

Ohio High School Athletic Association



2022-23 Gymnastics Pre-Season Coaches Manual

Message From OHSAA

Coaches and Administrators,

This manual is designed as a quick reference for pertinent information regarding gymnastics in the OHSAA. All schools sponsoring gymnastics should have received a copy of USA Gymnastics Developmental Program Code of Points for Women's Artistic Gymnastics 2022-2026 prior to the 2022 season. This publication will be referenced as well as any updates that are published within the four years.

This is a reminder that our State Rules Meetings remain mandatory for head coaches, which can be accessed on your myOHSAA profile. This is addressed in the early pages of this manual. OHSAA Sports Regulations (and Bylaws) govern administrative rules specific to Ohio. No coach, administrator, or official has the authority to modify or set aside these rules.

USA Gymnastics Developmental Program Rules with modifications are to be used for girls gymnastics competition in Ohio. No coach, administrator, or official has the authority to modify or set aside these rules. Please take the time to review the materials provided.

Thank you for your professionalism, mentorship, and service to the student-student-athletes at your schools. I wish you all the best this season!

A handwritten signature in black ink that reads "Kate Barnett". The signature is written in a cursive style.

Kate Barnett

Sport Administrator

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FOR COACHES AND OFFICIALS

Reminder: The USA GYMNASTICS Developmental Program Code of Points – 2022-2026 1st Edition was sent to all high school head coaches this fall.

This publication should have been retained as we will use it through 2026.

The current 2022-23 Rules and Policies document is available to download from USA Gymnastics.

<https://usagym.org/womens/jotechnicalupdates>

OHSAA MISSION STATEMENT

The Ohio High School Athletic Association's mission is to regulate and administer interscholastic athletic competition in a fair and equitable manner while promoting the values of participation in interscholastic athletics as an integral part of a student's educational experience. The OHSAA represents its member schools by recognizing and promoting academics, the safety of participants, good citizenship and lifelong values as the foundation of interscholastic athletics.

MANDATORY RULES INTERPRETATION MEETING

Rules Interpretation Meeting is mandatory for all Head Coaches.

The mandatory rules interpretation meeting is available online and accessed through each individual myOHSAA account. Assistant coaches and volunteer coaches are encouraged to view this meeting as they will be held to the same regulation standard as head coaches. The online meeting is geared exclusively for coaches; officials have their own meeting with the content exclusively directed to them. For those of you who coach and serve as an official, you will be required to complete both meetings, one specific for coaches and one specific for officials. Therefore, you would be required to view two separate rules meetings if you coach and officiate.

NFHS rule and editorial changes and NFHS points of emphasis are covered in detail, along with OHSAA Gymnastics Sports Regulations, General Sport Regulations and Bylaws as they pertain to coaches and players. Though the main purpose is to provide knowledge and advice on the various NFHS and OHSAA regulations, this is the educational mechanism to ensure compliance with the various rules and regulations.

How to Complete the Rules Interpretation Meeting Online

All Coaches and Officials will access the state rules meetings through their myOHSAA accounts.

Coaches should contact their athletic administrator if they do not have an account. The athletic administrator will need to add the coach to the school's staff management in myOHSAA. This will generate an email invitation from info@myOHSAA.org to the coach. Coaches should look for this email in their inbox, junk or spam folders. Once the email is received, coaches should open the email and click the link inside and use the "Register" portion of the screen to create an account. Follow all prompts to create login credentials, verify your email address and complete your contact information. Once the account is created and all dashboard items completed, a blue button for the school will be added to your account. Click the button and use the State Rules Meeting link in the left column to access the list of meetings.

**Please do NOT use a Google Chrome tablet—these devices will not record attendance.
You must use a desktop or laptop computer.**

The ONLINE Rules Meeting link will be live on Monday October 17, 2022 at 9:00 a.m.

Failure to complete the rules meeting by Monday December 5 at 11:59pm will result in a late fee. Failure to complete the rules meeting at all will result in your school being ineligible for post season competition.

AFTER COMPLETION:

1. Check your *myOHSAA* profile to verify your attendance has been recorded.
2. Attendance will be reflected in the profile. Please do not call the OHSAA office for verification.

MANDATORY PARENT PRE-SEASON MEETING

OHSAA Bylaws mandate that schools conduct a pre-season meeting with parents and student-athletes. The meeting is determined by each school's Athletic Administrator and must be held no later than 2 weeks after the start of the season. This is the time to cover such things as eligibility requirements, individual school policies, individual sport policies, sportsmanship issues and expectations, travel plans for away contests, etc. I encourage coaches to use this time to their advantage and provide as much education as possible to parents. To access some sample meeting template information's check out the OHSAA webpage [here](#).

