

**CENTRAL DISTRICT GYMNASTICS TOURNAMENT**  
**February 24, 2024**  
**WORTHINGTON KILBOURNE HIGH SCHOOL**

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**TOURNAMENT ENTRY**

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

1. Athletic administrators indicate the school's intent to participate in the tournament through myOHSAA. Monday, January 22 is the established deadline for entry or withdrawal without penalty.
2. Athletic administrators electronically submit all board-approved coaches (paid and volunteer) on the Emergency Contact Form on the school's myOHSAA account. Coaches do not have access to this account.

**ONLINE ROSTER SUBMISSION AND SEEDING**

Coaches must submit their roster of competitors online using the Central District website (OHSAA.org/CDAB). **Complete instructions (including your username and password) will be sent to the Athletic Director for distribution to the head coach the first week of February.** For 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.

It is critical that coaches meet the following deadlines:

Thursday, February 8 9:00 am Team rosters/individual competitors submitted

Friday, February 9 3:00 pm Team coaches ballots submitted

There is a 24-hour window to vote starting on Thursday, February 8th at 3:00 pm.

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

**MANDATORY DRAW**

A mandatory virtual draw meeting for **all coaches entering teams** via Microsoft Teams is Sunday, February 11 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 (OHSAA.org/CDAB) by 12:00 noon on Tuesday, February 13<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/withdraw, on-line roster submission, seeding & draw meeting)**

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

The time schedule will be confirmed at the draw.

<u>Morning session:</u>	<u>3 flights</u>
8:00 – 8:30 a.m.	School Check-in (auxiliary gym)
8:35 a.m.	Coaches meeting
8:40 – 9:00 a.m.	General stretching/bar settings
9:00 – 9:20 a.m.	Timed warm-ups (Flight 1)
9:20 a.m.	Competition (Flight 1)
	Timed warm-ups (Flight 2)
	Bye (Flight 3)
1:05 p.m.	Processional for all schools
5:45 – 6:30 p.m.	Awards

<u>Afternoon session:</u>	<u>3 flights</u>
12:00 – 12:30 p.m.	School Check-in (auxiliary gym)
12:35 p.m.	Coaches meeting
12:40 – 1:00 p.m.	General warm-ups/bar settings
1:05 p.m.	Processional for all schools
1:20 – 1:40 p.m.	Timed warm-ups (Flight 4)
1:40 p.m.	Competition (Flight 4)
	Timed warm-ups (Flight 5)
	Bye (Flight 6)
5:45 – 6:30 p.m.	Awards

### **MEET FORMAT**

Flights 1, 2, and 3 (morning) and flights 4, 5, and 6 (afternoon) will alternate between timed warm-ups, competition, and a bye until all four events are completed. Olympic order will be followed. 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 be sure your music is downloaded onto your device. You will not be able to stream from the internet.

## **RULES/SCORING**

The OHSAA modified USA Gymnastics Rules shall be used. 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 individual or team place.

## **BOARD OF EDUCATION APPROVED COACHES**

No team or individual participant 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 participants 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.

## **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.

## **ATHLETIC TRAINERS**

Amanda Sampsel and Boston Waltenberger, Worthington Kilbourne Athletic Trainers, will be on site to provide first aid care during the meet. A memo will be posted before the competition.

## **ADMISSIONS**

All tickets must be purchased online at [www.ohsaa.org/tickets](http://www.ohsaa.org/tickets). Admission is \$8.00 for adults and \$6.00 for students. Children under the age of 6 will be admitted free. There will be no tickets sold at the gate; however, a QR code will be available at the gate, which will direct spectators to purchase an online ticket.

## **SIGNS AND BANNERS**

No signs or banners in either gym. The use of balloons, pennants, shakers and noisemakers is not permitted.

## **PHOTOGRAPHERS/VIDEOGRAPHERS**

Flash photography of any kind is not permitted during the competition. Media photographers with credentials must make prior arrangements with the meet manager for access to the competition floor.

Spectators may videotape from the stands but must supply their own power. It shall be for personal use only and shall not interfere with the view of the competition by other spectators.

## **AWARDS**

Team trophies and medals for team participants will be presented to the district champion and the runner-up team. Individual medals will be awarded for each state qualifier. The top eight individuals and two teams will represent the Central District at the state meet the following weekend at Hilliard Bradley.

## **OHSAA REPRESENTATION OF TEAM**

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

## **WEBSITE**

The Central District Athletic Board web site is [OHSAA.org/CDAB](http://OHSAA.org/CDAB). Tournament information along with the results will be posted on this site.