

2021 GYMNASTICS BULLETIN

UPDATED: 4/12/2021



CHSAA GYMNASTICS CONTACTS

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GYMNASTICS COMMITTEE & CALENDAR

Lisa Sparrow, Overland (2023) Chair
 Maxine Ehrmann, Thornton (Advisory)
 Erik Melgoza, Alamosa (2021)
 Sarah Stenerson, Pueblo Central (2022)
 Jordan Ivey, Ponderosa (2022)
 Bob Gorman, Mountain Range (2023)
 Marisa Purcell, Niwot (2023)

* Dates in parentheses indicate when term ends.

2021 GYMNASTICS CALENDAR	
Practice Begins	March 8, 2021
First Contest	March 15, 2021
End of Regular Season	April 10, 2021
4A/5A Regional Seeding Meeting	April 12, 2021
4A/5A Regionals	April 15-17, 2021
4A State Championships	April 23 & 24, 2021
5A State Championships	April 22 & 24, 2021
Gymnastics Committee Meeting	TBD

MAJOR BYLAW CHANGES 2020-2021

1. **ACTIVITY-ONLY MEMBER SCHOOLS**
-- Constitution & Bylaws, Article 6, Rule 600.4.....page 24
2. **CLOC COMMITTEE – Sport & Activity Adjustment in Off Years**
-- Constitution & Bylaws, Article 15, Rule 1510 (e).....page 44
3. **INTERNATIONAL STUDENTS**
-- Constitution & Bylaws, Article 18, Rule 1800.1page 66
4. **RESTRICTED VARSITY ELIGIBILITY**
-- Constitution & Bylaws, Article 18, Rule 1800.47page 69
5. **HOMELESS STUDENTS - Eligibility**
-- Constitution & Bylaws, Article 18, Rule 1870.....page 75
6. **COACH EJECTION**
-- Constitution & Bylaws, Article 20, Rule 2010.3.....page 86
7. **HIGH SCHOOL/MIDDLE SCHOOL PRACTICE ALLOWED**
-- Constitution & Bylaws, Article 23, Rule 2310.1.....page 91
8. **PRACTICE REQUIREMENT CHANGE**
-- Constitution & Bylaws, Article 23, Rule 2310.3.....page 92
9. **TEAM COMPOSITION**
-- Constitution & Bylaws, Article 23, Rule 2850.1.....page 116
10. **UNIFIED SPORTS**
-- Constitution & Bylaws, Article 45, Rule 4500, 4510 & 4520..page 134

Please note that the CHSAA staff continually updates the CHSAA Constitution and Bylaws when errors are found. The most updated document can be found at CHSAANOW.com, then clicking on CHSAA.org, Member School Info + Tools, then Bylaws.



March 2021

TO: CHSAA Gymnastics Schools
FR: Bert Borgmann, Assistant Commissioner
CHSAA Girls' Gymnastics Liaison
RE: Girls' Gymnastics – Season C

Welcome to the unique 2021 Girls' Gymnastics Season. This season brings excitement in many new ways and is one like we have never seen before.

To maintain that optimism and keep the season focused on your team goals, there are a few items for athletic directors and coaches to remember, especially in these uncertain times. Due to the COVID-19 impact, the following modifications have been made to the normal schedule:

- Seven-meet regular season
- Individuals must participate in 4 meets to qualify for the state meet.
- Start of practice: March 8
- Start of competition: March 15 (NO Scrimmages or Foundation Meet)
- End of regular season: April 10
- State meet: April 22-24 (Thornton High School) - location and date subject to change)
- 8 team rotations each classification - teams and individuals determined by score (More details to be shared as the season begins)

The next few pages outline the necessary COVID-19 safety precautions that are required of schools, including participants, coaches, administrators, and all others who provide assistance to your program in practice and competition throughout the season. Please review them carefully, as they have been prepared so that athletics and activities may be held during the 2020-2021 school year. That section is followed by a Gymnastics-specific information.

The CHSAA Constitution and Bylaws are the official rules of the Association. This bulletin provides the regulations for gymnastics competition, but never supersedes the regulations found in the Constitution and Bylaws. The CHSAA bylaws are posted on CHSAANow.com > Info.

If you have any questions, please you or your athletic director can contact Bert Borgmann (bborgmann@chsaa.org) or Laikyn Cooper (lcooper@chsaa.org) in the CHSAA Office.

Good luck in Season C!

CDPHE/COVID-19 MANDATES - GYMNASTICS

COVID INFO

Latest information regarding COVID-19: <https://chsaanow.com/coronavirus/>

COVID-19 Requirements & Mandates: <https://chsaanow.com/wp-content/uploads/2021/01/COVID-19-document-7.pdf>

CDPHE Season C Variance Review: <https://chsaanow.com/wp-content/uploads/2021/03/CHSAA-Season-C-Review.pdf>

CDPHE Q&A: <https://drive.google.com/file/d/1akpHM6-PROvcHTeocx3Cj-qs0DHFAYzr/view>

CDPHE Variance Requirements:

STUDENTS, COACHES & VOLUNTEERS SHOULD NOT GO TO PRACTICE/PARTICIPATE IF:

They are exhibiting any symptoms of the coronavirus, or have been in close contact with someone with COVID-19 or COVID-19 symptoms in the last 14 days. [Refer to the CDPHE Quarantine Memo from February 24](#), for more specifics.