COACHES' TOOLCHEST

The OHSAA has partnered with Coaches' Toolchest as a one stop shop for coaches to obtain certifications. The program helps ensure that coaches have the knowledge they need to best serve their student athletes and to position those athletes for success in sport, and in life. For administrators, it provides an efficient, simple method of ensuring all of the school coaches are compliant with their PAP requirements. More than just meeting the legally mandated minimum requirements the program adds in a professional development piece as well. For more information, please check out the link [HERE](#).



PUPIL ACTIVITY PERMITS AND CONCUSSION LEGISLATION

As outlined in Ohio Administrative Code, all Coaches of Middle School/Jr. High and High School teams **MUST** possess a "Pupil Activity Validation Certificate" to coach in Ohio. This includes paid coaches AND volunteer coaches. School administrators are responsible for maintaining records on compliance and most schools provide opportunities for their coaches to obtain the necessary coursework. The actual regulations AND the certificate can be downloaded from the OHSAA's Sports' Medicine page or directly at: <http://www.ohsaa.org/medicine> . To obtain the required certificate through the ODE, one must:



- **Have completed a Sports' First Aid Course**
- **Possess a valid CPR Card**
- **Have been approved by their local Board of Education or similar governing body**
- **Complete the NFHS Fundamentals of Coaching course**
- **Complete one of two approved Concussion Recognition courses**
- **Complete the Sudden Cardiac Arrest video course offered by the Ohio Dept. of Health**

For more information regarding the requirements, click [here](#).

Concussion Legislation as it relates to Coaching Requirements

Though the entire law is explained later, all coaches today MUST complete one of two (2) approved Concussion Education programs online upon renewal of their Pupil Activity Permit anytime **after April 26, 2013**. Individual student-athletes removed from contests with a suspected concussion are no longer permitted to return to play on the same day of the contest – regardless of the diagnoses. If they are removed by one of the individuals given this authority, they simply cannot return to play the same day. Written authorization IS required to return anytime thereafter and must be kept on file with the school Athletic Administrator.

LINDSEY'S LAW – SUDDEN CARDIAC ARREST

ODE Website: <http://www.odh.ohio.gov/landing/Lindsays-Law.aspx>

Lindsay's Law, Ohio Revised Code [3313.5310](#), [3707.58](#) and [3707.59](#) became effective on August 1, 2017. In accordance with this law, the Ohio Department of Health, the Ohio Department of Education, the Ohio High School Athletic Association, the Ohio Chapter of the American College of Cardiology and other stakeholders jointly developed guidelines and other relevant materials to inform and educate students and youth athletes participating in or desiring to participate in an athletic activity, their parents, and their coaches about the nature and warning signs of sudden cardiac arrest. The following resources were developed to implement Lindsay's Law:

For parents/guardians and student- athletes in grades 7-12 in Ohio schools

- [Required video](#)
- [Required SCA Informational Handout](#)
- [Required Signature Form](#)

For coaches:

If you are a coach for an interscholastic sport and are licensed by the Ohio Department of Education (all paid and volunteer coaches in Ohio), please visit their website for information about their training requirements around Lindsay's Law <http://www.odh.ohio.gov/landing/Lindsays-Law.aspx>. The required video, informational handout and a post assessment test will be available shortly through the ODE's website. We will inform you when that component is available. If, however, you want to have your coaches view the video and review the information immediately, you may access those items below. Please be advised that as a school district, your superintendent must be able to verify that coaches have seen this video and read the informational handout if you choose to implement this requirement before it is available through ODE's LMS.

- [Required video](#)
- [Required SCA Informational Handout](#)

OHIO HIGH SCHOOL GIRLS GYMNASTICS COACHES ASSOCIATION

If you are a current head coach or assistant coach of an OHSAA sponsored school, you are eligible to join the Coaches Association. Membership is voluntary, but below are a few of the membership benefits.

- Your student-athletes can be recognized as All-District and All-State
- Your senior student-athletes can be recognized for Academic All-Ohio award
- You may nominate and vote for District Coach of the Year
- You may nominate and vote for District Team Sportsmanship Award
- You may select a member of your team to receive the Sportsmanship Award
- You may nominate and vote for State Coach of the Year & Assistant Coach of the Year
- You may nominate member coaches for the OHSAA S.E.I. Award
- You may nominate member coaches for the Service Award
- You are eligible to win any of these awards

Your membership fees provide funds for the above awards plus the Service Awards, website fees, and coaches hospitality at the State Tournament. If you have any questions, please contact Cindy Fushimi, president, at cfushimi@columbus.rr.com

Please note that if you are not a member of the Coaches Association, you and your student-athletes are not eligible for any of the above awards from the Coaches Association. Go to: www.ohsgac.org and click on the link to join the Coaches Association.

