:

(1) The school shall not be involved other than to approve the use of facilities, dates and to be assured by the coach there will be no violations of KSHSAA rules and/or regulations.

(2) It shall be conducted following the conclusion of the second semester and before Sunday of Standardized Calendar Week #5.

(3) Member schools, the coaches and coach aides they employ, may not conduct contact football camps. (See **Rule 10-1-6 (c), Qualifications of Coaches and Rule 35-1-5, Football.**)

(4) School uniforms or **player equipment** may not be used. If school **facilities** (gymnasium, fields, balls, bats, etc.) are used, the coach must lease them per board of education policy.

(5) No coach or other school representative may directly or by implication direct a student to attend a sports camp as a condition for team membership.

(6) A student shall not receive pay or expenses for working at a camp involving a sport in which he/she participates.

(7) The camp program shall not include any type of competition with teams or another camp.

Section 2: Senior High Regulations

Art. 1: The final date for school practice or competition in all athletics shall end on the date the state championship

series is scheduled. The final date for a member school's athletic practice is the date the school is eliminated from post-season competition.

Art. 2: A student who is enrolled at the start of a season of sport, must be a member of the squad for the majority of the scheduled varsity contests, in order to be eligible for post-season competition. (See **Rule 14-1-1, Bona Fide Student; and Rule 22-1-3, Outside Competition.**)

Section 3: Middle /Junior High School Regulations

Art. 1: The opening date for athletic practice in any sport shall be Monday of Standardized Calendar Week #7. All athletic competition and practice shall close on the last day of school. (See **Rule 35-1-1, Football.**)

Rule 37

GYMNASTICS (Girls & Boys)

Section 1: General Regulations (apply to grades 7-12)

Art. 1: Schools are encouraged to schedule as many quadrangular or smaller meets as possible. It is recommended these events start after school hours.

Section 2: Senior High Regulations

Art. 1: All school practice and competition shall be confined within the opening dates of practice and state championship meets on Standardized Calendar Week **#16**.

Art. 2: Practice shall not begin prior to Monday of Standardized Calendar Week #7.

Art. 3: Competition shall not begin prior to Friday of Standardized Calendar Week #9.

Art. 4: The latest closing date for the state championship meet shall be Standardized Calendar Week **#16** (girls).

a. For boys' gymnastics, when there are eight or more teams competing, there will be both team and individual champions recognized.

Art. 5: Events for boys' meets shall be established by the Executive Board. The events for girls' competition are those recommended in the National Federation Girls' Gymnastics Rules.

Art. 6: No girl or boy representing a member high school shall participate in more than ten meets during a season, exclusive of regional and state meets.

Section 3: Middle/Junior High School Regulations

Art. 1: No student shall participate in more than eight meets during a season, nor in more than two events per day. All-around may be counted as one of these two events.

EXCEPTION: Ninth grade students in junior high schools shall be permitted to compete in the same number of athletic competitions as ninth graders in senior high schools.

You Know You're A Gymnast If...

- You sit in a straddle while watching TV
- You have blisters on your hands for life
- You use chalk more often than soap
- You dance down the hallways instead of walk
- The matt and kip you spend most of your time with, aren't guys
- You know most vaults aren't in the bank
- You do pirouettes while waiting in line
- You can stick it without using glue
- Practice makes perfect isn't just a saying, but a way of life

www.matmice.com/home/gymnastics-stuff

Winning is a reflex action. If you've been there in your mind, you'll go there in your body.

