CENTRAL DISTRICT GYMNASTICS TOURNAMENT
February 28, 2026
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 Final Forms. Monday, January 26 is the established deadline for entry or withdrawal without penalty.
2. All coaches, approved by your school's Board of Education or governing body, must be entered in Final Forms for the school's girls gymnastics team program.

ONLINE ROSTER SUBMISSION AND SEEDING

Coaches must submit their roster of competitors online through Final Forms.

2026 Central District Girls Gymnastics Tournament Seeding Information will be emailed to the Athletic Director at each participating school by January 26, 2026. The instructions will come from bmurray@CDABWebmaster.onmicrosoft.com. Athletic Directors: please check your inbox, junk or spam folder for this important email. Contact your school's IT department to ensure delivery of emails from this email address.

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 12, 2026**
  - **9:00 a.m. - Online Registration Completed. Team Information Due.**
  - **3:00 p.m. – Seed Voting Begins**

- **Friday, February 13, 2026**
  - **3:00 p.m. – Seed Voting Ends**

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 15 at 2:00 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 17.

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.

Morning session:	3 flights
8:00 – 8:30 a.m.	School Check-in (auxiliary gym)
8:35 a.m.	Coaches meeting
8:35 – 8:55 a.m.	General stretching/bar settings
9:00 – 9:15 a.m.	Timed warm-ups (Flight 1)
9:15 a.m.	Competition (Flight 1)
	Timed warm-ups (Flight 2)
	Bye (Flight 3)
1:00 p.m.	Processional for all schools
6:15 – 7:00 p.m.	Awards

Afternoon session:	3 flights
12:00 – 12:30 p.m.	School Check-in (auxiliary gym)
12:35 p.m.	Coaches meeting
12:35 – 12:55 p.m.	General stretching/bar settings
1:00 p.m.	Processional for all schools
1:30 – 1:45 p.m.	Timed warm-ups (Flight 4)
1:45 p.m.	Competition (Flight 4)
	Timed warm-ups (Flight 5)
	Bye (Flight 6)
6:15 – 7:00 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
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 may be purchased online at www.ohsaa.org.tickets. Admission is $8.00 for adults and $5.00 for students. Children under the age of 6 will be admitted free. Cash will also be accepted at the tournament.

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. Tournament information along with the results will be posted on this site.