IMPORTANT DATES

November 4 2022	First Day of Coaching and Instruction
December 5, 2022	First Contest
January 16, 2023	Non-Interscholastic Competition No Longer Permitted
January 23, 2023	Deadline for Entering or Withdrawing from the OHSAA Tournament
February 5, 2023 or February 12, 2023	Seeding/Draw Meeting (if held)
February 13-25, 2023	Sectional/District Tournaments
March 3-4, 2022	State Tournament – Hilliard Bradley High School

OHSAA CONTACT INFORMATION

Name	Title	Responsibilities	E-Mail
Kate Barnett	Sport Administrator	Oversees the sport & coordinates the tournaments	Kbarnett@ohsaa.org
Lori Powers Basinger	Director of Development for Gymnastics Officiating and State Rules Interpreter	Responsible for the training and development of interscholastic gymnastics officials; rules interpreter.	loripb7957@gmail.com

GYMNASTICS LINKS

National Federation of State High School Associations
 NFHS Learning Center
 USA Gymnastics
 Ohio Girls Gymnastics Coaches Association

www.nfhs.org
www.nfhslearn.com
<https://usagym.org>
www.ohsgac.org

OHSAA BYLAW AND SPORT REGULATIONS

General Sports Regulations can be accessed [HERE](#).
 Gymnastics Specific Sport Regulations can be accessed [HERE](#).
 Tournament Regulations will be available [HERE](#).

Out of State Travel

Schools may travel out of state to compete in contests in states or provinces in Canada that border Ohio regardless of distance to travel. The states are Indiana, Kentucky, Michigan, Pennsylvania and West Virginia. The province is Ontario. Additionally, schools may travel out of state one time per sport per interscholastic season to compete in contests in any location that does not border Ohio subject to approval from the Executive Director's Office. Those interested in traveling to a non-boarding state may fill out the form found [HERE](#).

Interscholastic Participation

To be eligible for the team event competition in the OHSAA tournament in girls gymnastics, a school shall compete in a minimum of two interscholastic contests as a team (3 or more athletes in each of the four events) prior to the OHSAA Tournament. For individual competition, there is no minimum contest participation required.

- **Contest Limitations —**
A team/individual that exceeds the regular season participation limitation (maximum number of contests permitted) or participates in regular season contest(s) prior to the designated start date for contests shall be removed from the OHSAA tournament.
- **Scoring during the regular season—**
In regular season meets in which team entrants are unlimited, it is not permissible to designate which four gymnasts shall be eligible to have their scores added to produce a team score. Any of the eligible competitors shall be able to score for the team.
- **Individuals who coach multiple teams—**
Coaches are permitted to serve as the coach for more than one school as long as they are properly credentialed and are Board-approved by each respective district/school. Should this transpire, it is up to the districts/schools involved to determine compensation, scheduling logistics and any other matters pertaining to the arrangement. The athletes from different schools may practice together under the direction of the coach but must always represent the school they attend in any competition.
- **School Representative—**
No team or individual entry will be permitted to compete in a contest unless accompanied by the coach or a person authorized by the Board of Education. Teams or individuals unaccompanied by such school representative will be disqualified. The school representative shall be present throughout the contest.

Non-Interscholastic Participation

Reference General Sport Regulation 7 for what is permitted in and outside of a school season and penalties that shall apply if violated, as outlined in Bylaw 11.

A gymnastics athlete must cease non-interscholastic gymnastics competition by Monday, January 16, 2023 this is six weeks (42 days) prior to the Monday of the week of the state tournament in gymnastics, order to be eligible for OHSAA tournament competition provided applicable Bylaws and Regulations have been followed.

In addition, an athlete who has participated for the school in gymnastics who violates this non-interscholastic competition date by participating in a non-interscholastic contest in gymnastics shall be ineligible for OHSAA tournament competition in gymnastics in addition to any other penalties that may be prescribed

Exhibition Competition

Current OHSAA regulations prohibit exhibition competition. Participation in such events may result in ineligibility for student-athletes and suspension of the school.

OHSAA GENERAL GYMNASTICS INFORMATION

Professionalism

Your professionalism is of the utmost importance. Your student-athletes and fans will follow your lead. If you are respectful of the competition and the officials, your student-athletes and fans are more likely to do the same. If you are disrespectful of the competition and the officials, it will be reflected in the words and actions of your student-athletes and fans. Officials aren't perfect and mistakes will be made, but it is all part of the learning process for our young student-athletes. So please take those disappointments and turn them into positive learning experiences. What you permit, you promote.