WHEN PRACTICING/COMPETING

Practice Requirements: No more than 12 (practice) or 6 (competition), plus coach and spotter, are allowed on each apparatus. The apparatus must be cleaned (wiped down with appropriate disinfectant) between groups or individuals.

- A. Face coverings may only be removed by athletes during active practice or competition on an apparatus where they can pose a safety concern, but must be put back on as soon as the athlete competes work on the apparatus. Clear distancing rules must also be in place.
- B. Unmasked competitors must remain at least 25 feet apart from every other individual except for safety personnel such as spotters.
- C. Equipment does not need to be sanitized between each use in cases where slippery surfaces could pose a safety hazard. However, it should be clarified by CHSAA which equipment falls into this category and which equipment requires sanitation. Consider issuing a recommended cleaning frequency.

GYMNASTIC MEET(S) – Regular season, regional and state

Dual Meet Format

Two Teams – Maximum 12 individual per team (only 6 competing per event)

Teams will warm-up on an event and then immediately compete on that event. Warm-up is generally 8 minutes. Once the six competitors are done competing, then the apparatus is wiped down (disinfected) and they will move on to the next event. This will be done for each event and each of the two teams involved.

Athletes not performing their routine will be placed 25 feet from the athlete performing the routine without a mask.

Triangular/Quadrangular Meet Format

Three (or Four) Teams – Maximum 12 individual per team (only 6 competing per event)

Teams will warm-up on an event and then immediately compete on that event. Warm-up is generally 8 minutes. Once the six competitors are done competing on each event, then the apparatus is wiped down

(disinfected) and they will move on to the next event. This will be done for each event and each of the three (or four) teams involved.

Athletes not performing their routine will be placed 25 feet from the athlete performing the routine without a mask.

Multiple Team Meets (More than a quadrangular)

At NO time shall more than four teams be allowed in the facility at one time.

Eight Teams – Maximum 12 individual per team (only 6 competing per event)

Teams will warm-up on an event and then immediately compete on that event. Warm-up is generally 8 minutes. Once the six competitors are done competing on each event, then the apparatus is wiped down (disinfected) and they will move on to the next event. This will be done for each event and each of the eight (or more) teams involved.

Athletes not performing their routine will be placed 25 feet from the athlete performing the routine without a mask and away from other teams.

Practice/Meet Protocols:

- All practice shall occur in “pods” with up to 10 girls in a pod.
- Equipment is wiped down after each “pod” is finished
- School districts must have appropriate cleaning supplies on hand
- Practices limited to eight hours a week.
- Take temps and log each day in the journal
- Separate entrance and exit for participants
- Locker room must be sanitized before and after practice, per school district policies
- Scheduled hygiene breaks for handwashing
- Hand Sanitizer must be available at all apparatus
- Those not participating in practice must wear masks

General Requirements:

- Social distancing of at least 6 feet shall be maintained. No hugging, shaking hands, or fist bumps for support/encouragement.
- Contact equipment manufacturers for specifics on proper cleaning protocols for their equipment. Continued use of disinfectant chemicals may reduce the life of the product. The application of disinfectant chemicals may have unintended results and place the gymnast at risk of injury.
- Remove common chalk bowls. Chalk bowls frequently become talking places for athletes.
- Wearing of a cloth facial covering for non-coaching staff, coaching staff, and student athletes.
 - Student athletes should consider wearing cloth facial covering while in the facility and when moving from each apparatus, but not while participating on the equipment as the mask could come off, move, or become a distraction and increase the risk of injury.
- Social distancing must be in practice while waiting for a turn on the apparatus or moving from one event to another. Communicate gym policies clearly to participants and parents.
- Everyone shall wash and sanitize their hands before entering and leaving the gym and must wash/sanitize their hands between rotation to different events.
- Cloth face coverings are required when entering and leaving the gym but should be stored in the athlete’s gym bag during practice. It is not recommended that face coverings be worn while the athlete is participating on the equipment. **(See CDPHE definition of masks in FAQ – pg. 6)**

Requirements for Coaches:

- Communicate these requirements clearly to students and parents.
 - Workouts shall be conducted in “pods” of same students always training and rotating together on apparatus in practice to ensure limited exposure if someone develops an infection.
 - Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
 - Athlete safety is paramount and coaches will not be restricted from spotting an athlete if necessary, to protect the athlete from injury.
 - Expectations regarding spotting or alternative teaching/coaching methods must be clearly communicated repeatedly during practice.
 - Follow CDPHE, CHSAA, county and local guidelines regarding social distancing.
 - Follow the NFHS recommendations on equipment cleaning and sanitations:
1. Spieth equipment:
https://usagym.org/PDFs/About%20USA%20Gymnastics/covid/spieth_cleaning.pdf
 2. AAI Equipment:
 - a. Cleaning tips:
https://usagym.org/PDFs/About%20USA%20Gymnastics/covid/aai_cleaning.pdf
 - b. Vinyl Mats and shapes:
https://usagym.org/PDFs/About%20USA%20Gymnastics/covid/aai_vinyl.pdf
 - c. Suede Beams and Vaults :
https://usagym.org/PDFs/About%20USA%20Gymnastics/covid/aai_suede.pdf

Requirements for Students:

- Each student is responsible for their own supplies
- Students shall wear their own workout clothing (do not share clothing), and individual clothing/towels must be washed and cleaned after every workout.
- Hand sanitizer must be all apparatus, at each entry and exit at all contests and practices.
- Athletes must tell coaches immediately when they are not feeling well.

