

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
30 Realty Drive, Cheshire, Connecticut 06410
Telephone (203) 250-1111 / Fax (203) 250-1345
www.ciacsports.com

2021 CIAC GIRLS GYMNASTICS INFORMATION

CIAC Gymnastics Committee Member

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

CIAC Gymnastics Committee Member

Pat Simon – Jonathan Law High School, Milford
C – (203) 215-5015
Patrick.simon@snet.net

CIAC Gymnastics Committee Member

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

Rules Interpreter

Lori Buggee
lorigeorgianna@mac.com

Meet Director – Coaches Chair

Hal Rettstadt – Pomperaug High School, Southbury
W – (203) 598-0403
C – (203) 560-6951
hrettstadt@gmail.com

Consultant

Kim Longobucco
longobuccok@newtown.k12.ct.us

- Appendix A - Schedule Form
- Appendix B - Petition for Non-CIAC Competition
- Appendix C - Gymnastics Score Sheet
- Appendix D - Certifications / Coaching Certifications

2020-21 ANNUAL CIAC GIRLS GYMNASTICS INFORMATION

ALERT PAGE

- **CIAC Winter Sports Plan** – The CIAC Winter Sports Plan takes precedence for all CIAC winter sports in operation for this year.
- **Meets with No Opponents** – For the 2020-21 season, schools may schedule meets without opponents. Instructions on how to put such meets on the schedules is contained in this packet.
- **Virtual Meets** – No more than two teams can compete in the same gym at the same time. Schools may host virtual meets. Suggested formats for virtual meets are contained in the CIAC Winter Sports Plan.
- **Sunday Meets** – For the 2020-21 winter seasons schools may schedule meets on Sundays. Sunday meets must be scheduled after 12:30 p.m.
- **Single School Competition** – For the 2020-21 season schools are allowed to compete alone (without an opponent). To enter gymnastics or swimming meets with no opponents, schools should do the following:
 - 1) Enter the meet as a home game with all the regular information (date, site, time, etc.)
 - 2) For the opponent, select “TBA Team”
 - 3) Enter a title for the event. This is important, as TBA opponent events without titles will not get synced to schedules.
- **Scheduling Virtual Meets** – To enter a virtual event with an opponent:
 - 1) Each school should enter a home event vs. the opponent with the appropriate date, site, time, etc. Both schools need to enter the home event so that officials will be scheduled.
 - 2) Once the first school has entered the event, the system will tell the second school that there is a conflict because the teams are already scheduled. That conflict can be safely ignored, because the reason for it is known.
- **Scrimmages** – Team 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 ten (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.
- **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 referenced 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 judgment 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 COMPETITION

1.0 OUT-OF-STATE MEETS

- 1.1 Teams may not schedule meets out-of-state. Students who compete on teams outside of their school team may not travel out-of-state for competition. Out-of-state schools may not compete in Connecticut. Students who participate on USAG teams may not compete against teams from out-of-state.
- 1.2 Participation in any out-of-state team activities – practices (including conditioning), competitions, camps, clinics and tournaments by Connecticut residents – or any interstate activities is prohibited.

- 1.3 However, if an out-of-state resident is a member of a Connecticut team, then they can engage in that team's activities as allowed by DPH rules.
- 1.4 Furthermore, if a Connecticut resident is a member of an out-of-state team, then they can engage in that team's activities as allowed by DPH rules.

2.0 DATES

- 2.1 Practice may commence on, but not before, Tuesday, January 19, 2021.
- 2.2 Competition may commence on, but not before Monday, February 8, 2021.
- 2.3 Eligibility lists must be entered on the CIAC web site via the eligibility center by the date of the first contest.

3.0 SUBMITTING SCORES

- 3.1 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.
- 3.2 Schools must submit team scores.
- 3.3 All meet scores 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.)
- 3.4 Girl gymnasts on CIAC member school teams are permitted to participate in a maximum of four (4) USAG-sanctioned meetings 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.**

4.0 STATE CHAMPIONSHIP TOURNAMENT

- 4.1 **There will be NO state championship tournament for the 2020-21 school year.**
- 4.2 Leagues may hold post-season tournaments as described in the CIAC Winter Sports Plan
- 4.3 Leagues may allow individual schools from outside their league to participate in post-season tournaments.

5.0 FORFEITS

- 5.1 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.

- 5.2 A team shall forfeit a meet or meets if through a violation it is required to do so under the CIAC Rules of Eligibility.
- 5.3 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.
- 5.4 Forfeits 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 schools will make an appropriate ad hoc decision in consideration of the best interests of the tournament as a whole.
- 5.5 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.

6.0 PROTESTS

- 6.1 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. 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 committee.

7.0 SUPERVISION / SPORTSMANSHIP

- 7.1 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.
- 7.2 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.
- 7.3 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.

2020-22 NFHS Girls Gymnastics Rule 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 Girls Gymnastics Editorial Changes

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

2020-22 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)

Points of Emphasis

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

APPENDIX A

2020-2021 CIAC GIRLS GYMNASTICS SCHEDULE

All CIAC member schools are to report their 2020-21 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

2020-2021 GIRLS GYMNASTICS PETITION FOR NON-CIAC COMPETITION

This form must be submitted via the password-protected online eligibility center not later than Monday, February 8, 2021.

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 twelve (12) meets during her high school schedule which starts with the first high school meet. **The four unattached meets are in addition to the 12 regular season meets.**

APPENDIX C

WORKSHEET

2020-21 CIAC GIRLS GYMNASTICS SCORESHEET

Team _____
 Site _____

Team _____
 Date _____

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

Bars				Bars			
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____

Beam				Beam			
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____

Floor				Floor			
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____

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: _____	

APPENDIX D

CERTIFICATIONS/COACHING CERTIFICATIONS

- Required coaching certifications, including medical certifications, can be found at this link: <http://www.ctcoachinged.org/>
- Temporary coaching permit application can be found at this link: http://ctcoachinged.org/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
- Information on concussion training and certification can be found at this link: <http://www.ctcoachinged.org/concussionpage.html>
- Information on Coaching Permit Renewal for the State of Connecticut can be found at: <https://portal.ct.gov/SDE/Certification/Coaching-Permit-Renewal>
- Concussion training for coaches: https://portal.ct.gov/-/media/SDE/Certification/Coaching/student_and_parent_concussion_informed_consent_form.pdf?la=en
- Connecticut Coaching Education Program: <http://www.ctcoachinged.org/concussionpage.html>
- Coaching Education Overview: <http://www.ctcoachinged.org/>
- 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
- Concussion Renewal Form: https://portal.ct.gov/-/media/SDE/Certification/Coaching/Concussion_and_Head_Injury_Annual_Review_for_Coaches_2019-20pdf?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/sites/default/files/heat-illness-parent-coach-guide.pdf>

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.