Also, Bylaw 8-3-1 of the OHSAA Handbook reads in part, "Protests arising from the decisions and interpretations of the rules by officials during the game will not be considered. Their decisions and interpretations are final." This means that correctable errors must be corrected during the contest.

Judges shall not make any comments to other judges or coaches about scores, conferences, your judging event, other events, or any results on the competitive floor. This regulation applies to all level meets including duals, invitationals, sectionals, districts, and state tournaments. Unprofessional behavior will subject a judge to the possibility of not being assigned to future meets. Coaches are reminded to always be professional in addressing the officials and to never have any direct communication with judges on the floor. The meet referee is the liaison between the judges and coaches and can be addressed for any questions on the competitive floor.

Affiliation- The regulations regarding affiliation are NOT meant to prevent officials from judging, but to prevent unfair situations for the gymnasts. An affiliated judge can be a support judge or a meet referee but not a head judge. Affiliation of an official at a specific meet refers to:

1. An immediate family member (parent/step parent, grandparent, sibling, or any other member of a household) of a competing gymnast, or of the gymnast's coach(es).
2. A person on the payroll of a competing school.
3. A team member or parent of a Women's Artistic team member or a competing school
4. A coach of a club that has gymnast(s) competing in the meet
5. A club owner whose club has a gymnast who is competing in the meet
6. Any sport science professional that is paid for ongoing services for a competing gymnast
7. A judge who critiques or coaches at a specific school on a regular (more than once a month) basis is considered affiliated with that school.
8. A judge whose immediate family member is a coach at a competing school is affiliated with that school regardless of whether or not the family member is on the floor coaching at a specific meet.
9. A judge may not judge alone during a meet they are affiliated with.

Coaches'/Officials'/Student-athletes Comments to the News Media

OHSAA Sports Regulation B under Media Regulations OHSAA Bylaw 8, Section 2, reads in part, "Great care shall be exercised in the selection of officials, well in advance of the contest and agreed upon by schools involved. When the contest begins each school waives all of its rights so far as objecting to the officials." Public criticism of officials is a direct reflection upon those who were responsible for assigning the officials to the game. **Officials** are trained and expected to make no derogatory comments regarding the players, coaches, or schools. **Coaches** are expected to follow the same procedure. Failure to follow this request will result in disciplinary action. **Student-athletes** are

also cautioned that they are not to make any disparaging comments concerning coaches or officials in the media which includes social media.

Pre-Season Preparations

During your pre-season preparations, invite a local official(s) to meet with your squad during pre-season workouts. It allows the officials to meet your student-athletes and discuss new rules. It gives your student-athletes an opportunity to ask questions and have a discussion prior to competition days. We would also recommend inviting an official to a pre-season meeting with your parents. Again, it provides a forum for healthy discussions and an opportunity for your parents to learn more about the game.

Scheduling Conflicts

Please coordinate with your athletic administrator to ensure that officials and/or assignors are notified in advance of any schedule changes.

Selection of Gymnastics Tournament Officials

In order to be considered for Tournament assignment, an official must meet the following minimum standards: Sectional/District – Must be a Class 1 (Level 9 or above) or Class 2 (Level 8). Highly recommended to use Class 1 officials for both Sectional and District.

- State – Must be a Class 1
- Must complete and file a yearly review exam
- Must complete and file an application
- Must have officiating experience in the position for which the application is made
- Must not be a current high school head coach
- Must complete a state rules interpretation meeting

Panels will be assigned after all applications are received and reviewed.

Protecting Athletic Eligibility

If you have not accessed copies of the 2022-2023 OHSAA Athletic Eligibility Information Bulletin, entitled “High School Eligibility Guide for Student Student-athletes” which is written to explain the rules to coaches, student-student-athletes and their parents, please note that this publication can be downloaded from the OHSAA eligibility page here:

<https://ohsaaweb.blob.core.windows.net/files/Eligibility/OtherEligibilityDocs/EligibilityGuideHS.pdf> . See your school administrator to discuss the best way to have this publication distributed to your student-athletes.

Inquiries

It is understandable with 832 high schools in Ohio and the number of teams in Ohio from 7-8th grade to High School, communication to our office is in large volume. Most questions can and should be answered by the Athletic Administrator at your school. To make our communication as efficient as possible, we ask school administrators (including your Athletic Administrator) to communicate directly with the OHSAA staff, thus derives our policy of not answering calls by parents and community members.