Requirements for Judges:

- Bring personal hand sanitizer. Wash hands frequently
- Don't share equipment.
- Follow social distancing guidelines.
- Space judges 6 feet apart at judging tables.
- Do not shake hands and follow pre and post meet ceremony guidelines established by state associations.
- Judges and meet personnel must wear cloth face coverings.

Considerations for Parents (A family's role in maintaining safety guidelines for themselves and others):

- Make sure your child and immediate household members are free from illness before participating in practice and competition (if there is doubt stay home),
- Provide personal items for your child and clearly label them.
 - Gym bag, water bottle, grips, tapes, pre-wrap, wrist guards, personal chalk bag etc. (See gym bag document)
 - Individual chalk bags, plastic bins, buckets or other storage containers should be used and stored in the athlete's gym bag.

SCORING TABLE MODIFICATIONS:

- All workers must wear masks and if possible, gloves. CHSAA recommends the use of an electronic scoring system.

OFFICIALS - RULE MODIFICATIONS

1. Allow modifications to playing protocols per the CHSAA.

AFTER PRACTICING/COMPETITION

1. Leave the court/gym as soon as reasonably possible out the designated exit.
2. Wash your hands thoroughly or use a hand sanitizer after coming off the court.
3. Avoid using the locker room or changing area. Shower at home.
4. No extra-curricular or social activity should take place. No prolonged congregation after playing.
5. All gymnasts should leave the facility immediately after practice/meet.

GYMNASTICS PLAYING RULES UPDATES – NFHS Modifications

No rules modifications needed to competition rules. All apparatus should be sanitized after each group participates. Remove common chalk bowls to avoid athletes gathering around them.

Gym Bag

Supplies needed for your personal gym bag:

1. A reusable cloth facial coverings – The mask, must be worn when entering the building and anytime you leave the gym. Once you have entered the workout area, you can put your mask into a baggie inside your gym bag. However, you must abide by the at least 6' apart rule at all times while in the workout area. See CDPHE definition of masks in FAQ (pg. 6).
2. Grips, wristbands and any braces that are normally used during practices will stay in your gym bag.
3. Include a travel size spray bottle filled with water to spray your grips. Be sure to keep the spray bottle inside a Ziploc bag in case it leaks.
4. Personal bottle of hand sanitizer = less chance of possible cross contamination and less time standing around waiting to use a shared gym bottle – be sure to have this inside a Ziploc bag, in case it leaks. This will be used before each event and when exiting the building.
5. Disinfectant wipes for personal use to disinfect your feet – can be alcohol wipes. These will be used when entering, after each event and before exiting.
6. 1 ½" white athletic tape and any other tape you normally use during practice.
7. Fingernail clippers – flat edge instead of round because they are for cutting rips
8. Personal water bottles for drinking– the water fountains will not be in use because of state, CHSAA, county and local guidelines. Bring two bottles if you think you will drink that much water.
9. Your shoes will also be stored in your gym bag, in a separate compartment or bag that is inside your gym bag. Preventing possible cross contamination with other items in the gym bag.
10. A Gallon size freezer Ziploc bag or plastic container big enough to get your hands into. Each gymnast will be given chalk for their personal use. There will not be any shared chalk buckets available in the gym.

Everything inside the gym bag must be disinfected after every practice – before you return to the gym again. Be sure the disinfectant doesn't contain bleach, it could ruin your bag. Be sure to spray the inside and the outside of the bag as well. This is for everyone's protection; we don't want to take a chance of carrying any potential virus back and forth.

Frequently Asked Questions & Answers

When looking at capacity allowed for meets, where on the CDPHE color levels do we look?

CHSAA has communicated the variance information to schools, but when determining what can happen on any particular color level, refer to the protocols established for “organized sports.” All CHSAA variances exceed the restrictions established for organized sports. According to the CDPHE, local decisions can be made that are more restrictive to the state mandates, but cannot lessen the restrictions established by the CDPHE at the state level.

Who is considered essential personnel?

This is defined by each sport. Judges are considered essential personnel. Local county health departments will decide if essential personnel will be counted in the capacity limitations.

In Gymnastics, essential personnel are considered: athletes, coaches, athletic trainers, administrators, judges. In competition, essential personnel can also include those persons necessary for efficient running of the meet.

CDC currently doesn't mandate screening (temp checks/symptom checks) for schools. Do we have to?

Only athletes, coaches, judges and workers need to be screened daily for practice and games. It is up to your local health jurisdiction and school district if any other people need to go through the screening process.

How are we handling pre- and post event celebrations?

No handshakes/fist bumps/elbow bumps with athletes or judges. Teams should create a sportsmanship way to acknowledge the other team.

What types of masks are acceptable? Are gaiters allowed? Are face shields allowed?

Face shields are not allowed.

According to CDPHE, “You should wear something that covers your nose and mouth – a cloth face covering or a disposable mask. Masks should be composed of multiple layers of fabric or material. A mask might be too thin or porous if you can easily feel your breath in front of you (or can easily blow out a candle) while wearing it, or if you can easily see through it when stretched. Masks with exhalation vents should not be used as infectious droplets can be exhaled. The best mask is one that can be worn comfortably and consistently.”