The KSHSAA Code of Ethics

for Coaches, Directors, Aides, Adjudicators, Judges and Officials

Believing that mine is an important part in the nationwide school athletic program, I pledge to act in accordance with these principles:

1. I will honor contracts regardless of possible inconvenience or financial loss.
2. I will study the rules, observe the work of other coaches, directors, adjudicators, judges or officials and will, at all times, attempt to improve myself and the activity.
3. I will conduct myself in such a way that attention is drawn not to me but to the young people participating in the contest.
4. I will maintain my appearance in a manner befitting the dignity and importance of the activity.
5. I will cooperate with the news media in the interpretation and clarification of rules and/or other areas relating to good sportsmanship but I will not make statements concerning decisions made during the contest.
6. I will uphold and abide by all rules of the KSHSAA and the National Federation.
7. I will shape my character and conduct so as to be a worthy example to the young people who participate under my jurisdiction.
8. I will give my complete cooperation to the school which I serve and to the KSHSAA which I represent.
9. I will cooperate and be professional in my association with other coaches, directors, adjudicators, judges or officials and will do nothing to cause them public embarrassment.
10. I will keep in mind that the game is more important than the wishes of any individual.
11. I will make responsible decisions about consumption of alcohol, including abstinence from alcohol at least twelve hours prior to a contest in which I will be involved.
12. I will not use tobacco products while directly involved in interscholastic activities.

2011 Girls Gymnastics Checklist

- | | | |
|--------------------------|--------------------|------------------------------------------------------------------------------|
| <input type="checkbox"/> | September 9 | <i>Examination answer sheet due to the KSHSAA (on-line)</i> |
| <input type="checkbox"/> | October 1 | <i>Team picture due to KSHSAA (see page 3 for information)</i> |
| <input type="checkbox"/> | October 3 | <i>Judges Recommendations, Form GYM-2 due to KSHSAA (mail or FAX)</i> |
| <input type="checkbox"/> | October 14 | <i>State Entry Form GYM-3 due to KSHSAA</i> |

KSHSAA FAX: 785/271-0236

**ALL KSHSAA FORMS ARE LOCATED ONLINE.
SEE YOUR SCHOOL ADMINISTRATORS.**

GYMNASTICS MAT REQUIREMENT FOR 2012-13

Beginning with the 2012-2013 school year, the NFHS will require an adjustment to the matting in the landing area of the vault and balance beam. Following are the specific rules & mat specifications:

- ▶ **NFHS Rule 6-1-3:** Specifies that the landing area on vault shall be a minimum of 18 feet by 8 feet (currently 18 x 6).
- ▶ **NFHS Rule 8-1-3:** Specifies that the landing area on the balance beam shall be a minimum of 12 feet by 8 feet (currently 12 x 6).

The NFHS rules committee is very sensitive to adopting any rule that has a cost associated. The new matting requirements were put in strictly for purposes of risk minimization.

QUESTIONS/ANSWERS

1. Can multiple mats be used to meet the required landing area of 18 x 8 (vault) & 2 @ 12 x 8 (beam)?

Schools can use multiple mats to meet the length requirement of 18 feet. This is no different than what they have been doing. In regard to meeting the width requirement, this must be a single mat.

2. Since the top landing mat must be secured to prevent slippage, does that mean it must be 1 piece/mat?

No. It can be secured in many ways, some at no cost. If using Velcro, there could be a cost to have mats with Velcro.

3. What is the price of a 8 x 18 mat? An 8 x 12 mat?

The prices vary and since schools don't need to have a single 18 feet mat you could use existing mats or when purchasing, go with 8 x 12. Cost will range \$800+ to \$1200. The longer mats go up in price considerably. Schools should look around on the web as there are several brands of mats that are legal and varying in price. Schools can also look at how they schedule the events as they can move mats around so it is not necessary to have all of the events going on at the same time. Some schools may already do this but it does help being able to share mats based on event requirements.

4. Since the top mat shall not be any wider than any mat underneath, would this not require an additional mat of equal size below or is there an exception to this?

Many of the landing mats are being manufactured with the base mat already attached. There is no exception to the rule for risk minimization purposes.

It should also be noted that the requirement under the beam also allows for the use of multiple mats. Two feet wide mats are available and can be used to fill in between two 8' mats.

▶ Please direct additional questions you may have to Cheryl Gleason, KSHSAA Gymnastics Adm. (cegleason@kshsaa.org; W: 785/273-5329; C: 785/231-8895).