Additionally, every effort is being made to provide useful information via our website. We encourage you to check the website (both the main page and Gymnastics specific page), and additional information is provided in this manual regarding weekly informational items. Your Gymnastics Advisory Committee Officers are another great resource for you as well. Their contact information is provided in this manual.

Ejection Report Forms

COACHES/PLAYERS EJECTION FROM A GYMNASTICS COMPETITION

Officials shall file a written report with the school and the OHSAA office whenever a coach or a competitor is ejected from a contest. Use the Special Report Form provided to all officials. The form may also be obtained by contacting the Association office or the local officials' association secretary. In addition, the official should telephone the school principal or athletic administrator no later than the next business day after the ejection unless the official has notified that administrator at the contest site. The offending school (coach, athletic administrator or principal) must file a written report with the OHSAA anytime a coach or competitor is ejected from a contest, home or away. See the Sports Regulations enclosed with this mailing for the full text of the regulations governing player and coach ejections.

Any verbal abuse or unsporting conduct which occurs during any high school gymnastics competition should be considered for ejection from that competition. This applies to either the coach or the athlete. Officials should use discretion and, perhaps, issue a warning to the athlete and coach. Should an ejection be deemed necessary, it should be reported to Kate Barnett, Sport Administrator, with the name of the individual involved, the school name, and the circumstances surrounding the incident as described above.

In addition, any coach who is ejected from a contest for unsporting conduct as described above, in addition to the two-contest denial of participation shall be fined \$100 and shall take the NFHS "Teaching and Modeling Behavior" which must be completed within 30 days of the ejection. This course can be taken online at www.nfhslearn.com

OHSAA / USGA FORMS AND UPDATES

Please find the following on the gymnastics page of the OHSAA website [here](#).

- Vault Chart and Scoresheet
- Score Sheet for Bars, Beam and Floor
- Composition and Execution Charts
- OHSAA Bonus and Composition Charts
- A Value Beam Mounts
- USA Gymnastics Updates for the 2022-2023 Season

***Any questions or clarifications during the season will be corrected and posted on the website.

1) OHSAA REQUIREMENTS AND RESTRICTIONS – USAG MODIFIED LEVEL 8 - 9-10

VALUE PARTS	4 "A" 4 "B" 0 "C"
START VALUE	9.7
ADDITIVE VALUE	0.3
DIFFICULTY RESTRICTIONS FOR BARS, BEAM & FLOOR	Additive Value may be from either connections or "D/E" difficulty. There are no element restrictions in OHSAA competition.
VAULTS ALLOWED	OHSAA Vault Chart

SPECIAL REQUIREMENTS	<u>BARS (4 at 0.2 each)</u>
	1) Minimum of 1 Bar Change 2 and 3) Two B elements, same or different; One element with flight (excludes dismount) OR One element w/min LA turn or 180 degrees or more AND One 360 degree circling element from groups 3/6/7 (excludes dismount)
	4) Salto dismount, minimum of A
	<u>BEAM (4 at 0.2 each)</u>
	1) One acro series w/min 2 elements- one with flight (excludes mount and dismount) 2) One leap or jump requiring a 180° cross or side split 3) Minimum of 1/1 (360°) turn or more on one foot 4) Aerial or salto dismount, minimum of A
	<u>FLOOR (4 at 0.2 ea.)</u>
	1) One acro series with 2 saltos or 2 directly connected saltos (saltos may be the same or different) 2) Three different saltos (no aerials) within the exercise 3) Dance passage with two different elements from Group 1 (directly or indirectly connected) – one a leap with 180 degrees cross or side split 4) Salto performed as last isolated salto or within last salto connection must be minimum of A

OHSAA RULES FOR COMPETITION

1. All OHSAA, including Government and Department of Health policies, rules and regulations shall be followed.
2. Regulations and rules for competition are based on the *Developmental Program Code of Points, The Women's Program Rules and Policies* (published online only) and a modified USA Gymnastics Level 8-10 Program. **Requirements and restrictions will be as published in this manual and online. There is no restrictions on the elements allowed. All "C", "D" and E elements will receive value part credit and will be eligible to fulfill special requirements for Bars, Beam and Floor Exercise. All "D" and "E" elements will receive difficulty bonus**
3. The State Rules Interpreter is charged with interpreting all girls gymnastics rules. Coaches and officials may direct gymnastics questions to our state rules interpreter and Director of Development for Girls Gymnastics Officiating, Ms. Lori Powers-Basinger. Coaches should direct questions relative to sports regulations to Ms. Kate Barnett and eligibility questions to their school and/or athletic administrators.
4. Rules Interpretation Meetings are held for the purpose of clarification of rules, regulations, policies, and tournament procedures. Corrections and clarifications will be published on the OHSAA website and sent to schools registering girls gymnastics and to officials.
5. The decisions of the contest officials are final.
6. In general, USA Gymnastics Guidelines for Judging the Developmental Program levels of competition are followed. Specific situations and the appropriate judging responses are published in the *Developmental Program Code of Points and the 2022-202 Rules and Policies* in addition to those in this manual. All appendix items specific to OHSAA competition will be published on the website
7. **No flash photography shall be permitted during competition.** It is required that this statement be announced prior to competition.
8. It is recommended that no gymnast scores lower than 3.0.
9. It is required that start values be flashed at all competitions with the start value equipment provided by each official.