Are judges responsible for showing up already having their symptoms checked/temps checked?

As essential personnel, they should be checked by the host school. A judge will take any concerns he or she may have about anyone not wearing a mask to the school administrator.

Regular Season

BEGINNING OF THE SEASON ROSTER

Under policy adopted by the Legislative Council, each school is required to submit a team roster listing all its girls' on the gymnastics team to the CHSAA Office at the beginning of each season. Late roster additions during the season may be forwarded to the CHSAA office as needed.

The roster serves as a beginning checkpoint for a policy that was approved by the Legislative Council that requires that any individual gymnast must compete in a minimum of four (4) meets during the regular season to be eligible to compete in the regional and state meets. Waivers for injuries or other significant issues may be filed with Bert Borgmann, CHSAA Assistant Commissioner, for consideration.

Rosters must be submitted to the CHSAA office by **March 19th** via the online form ONLY. Follow the path below to submit your roster form. (This roster will be the one used for the State Roster as well; see below).

[CHSAANow.com](https://chsaa.org) → chsaa.org → Sports & Activities → Gymnastics → Submit Roster

MEET LIMITS

No student may participate in more than 7 scheduled gymnastics meets during a gymnastics season exclusive of regional and state meets.

RULES

The 2020-2022 National Federation of State High School Associations Gymnastics Rulebook will be the "official" rules. Since the rule book is a 2-year rule book, new rule books are mailed to schools.

EQUIPMENT SPECIFICATIONS

All competitive equipment shall meet rule specifications. If equipment does not meet specifications, the CHSAA is to be notified. It is the responsibility of the school to provide equipment for competition that meets rule specifications. If the safety of the equipment is in question, the officials, in cooperation with the involved school administrators, will determine whether the event will take place.

ENTRIES

Each school may enter a maximum of SIX GIRLS PER EVENT for Regional and State Competition. The events are: Balance Beam, Floor Exercise, Uneven Parallel Bars, and Vault. EXHIBITIONS ARE NOT ALLOWED.

See note above on roster and meet requirements.

CLASS 4A TEAMS (1-1697) (17 teams listed alphabetical)

Alamosa - 602	Ft. Morgan - 908	Palmer Ridge - 1224
Bear Creek - 1530	Green Mountain - 1102	Pueblo Central - 743
Canon City - 1042	Lone Star - 37	Rampart - 1641
Denver South - 1578	Loveland - 1629	Standley Lake - 1345
Elizabeth - 676	Niwot - 1170	Thomas Jefferson - 1153
Evergreen - 1075	Northfield - 824	

CLASS 5A TEAMS (1698-up) (15 teams listed alphabetical)

Arvada West – 1784	Denver East – 2603	Pomona – 1339(u)
Broomfield – 1559 (u)	Heritage – 1692	Ponderosa – 1388 (u)
Chatfield – 1806	Lakewood – 2077	Rock Canyon – 2266
Cherry Creek – 3728	Mountain Range – 1989	Rocky Mountain – 2014
Columbine – 1703	Overland – 2418	Thornton – 1701

(u=play-up; #=co-op)

SCORE SHEETS

As per the National Federation 2020-22 Rulebook, "A gymnast's scores may be checked by a coach at the scorer's table without a deduction." (5-1-5, page 15). Inquiry(ies) must be in writing and must be submitted to the meet referee or Chief Judge.

NOTE: Your official score sheet, signed by the CHIEF JUDGE, MUST accompany this qualifying sheet. This sheet plus your SCORE CARD MUST be presented to the CHIEF JUDGE prior to each event.

The scoring table must receive score sheets first.

Coaches may review true scores of their schools' gymnasts only.

The score sheets for that event may be reviewed for a maximum five (5) minutes. After five minutes, the score sheets are to be collected. The coaches may not retain score sheets.

All inquiries or verbal intents to inquire must be submitted to the meet referee no later than 5 minutes after all scores are recorded for that event.

ASSOCIATION CLARIFICATION ON RULE REGARDING "CLERICAL ERRORS"

The procedure for dealing with verified clerical errors in scores has been determined by the CHSAA office. "Thirty minutes after the conclusion of the preliminary session, all results will be final."

Once the meet referee verifies the meet results and signs the official score sheet, the results are final for the entire meet.

Each host school must:

- 1) send score sheets directly to the scoring table,
- 2) allow score sheets to be reviewed one event at a time,
- 3) arrange for a person to supervise the viewing and collect the score sheets after five minutes.

SUBMITTING SCORES TO CHSAANOW.COM (REQUIRED OF ALL COACHES)

Coaches are required to use the following forms to submit results:

<http://chsaanow.com/sports/gymnastics/results/submit/>

It is the responsibility of each head coach to ensure that all regular season gymnastics meet scores are posted to CHSAANow.com. The site will be monitored through the season to ensure that all scores are being entered.

The results will then appear here: <http://chsaanow.com/sports/gymnastics/results/>

If you have any questions, please contact Ryan Casey at rcasey@chsa.org.

INQUIRY PROCESS

According to the National Federation, "Score sheets may be checked by the coach without deduction." Inquiries must be in writing and must be submitted to the meet referee. The written inquiry or verbal intent to inquire shall be submitted no later than five minutes after all scores for that team are recorded for that individual event. Score sheets may not be reviewed before they are recorded by the scoring table.

