

**CENTRAL DISTRICT GYMNASTICS TOURNAMENT**  
**February 26, 2022**  
**WORTHINGTON KILBOURNE HIGH SCHOOL**

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**ENTRY**

Schools will be limited to six competitors per event. The tournament entry has three parts:

1. Athletic administrator indicates the school's intent to participate through myOHSAA. Monday, January 31 is the established deadline for entry or withdrawal without penalty.
2. Athletic administrator submits electronically all board-approved (paid and volunteer) on the Emergency Contact Form on the school's myOHSAA account. Coaches do not have access to this account.
3. Coaches register electronically individual or team competitors. Coaches of teams will enter their line-ups with one alternate per event and a maximum of 12 gymnasts.

**ONLINE REGISTRATION AND SEEDING**

Coaches must register their competitors online at [www.cdab.org](http://www.cdab.org). For the purpose of seeding only, a school must have 4 competitors per event to be considered a team. All teams will be seeded online and results will be emailed to coaches prior to the draw. Detailed instructions along with your user-name and password will be included in another email.

It is critical that coaches meet the following deadlines:

Thursday, February 10 9:00 am Registration completed

Friday, February 11 3:00 pm Team coaches submit their ballots

There is a 24-hour window to vote starting on Thursday, February 10th at 3:00 pm.

**Schools with individual competitors are not seeded and their coaches do not vote.**

**MANDATORY DRAW** – A **mandatory virtual meeting for all schools** via Microsoft Teams is Sunday, February 13 at 4:00 p.m. A link will be provided in advance.

Each school shall be represented by its **coach, administrator or authorized school representative** to participate in the draw. The team with the greatest number of points will be seeded #1. This team has the first choice to select the session, flight, and event. All other teams will follow in rank order. A school is considered late if the coach logs in after the first team has chosen its rotation and will make their choice at the end of the seeded selections.

After all represented teams have chosen, the meet manager will assign non-represented teams according to the rank of their seed into open slots. Then schools with individuals will be placed throughout the sessions taking in consideration the coaches of multiple teams.

An email will be sent to all coaches after this meeting with the assigned rotations and the confirmed time schedule. It will also be posted on the central district website ([www.cdab.org](http://www.cdab.org)) by 12:00 noon on Tuesday, February 15<sup>th</sup>.

**Note: The OHSAA general sports regulation #6 outlines the OHSAA expectations for all schools participating in OHSAA-sponsored tournaments and the monetary penalties for not meeting each expectation and established deadlines (entry, on-line registration, seeding & draw)**

### **HEALTH SAFETY PROTOCOLS**

Covid 19 protocols as set by Worthington City Schools will be followed. Teams need to enter the building with masks and are expected to wear them whenever they are not actively participating on an event. Coaches are required to be masked at all times.

Spectators must wear a mask at all times. Outside food and beverages, and backpacks are not permitted. Water bottles are permitted.

### **TOURNAMENT TIME SCHEDULE (TENTATIVE)**

The time schedule will be confirmed at the draw.

<u>Session 1:</u>	<u>Flights 1 &amp; 2</u>
8:00 – 8:15 a.m.	Registration (auxiliary gym)
8:20 a.m.	Coaches meeting/ Open stretch
8:45 – 9:00 a.m.	Timed warm-ups (Flight 1) - Aux gym
9:00 - 9:15 a.m.	Timed warm-ups (Flight 2) - Aux gym
9:00 - 11:15 p.m.	Competition (Flight 1 & Flight 2)

<u>Session 2:</u>	<u>Flights 3 &amp; 4</u>
11:00 – 11:15 p.m.	Registration (auxiliary gym)
11:20 p.m.	Coaches meeting/ Open stretch
11:40 – 12:00 p.m.	Timed warm-ups (Flight 4)
12:00 – 12:15 p.m.	Timed warm-ups (Flight 5)
12:00 - 2:15 p.m.	Competition (Flight 3/ Flight 4)

<u>Session 3:</u>	<u>Flights 5 &amp; 6</u>
2:00 – 2:15 p.m.	Registration (auxiliary gym)
2:20 p.m.	Coaches meeting/ Open stretch
2:40 – 3:00 p.m.	Timed warm-ups (Flight 4)
3:00 – 3:15 p.m.	Timed warm-ups (Flight 5)
3:00 - 5:15 p.m.	Competition (Flight 3 / Flight 4)

5:30	Awards Competition Gym (in person)
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### **MEET FORMAT**

Flights 1 and 2 (Session 1), flights 3 and 4 (Session 2), and flights 5 and 6 (Session 3) will alternate between timed warm-ups and competition. Olympic order will be followed and rotations will be continuous. Timed warm-ups for vault, bars and floor will be in the competition gym. Timed warm-ups for balance beam will be in the auxiliary gym and a touch will be given in the competition gym before competing on this event.

### **EQUIPMENT – COMPETITION AREA**

Vault - AAI Tac 10 vault table with runway

Bars - Spieth Anderson bars with landing mats

Beam - Spieth Anderson beam (with AAI padding) with landing mats

Floor - Spring Floor

**Please bring your own springboard and sting mat.**

## **MUSIC**

An iPod/mp3 player will be provided. Please make sure your music is downloaded onto your device. You will not be able to stream from the internet.

## **SCORING**

Scoring will be conducted in accordance with the USAG JO Code of Points. The sum of the top four scores in each event shall be used to compute the team score. Ties will be broken for the last qualifying place.

## **BOARD OF EDUCATION APPROVED COACHES**

No team or individual entry will be allowed to compete unless accompanied by a coach or person authorized by the Board of Education who is present throughout the tournament and on the floor to assist the athlete. Teams and individual entries unaccompanied by such a school representative will be disqualified. (Bylaw 3-2-1) Coaching is not permitted by anyone other than the school's assigned gymnastics coach. The names of all board-approved coaches who will be permitted on the floor with the gymnasts will be printed in the program.

## **UNSPORTING CONDUCT PENALTY**

It is considered unacceptable and shall be considered unsporting conduct (subject to ejection) if a student-athlete removes her leotard in any area within the view of the public. This includes but is not restricted to the competition and warm-up areas.

## **ADMISSIONS**

**All tickets must be purchased online.** Pre-sale tickets are **\$8**. Tickets purchased on February 26, the day of the meet, are **\$10** and must still be purchased online. All spectators must be masked and seated in the bleachers. No spectators may be in the warm-up area or on the competition floor.

## **SIGNS AND BANNERS**

No signs or banners in either gym.

## **PHOTOGRAPHERS**

Flash pictures of competitors are not permitted during the competition. Media photographers with proper documentation and with the meet manager's permission will be allowed on the floor during the competition.

## **AWARDS**

The top 3 teams and 8 individuals in each event will represent the central district at the state meet the following weekend at Hilliard Bradley. Team trophies and medals for team participants are given to the district champion and the runner-up team. Individual medals are awarded for each state qualifier.

## **OHSAA REPRESENTATION OF TEAM**

In order to count as a team for purposes of tabulating next year's representation to the state competition, a school must have a minimum of 3 gymnasts competing in each of the four events.

## **WEBSITES**

Complete OHSAA tournament regulations are available on the OHSAA web site at [www.ohsaa.org](http://www.ohsaa.org).

The central district web site is [www.cdab.org](http://www.cdab.org). The tournament draw and time schedule along with the results will be posted on this site.