10. Clarification regarding bleeding injuries

Take steps to stop the bleeding immediately and cover the wound as soon as possible. However, a bleeding wound (nor any other injury due to a fall) does not give the athlete the right to repeat her exercise or resume from where she left off. If the 45 second fall time is exceeded before the wound can be covered, then the routine is terminated. If there is blood on any equipment or mats after a gymnast finishes her exercise, the blood must be removed prior to the next athlete beginning her routine.

The coach and athlete have the right to determine if the athlete can continue the routine after a fall (within the fall time limitations); however, it is advised that any recommendations from medical personnel be heeded, in the best interest of the athlete's safety.

The meet hosts should consider providing a small first-aid kit including tape, gauze or band-aids at each event, especially if there is no trainer available, so that these items could be accessed quickly.

11. Judges may use electronic tablets for gymnastics purposes only on the competition floor.

12. No foreign substance is permitted on the gymnasts hands or feet other than chalk and/or water.

EVENT REGULATIONS AND MODIFICATIONS

VAULT – Refer to the OHSAA vault chart found on the website. Go to ohsaa.org for the updated vault chart.

- 2 Judges shall use the start value of the vault performed; however, it is still necessary to announce or flash the intended vault number.
- 3 **Round-off entry vaults must be done with a safety collar. This requirement applies for both training and competition. The vault is void if performed without a safety collar. The safety collar must be placed in the proper direction for round off entry vaults.** A safety collar may be used on any vault.
- 4 The OHSAA requires the padding of the upright of the vault table and of covering any weights placed on the vault base for stability.
- 5 Manufactured hand placement mats, Velcro side down, shall be required for both warm-ups and competition. Note: No mat on the springboard is permitted. **Only round off entry vaults may use the hand placement mat.**
- 6 For twisting vaults, the turn may be performed in either direction.
- 7 For all vaults, the coach is permitted to stand in between the board and the table with no deduction in OHSAA competition.
- 8 For all salto vaults: If the coach spots the gymnast during the post flight, a 1.00 deduction is applied rather than voiding the vault. The current 0.50 deduction for spotting assistance upon the landing is still in effect. Should the gymnast fall after being spotted on the landing an additional .50 deduction will be taken for the fall.
- 9 Each gymnast may perform one or two vaults with the best vault as the counting score.
- 10 Athletic tape or Velcro strips may be placed on the runway- NO CHALK- and must be removed no later than the end of rotation. NO tape or excessive chalk is permitted on the table.

UNEVEN PARALLEL BARS

2. Value Part Requirements: 4 "A's" @0.10 each, 4 "B's" @0.30 each, 0 "C" Basic Start Value - 9.7 points
3. Additive Value for Connection Value or Difficulty Value = maximum 0.30 point. Maximum start value = 10.0.
4. All elements are allowed.
5. Special Requirements (4 at 0.20 each) – Refer to the DP Code of Points – Level 8 Requirements
 - a. Minimum of one (1) Bar Change
 - b/c. Two (2) B elements, same or different
 - One (1) B element w/flight (excludes dismount) **OR** B element w/minimum 180 LA turn (excludes mount and dismount)
 - One 360-degree circling element from Groups 3/6/7 (excluding dismount)
 - d. Salto dismount, minimum A
6. The following counting skills may be used in OHSAA girls gymnastics competition only with no value part credit to avoid a short exercise deduction.