Coaches may review their gymnast's scores only; the review will not exceed five minutes after the judges' sheets come from the computer table. If a team is up on another event, the meet referee will give special consideration.

Each tournament site must:

1. Send score sheets directly to the scoring table,
2. Allow score sheets to be reviewed one event at a time,
3. Arrange for a person to supervise the viewing and collect the score sheet.

COMPETITORS SCORES

Competitors Scores per rule 3-2-1 of the NFHS Gymnastics Rule Book. The CHSAA has determined that 6 may compete but no more than 5 competitor's scores per event shall count toward team scores. Those 6 competitors shall be identified prior to competition.

ADDITIONAL BULLETINS & MANUALS

Please ensure you review both the Sports Medicine Bulletin and Sportsmanship Manual in addition to this bulletin. Links and location below:



Sports Medicine Bulletin (Click logo for link) or go to

<http://www2.chsaa.org/sports/medicine/SportsMedicineHandbook.pdf>

Sportsmanship Manual:

http://www2.chsaa.org/activities/sportsmanship/pdf/Sportsmanship_Manual.pdf

EMERGENCY ACTION PLANS

Every member school is required to create a venue-specific Emergency Action Plan (VEAP) for each site that the member school practices and hosts athletic contest.

The VEAP must include location, emergency access, emergency contact information and a listing of each member in protocol's duties. An Annual VEAP training must take place no less than one time a year.

This plan must be completed for all on-site and off-site practice/competition venues.

OFFICIAL'S FEES

GYMNASTICS

Regular Season Meets

Two-team meet	(judging 2 events)	\$ 45.90
Three-team meet	(judging 2 events)	\$ 56.10
Four-team meet	(judging 1 event)	\$ 45.90
	(judging 2 events)	\$ 68.34
Five-team meet	(judging 1 event)	\$ 52.02
	(judging 2 events)	\$ 80.58
Six-team meet	(judging 1 event)	\$ 57.12
	(judging 2 events)	\$ 93.84
Seven-team meet	(judging 1 event)	\$ 64.26
Eight-team meet	(judging 1 event)	\$ 70.38
Judging 1 event		\$ 14.00/Team
Judging 2 events		\$ 22.00/Team
Finals (up to 20 competitors) – per judge/per event		\$ 20.00
Meet Referee paid normal fee plus \$10.00		

Mileage – 40 cents per mile round trip zip code to zip code. For regular season contests, the most an official should receive for mileage reimbursement is 75 miles. This does not apply to post season contests where officials are assigned by CHSAA; **exceptions** see below. Only ONE driver will be paid for each contest. This will be paid to the official on the crew who travels the furthest. Issues with multiple drivers must be solved between the officials and the assignor prior to the game. In lieu of per diem, a rider fee of \$10 is paid to officials, non-drivers only, who are riding on trips of 75 miles or more one-way.

40 cents per mile. **Exception** see note 1 that follows: Note 1: The Confluence (except Champion); The 5280 (except Gilpin County); The Colorado 7(except Fort Lupton, Elizabeth, Fort Morgan, Weld Central); The Jefferson County (except Conifer & Evergreen), Denver, Continental, East Metro, Front Range (except Fort Collins, Loveland, Poudre and Rocky Mountain), Frontier (except Bennett, Clear Creek, Lake County, Middle Park and Platte Canyon), Metropolitan, and Centennial leagues and Broomfield, Denver Academy, Denver Christian, and Valor will not pay mileage between league cities, but will pay a mileage travel stipend of \$6 to each official between league cities per day of assignments. Colorado Springs schools will pay mileage travel stipend of \$6 per day of assignments to officials selected from the Colorado Springs Officials' Association. An official that is assigned to two or more contests at a given site on the same day shall be paid one travel stipend or reimbursement.

4A/5A REGIONAL GYMNASTICS

REGIONAL GYMNASTICS T-SHIRTS

If your team is interested in buying regional gymnastics shirts from the Kukulski Brothers, please follow the path below:

<https://kukulskibrothers.myshopify.com/→Products>

REGIONAL HOSTS – COMPETITOR SEATING

Regional hosts must designate an area in the bleachers of their facility for competitors to sit during competition. Non-competing athletes shall be seated here while their teams are competing.

TOURNAMENT & PLAYOFF FINANCE

Please refer to the Legislative Council Approved Reports (Tournament & Playoff Finance) for information regarding the financial report when you are a host school in post season play. If you are a host school for a regional, Sarah Vernon-Brunner the CHSAA Director of Business Operations, will email you the reporting form. The financial reporting form is interactive, allowing you to send it directly to the CHSAA via email.

CLASS 4A/5A REGIONAL ASSIGNMENTS

Regionals will be seeded on Monday, April 12, 2021 a seeding committee made up of members of the Gymnastics Committee. The seeding criteria will be as follows:

Designated Host:	Overland HS Thursday April 15, 2021 4:00 p.m.	Mountain Range HS Friday April 16, 2021 10:00 a.m.	Arvada West HS Saturday April 17, 2021 9:00 a.m.
5A Seeding	1 st highest average	2 nd highest average	3 rd highest average
	6 th highest average	5 th highest average	4 th highest average
	7 th highest average	8 th highest average	9 th highest average
	12 th highest average	11 th highest average	10 th highest average
4A Seeding	1 st highest average	2 nd highest average	3 rd highest average
	6 th highest average	5 th highest average	4 th highest average
	7 th highest average	8 th highest average	9 th highest average
	12 th highest average	11 th highest average	10 th highest average

Please note: For Class 4A, the average of the 3 highest team scores submitted to CHSAA through Saturday April 10th will be used for placement in the rotation located under the 5A qualifying criteria.

No regional should have more than 12 schools in it, but if there are more than 12 schools in a region, the committee will go to 13-14-15-16 with byes at 4, 9, and 11 for 13 teams. The Gymnastics Committee will combine all the 4A and 5A scores from the average of their 3 highest scores turned into the CHSAA. They will put them in order according to the highest average to lowest. They will be ranked and placed appropriately according to the chart above.

Once teams are placed in a region, then the committee will seed them according to their scores. The teams with the highest scores will be drawn from rotations 9-10-11-12 by the committee. The next highest scores will be drawn for rotations 5-6-7-8 and the lower teams' scores rotations 1-2-3-4.

NOTES:

- Regionals may change depending on the number of schools with programs in each region.
- Bars and bar extenders differ at each site.
- Only a Regional Champion plaque will be awarded at each site.
- 4A/5A Regional time schedule – TBA

CHSAA 2021 REGIONAL GYMNASTICS QUALIFYING MEET

ENTRY FORM/ROSTER

SCHOOL: _____

List the girls alphabetically (only once) include first name. Changes must be approved before competition.

THIS FORM MUST BE TURNED IN AT THE COACHES MEETING

****PLEASE PRINT****

Last Name - First Name	Yr. in School	# of Meets
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
6. _____	_____	_____
7. _____	_____	_____
8. _____	_____	_____
9. _____	_____	_____
10. _____	_____	_____
11. _____	_____	_____
12. _____	_____	_____

The above # of gymnasts, _____ representing _____ High School is eligible to compete under eligibility rules of the Colorado High School Activities Association.

Administrator Signature

Coaches' signature

Tie-Breakers – Regionals & State

INDIVIDUAL TIE-BREAKER

1. Average all judges' scores, if still tied
2. Chief Judge Score

If there is a two-way tie for 2nd place in an event, the awards would be given as follows:

1st, 2nd, 2nd, 4th, 5th, 6th, 7th, 8th

If there is a 3-way tie for 4th: 1st, 2nd, 3rd, 4th, 4th, 4th, 7th, 8th

If there is a 3-way tie for 5th: 1st, 2nd, 3rd, 4th, 5th, 5th, 5th, 8th

ALL AROUND TIE-BREAKER (WITH 4 JUDGES)

1. Add the scores of all 4 judges on each event and average; combine the four event averages for a total. If still tied:
2. Add scores of all 16 judges on the four events for a total. If still tied:
3. Add the scores of the 4 Chief Judges from each event. If still tied:
4. The tie stands.

TEAM TIES

After all tie-breaking methods have been applied, and ties still exist, the ties will be awarded. The tiebreaker method will be applied at regional competition and through finals of the state meet. The 11th team for 5A and 10th team for 4A will qualify for the State Championships should this occur, then the qualifying individuals for 5A will change from top 2 individuals on each event at each regional and the next highest 6 individuals (12) on each event, regardless of which regional, to the top 1 individual and next highest 7 individuals (10) on each event, regardless of which regional. The state meet will change from 2 groups of 6 individuals to 1 group of 10 individuals because there will be 11 teams in a 12 team rotation.

Should this occur in 4A, the change will go from top 3 individuals at each region and the next highest 9 (18) individuals, regardless of which region, to the top 2 individuals and the next highest 6 individuals (12), regardless of which regional. The state meet will change from 3 groups of 6 individuals to 2 groups of 6.

4A/5A STATE CHAMPIONSHIP INFORMATION

4A TEAM QUALIFYING

Seven (7) teams will qualify to compete at the state championships. The top team score in each regional plus the next four (4) best team scores regardless of regional shall qualify for state.

4A INDIVIDUAL QUALIFYING

6 individuals will qualify per event.

5A TEAM QUALIFYING

Seven (7) teams will qualify to compete at the state championships. The top team score in each regional plus the next 4 best team scores regardless of regional shall qualify for state.

5A INDIVIDUAL QUALIFYING

6 individuals will qualify per event.

4A/5A STATE ROTATIONS

When teams and individual groups are placed in the state rotation they will be placed by the order below:
Top 4 Teams: Rotations 5-8; Individuals & remaining teams: Rotations 1-4.

THREE DAY STATE MEET FORMAT

We will have the 5A state team and all-around meet on Thursday, April 22, and the 4A state meet and all-around on Friday, April 23. Both will be based on 8-team rotations. The individual finals will be held on Saturday, April 24.

4A STATE MEET

Friday afternoon competition begins at 4:00 pm. with the top seven (7) teams and TBA individuals competing for team honors, all-around championships and for the top 12 spots to qualify for individual finals. This is to be done in a 8-team rotation, four events at a time. Finals will feature all events at one time starting at 2:00 p.m. on Saturday.

5A STATE MEET

Thursday afternoon competition begins at 4:00 pm with the top seven (7) teams and TBA individuals competing for team honors, all-around championships, and for the top 12 spots to qualify for individual finals. This is to be done in a 8-team rotation, four events at a time. Finals will feature all events at one time starting at 10:30 a.m. on Saturday.

JUDGES

Four (4) judges have been selected for each event by the CHSAA.