- a. Glide, single leg stoop through to stride support on low bar
 - b. Single leg circle forward or backward (stride circle)
 - c. Single leg basket swing with straight legs to finish in stride support
 - d. Low bar pullover mount
 - e. Stem rise (from hang on HB or rear lying hang to outer front support on HB)
 - f. Counterswing (in hang on HB) forward and back to stand or squat stand on low bar
 - g. Front support on low bar, underswing to stand; also with ½ turn or full turn (less than “A”, may be considered a dismount) {- .20 for no “A”, but no -.30 for having no dismount}
 - h. Horizontal cast will be allowed for counting skills, but appropriate execution deductions will be taken.
 - i. From standing on the low bar, jump and pull over the high bar
 - j. Swing out half turn on high bar (compulsory dismount)
7. Short Exercise - If a gymnast performs less than five value parts including counting skills a deduction of 2.0 shall be taken from the average score by the chief judge.
 8. All composition deductions will be applied during the competition season. **The list of compositional deductions for OHSAA are available on the website.**
 9. The touch warm-up time for Bars is 30 seconds per gymnast, Time may be blocked for gymnasts on the same setting. The clock will not stop during a block to change the bar settings.
 10. Fall time is 45 seconds. Fall time begins when the gymnast is on her feet.
 11. OHSAA will use the following criteria for awarding **value part** on casts to handstand:
 - a. 0-20° from vertical = “B” value part is awarded
 - b. 21° and below from vertical = NO value part is awarded
 12. Cast angles and too long in support deductions will NOT be used in OHSAA competition. All casts will still be subject to execution and body posture deductions.
 13. C + C or more both with turn or flight will receive +.20 bonus connection value (high school only.) **Please refer to the OHSAA bonus chart on the website.**

BALANCE BEAM

1. Value Part Requirements: 4 “A’s” @0.10 each, 4 “B’s” @0.30 each 0 “C”
2. Basic Start Value - 9.7 points
3. Additive Value for Connection Value or allowable Difficulty Value = maximum 0.30 point. Maximum start value = 10.0 points. All elements are allowed.
4. Special Requirements (4 at 0.20 each) – Refer to DP Code of Points- Level 8
 - a. One (1) acro series w/min two (2) elements, one with flight (excludes mount and dismount)
 - b. One leap or jump requiring a 180° cross/side split
 - c. Minimum of 1/1 (360°) turn or more on one foot (Group 3)
 - d. Aerial or Salto Dismount, minimum A
5. Short exercise –Exercise is less than 30 seconds, deduct 2.0 from the average score by the chief judge.
6. The time limit for beam is a maximum of 1:30. A warning will be given on beam at 1:20. The overtime deduction is 0.10 from the average score. If the time is within a fraction of a second over the time allotment, do not take the time deduction.
7. Fall time is 45 seconds. Fall time begins when the gymnast is on her feet and any medical assessment has been completed.
8. All composition deductions will be applied during the entire competition season. **The list of compositional deductions for OHSAA are available on the website.**
9. Group 1, 6, 7 and 8 rolls may be used to fulfill the compositional requirement of a forward or sideward and backward acrobatic element.
10. Acro Series Special Requirement – Clarification that the flight element may be from the Roll category (example: dive forward roll).
11. OPTIONAL BEAM ACRO SERIES CLARIFICATION:
Connecting elements in an Acro series: The landing leg or the free leg must be the take-off leg for the next

element. If both feet land at the same time, the take-off must be a jump from two feet. During the step between the elements, the free leg must be no higher than 45 degrees or the series will be considered broken.

The following is an example of an acro series that is considered NON-CONNECTABLE, regardless of how quickly they are performed:

Back Walkover (or back handspring step-out) to Round-off (or cartwheel):

In this example, the first element lands on one foot, then the second foot is placed on the beam behind in a lunge; the gymnast then leans forward to initiate a Round-off (or cartwheel).

Note: The only way these two elements could connect legitimately is by landing the first element on one leg and swinging the other leg forward to step into the Round-off (or cartwheel); that would mean performing the two skills on opposite legs. Of course, the gymnast could do a Right BWO and switch legs to land on the Left foot so that she could then step forward on the Right leg to initiate a Right Round-off (or cartwheel).

12. No attempt at an Acro Series (2 acro elements in a row) for OHSAA- For any attempt to do an acro series which has a stop or fall, a 0.20 will be applied for no special requirement plus the fall deduction. If only one acro skill is performed in the routine without attempting a second acro skill following the first skill, the -0.20 for no special requirement and -0.30 for NOT attempting to do two acro skills in a row. The .30 is also applied to routines with no acro skills along with the .2 for the missing special requirement.