ALTERNATES AT STATE

Alternates for final competition are required to warm-up in case of injury to any of the top 12 finalists.

INDIVIDUAL FINALISTS

Individual finalists for Saturday's finals must wear team-approved, team-colored leotard for competition. No club or third party leotards allowed.

STATE ATHLETIC TRAINER

The CHSAA provides an Athletic Trainer at all state events, however it is the responsibility of the team/athlete to provide their own tape and supplies for pre-meet taping.

COMPETITOR SCORING

The top 12 individuals for each event will compete in finals Saturday afternoon. All around will be decided during the 5A Thursday afternoon and 4A Friday afternoon competition. All gymnasts competing Thursday and Friday afternoons are eligible to qualify for finals. Individual medals will be awarded at the conclusion of finals on Saturday afternoon.

The top 12 competitors on all apparatus will qualify for finals Saturday afternoon. The order of competition will be randomly selected. Scores from the final session only will determine final placing. **NOTE: The 13th qualifier in each event must be in attendance and in uniform in the event one of the 12 finalists cannot compete.**

FINAL COMPETITORS

Athletes who make it to finals but are unable to compete must notify the meet referee so she can notify the alternate and judges in adequate time.

EQUIPMENT

Quality apparatus will be provided. An additional warm-up area will not be provided. ONLY #10 rails will be used on uneven parallel bars. Schools may bring their own vaulting boards to the meet and must assume complete responsibility for replacement and removal from the event in which it is being used. Failure to comply with this ruling will result in delay of meet deduction.

MUSIC

Individual music is required for each floor exercise competitor. It is advisable for coaches to prepare a master copy and have it available at the meet. CD, iPod, or phone may be used.

COPYRIGHT COMPLIANCE

The Colorado High School Activities Association (CHSAA) assumes no responsibility for the payment of copyright, royalty, or any other fees associated with the performances on any material in gymnastics competition. The sole responsibility of ensuring that all U.S copyright laws, in connection with music and school performances are adhered to, belong with the school and/or coaches of the representative teams. The CHSAA requires coaches to use the copyright compliance database for regionals and state performances at state.

Also, coaches will be asked to “check” a box on their State registration form that they and their gymnasts are in compliance with United States copyright laws and all sound recordings used in their individual’s music shall only be used with written license from the owner of the sound recording. All penalties associated with non-compliance will be the responsibility of the school and/or coaches of the team.

For regional and state competition, all coaches must create an account with the NFHS (NFHS.org). Once you have set up your account, you log-in and go to the Resources tab on the menu bar.

Click on Copyright Compliance and then click on Search Events > Colorado and select CHSAA Regional Gymnastics or CHSAA State Gymnastics. You will add your school information and your name and email in the appropriate spaces, then click on Next to enter the information required, which includes the type of

music used (select Gymnastics in dropdown). Fill in the requested information to get your gymnast's music registered.

The gymnast will not be allowed to compete unless this information is entered prior to the competition.

It is the responsibility of the coach to fully understand copyright compliance and the NFHS has developed a course to assist coaches in this important and potentially problematic area. The course is free and can be found at:

<https://nfhslearn.com/courses/understanding-copyright-and-compliance>

You will be asked to select a "track" to pursue, so please select the "Spirit" track as that information will directly pertain to the mash-ups and mixes used in floor exercise.

WARM-UPS

No warm-up is allowed on the competition floor during competition.

COACHES MEETING

Forty-five minutes is to be allotted for a coaches meeting to be held 1-hour prior to event. Gymnasts will not be allowed on the floor at this time.

COMPETITOR CARDS

The CHSAA will provide color-coded cards for each individual event:

The competitor cards (4 per school) will be supplied by the CHSAA at site registration. Four cards will be completed for the preliminary session. The scoring table will complete the cards for finals.

AWARDS

Winners at the State Championships will receive medals for the first eight places in individuals and all-around events, and a trophy will be presented to the first place team and the second place team. All team scores will be announced. Any school represented at the state meet may qualify for team awards. Awards will be presented at the closing ceremonies.

BALLOONS

No Balloons will be permitted at the State Championship Site. It is at the discretion of all other competition sites as to whether they allow balloons.

SCHOOL BANNERS

Only official school banners of non-paper material will be permitted. Only Banners with school name and official school's logo (by board adoption) will be allowed.

SALE OF SOUVENIR ITEMS

No sale of souvenir items such as t-shirts, etc. other than an approved contractor by the CHSAA office will be permitted at any tournament. The Kukulski Brothers are the official souvenir vendors of the CHSAA.

4A/5A STATE GYMNASTICS TIME SCHEDULE: TBA

COLORADO HIGH SCHOOL ACTIVITIES ASSOCIATION
14855 E. Second Avenue
Aurora, Colorado 80011
(303) 344-5050

INQUIRY(IES) SHEET

SCHOOL _____ EVENT _____ SESSION _____

GYMNAST'S NAME _____

GYMNAST'S COMPUTER NUMBER _____

REASON FOR INQUIRY _____

COACH'S SIGNATURE _____

REFEREE'S DECISION _____

REFEREE'S SIGNATURE _____

INSTRUCTIONS TO SCORER'S TABLE (IF NECESSARY) _____

ROUTINE DIFFICULTY SHEET

Coaches: Completing the routine difficulty sheet is not required.

When filling out the difficulty, please make sure that it is written in the expected manner in which it is to be performed. It must be given to the judges prior to your first performer in each event.

DATE _____ SCHOOL _____ EVENT _____

COMPETITOR 1	COMPETITOR 4
COMPETITOR 2	COMPETITOR 5
COMPETITOR 3	COMPETITOR 6

**COLORADO HIGH SCHOOL GIRLS GYMNASTICS
PAY SCHEDULE FORM**

(Please have judges fill out at meets to determine appropriate pay due.)

DATE: _____ MEET SITE: _____

OFFICIALS' FEES

(Meet Type - circle one)

GYMNASTICS

Regular Season Meets

Two-team meet	(judging 2 events)	\$ 45.90
Three-team meet	(judging 2 events)	\$ 56.10
Four-team meet	(judging 1 event)	\$ 45.90
	(judging 2 events)	\$ 68.34
Five-team meet	(judging 1 event)	\$ 52.02
	(judging 2 events)	\$ 80.58
Six-team meet	(judging 1 event)	\$ 57.12
	(judging 2 events)	\$ 9.384
Seven-team meet	(judging 1 event)	\$ 64.26
Eight-team meet	(judging 1 event)	\$ 70.38
Judging 1 event		\$ 14.00 /team
Judging 2 events		\$ 22.00/team
Finals (up to 20 competitors) – per judge/per event		\$ 20.00
Meet Referee paid normal fee plus \$10.00		

Judges names (please print): _____

2020-22 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 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)

2020-22 Girls Gymnastics Points of Emphasis

(For comments on the 2020-22 Points of Emphasis, see page 105 in the Gymnastics rule book)

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

VAULT RUNNING SCORE SHEET

School _____

	SJ	#2	#3	#4	AVE
1					
2					
3					
4					
5					
6					

School _____

	SJ	#2	#3	#4	AVE
1					
2					
3					
4					
5					
6					

School _____

	SJ	#2	#3	#4	AVE
1					
2					
3					
4					
5					
6					

School _____

	SJ	#2	#3	#4	AVE
1					
2					
3					
4					
5					
6					

School _____

	SJ	#2	#3	#4	AVE
1					
2					
3					
4					
5					
6					

School _____

	SJ	#2	#3	#4	AVE
1					
2					
3					
4					
5					
6					

Comp. #	All Around	School:					Event: BALANCE BEAM		
		Name:	J1	J2	J3	J4	Ave.	CJD	Ave.
	Circle one								
	1								
	2								
	3								
	4								
	5								
	6								
		Team Total:							

Comp. #	All Around	School:					Event: BALANCE BEAM		
		Name:	J1	J2	J3	J4	Ave.	CJD	Ave.
	Circle one								
	1								
	2								
	3								
	4								
	5								
	6								
		Team Total:							

Comp #	All Around	School:					Event: FLOOR EXERCISE		
	Circle one	Name:	J1	J2	J3	J4	Ave.	CJD	Ave.
	1								
	2								
	3								
	4								
	5								
	6								
		Team Total:							

Comp #	All Around	School:					Event: FLOOR EXERCISE		
	Circle one	Name:	J1	J2	J3	J4	Ave.	CJD	Ave.
	1								
	2								
	3								
	4								
	5								
	6								
		Team Total:							

Comp. #	All Around	School:					Event: VAULT			
	Circle one	Name:	J1	J2	J3	J4	CJ	Ave.	Best	
	1									
	2									
	3									
	4									
	5									
	6									
		Team Total:								

Comp. #	All Around	School:					Event: VAULT			
	Circle one	Name:	J1	J2	J3	J4	CJ	Ave.	Best	
	1									
	2									
	3									
	4									
	5									
	6									
		Team Total:								

Comp #	All Around	School:					Event: UNEVEN PARALLEL BARS		
	Circle one	Name:	J1	J2	J3	J4	Ave.	CJD	Ave.
	1								
	2								
	3								
	4								
	5								
	6								
							Team Total:		

Comp #	All Around	School:					Event: UNEVEN PARALLEL BARS		
	Circle one	Name:	J1	J2	J3	J4	Ave.	CJD	Ave.
	1								
	2								
	3								
	4								
	5								
	6								
							Team Total:		

Judges: Do not cross through scores on event cards.

Be sure to put judge # on FRONT AND BACK of sheet!

Keep very accurate scores

Chief Judge: running score kept by CJ score keeper

Coaches: Circle your all around competitors

Judges: Do not cross through scores on event cards.

Be sure to put judge # on FRONT AND BACK of sheet!

Keep very accurate scores

Chief Judge: running score kept by CJ score keeper

Coaches: Circle your all around competitors

SCORE SHEETS

Please use the links below to access the score sheets.

2020-22 Vault Score Sheet: http://www2.chsaa.org/sports/gymnastics/pdf/2020-22_Vault_Scoresheet.pdf

2020-22 Uneven Bars Score Sheet: http://www2.chsaa.org/sports/gymnastics/pdf/2020-22_uneven_bars_scoresheet.pdf

2020-22 Floor/Beam Score Sheet: http://www2.chsaa.org/sports/gymnastics/pdf/2020-22_FLOOR-BEAM_Scoresheet.pdf

2020-22 Chief Judge Deduction Sheet: <http://www2.chsaa.org/sports/gymnastics/pdf/20-22-chief-judge-deduction-sheet.pdf>