FLOOR EXERCISE

1. Value Part Requirements: 4 "A's" @0.10 each, 4 "B's" @0.30 each, 0 "C"
2. Basic Start Value - 9.7 points
3. Additive Value for Connection Value or allowable Difficulty Value = maximum 0.30 point. All elements are allowed. Maximum start value = 10.0.
4. Special Requirements (4 at 0.20 each) Refer to DP Code of Points – Level 8
 - a. One acro pass with 2 saltos or 2 directly connected saltos (the saltos may be the same or different)
 - b. Three different saltos (not aerials) within the exercise
 - c. Dance passage with minimum of two different Group 1 elements (directly or indirectly connected) – one a leap with 180 degrees cross or side split
 - d. Salto performed as last isolated salto or with last salto connection must be minimum of A value part.
5. Lack of minimum of "B" salto -.30
6. Short exercise – Exercise is less than 30 seconds, deduct 2.0 from the average score by the chief judge.
7. All composition deductions will be applied during the competition season. **The list of compositional deductions are available on the website.**
8. Timing - The maximum time limit for floor is 1:30. The overtime deduction is 0.10 from the average score. If the time is within a fraction of a second over the time allotment, do not take the time deduction. Timing begins and ends with the movement of the gymnast- not the music.
9. FLOOR : Spring/Reflex floors shall be used at all regular season and OHSAA Tournament competition. Other matting may be used in regular season competition by mutual agreement of participating schools.
10. Last salto pass- SR #4 for OHSAA competition: The requirement is to have an A salto as the last isolated salto or in the last salto connection. The .2 deduction will be applied to routines that have no saltos, routines that end with a non salto pass or the gymnast repeats a pass done earlier The additional .3 from the start value for no dismount will be taken ONLY if there are no saltos in the routine or a routine ends with a non salto pass.
11. Acro elements with 2 arms, one arm and aerials are all considered different elements.

APPARATUS SPECIFICATIONS

The following applies to all events:

Up to 9" of any combination of supplemental matting in addition to maximum allowable competition landing surface of 24 cm. One manufactured skill cushion or sting mat may also be used in addition to the maximum allowable landing mats. If the skill cushion is 8" in thickness, it must be a minimum of 5' x10'; however, it is recommended that the skill cushion be as close as possible to the dimensions of the competition landing mat.

Abutted mats:When two mats are abutted, they should be secured at the joining with ties or tape to prevent an open space between the mats. A sting mat may also be used by itself or in addition to the skill cushion. Whenever a 4" supplemental mat is used, it must be 7' X 10'.

In addition to what is currently allowed for Optional competitions for mounting the apparatus (as found in the *Rules and Policies*), the gymnast is allowed to stand on an 8" skill cushion for uneven bars or balance beam mounts. For mounting purposes, a mount mat (not a springboard) may be placed on the 8 inch skill cushion. Pit pillows are only permitted in the warmups of an event and are NOT allowed to be used in competition. Small chalk marks are allowed on the landing mat but must be removed at the end of the routine.

VAULT

The vault table is required. For round off entry vaults, a manufactured safety zone mat is required for training and competition. A safety zone mat must be placed snugly around the board so there is no space between the board and the mat. The safety zone mat may be used for other vaults in any position.

Vault Table Height = 135 cm maximum

Measurement is from the front of the table

Runway: Length = 76' minimum, 82' maximum; Thickness = a minimum of 1 3/8" (+/- 1/8") is required for the vault runway.

Matting for Landing Area: A minimum of 6' wide x 12' long x 4-4 3/4"(12 cm) thickness is required over the base mat. An 8' x18' mat is recommended. An additional 4" or 4 3/4" landing mat may be used.

Any combination of matting systems is permitted provided that the total thickness does not exceed 10" \pm 3/4" (24 \pm 3 cm) and all landing mats are uniform in width and length.

VAULT EQUIPMENT:

1. The regulation landing mats (plus allowable skill cushions) may be placed on top of a solid foam pit landing area for vault.
2. All manufactured models of the new vault table (including "retro-fit" tables that are inserted into the uprights of the old horse) are allowed for OHSAA competition, provided that they are capable of being adjusted to the various height specifications allowed for OHSAA student-athletes. A mat is required to be placed in front of the support of the vault table. A mat which is no higher than the low edge of the front of the board may be used
3. A hand placement mat may be used on the runway but not on the vault board.
4. No tape or chalk is permitted on the vault table.
5. Manufactured hand placement mats, Velcro side down, shall be required for both warm-ups and competition for round-off entry vaults only. The hand placement mats shall no longer be used as a visual aid for hurdle placement or any other vaults.
6. Athletic tape or Velcro strips may be placed on the runway- NO CHALK- and must be removed no later than the end of rotation. NO tape or excessive chalk is permitted on the table.

UNEVEN BARS

Low bar = 166 ± 1 cm High bar = 246 ± 1 cm

Bars must close to a minimum of 130 cm and extend to a maximum spread of 180 cm.

In accordance with Junior Olympic guidelines, based on the best interest of the gymnast's safety, it is permissible to adjust the high bar and/or low bar to a height which exceeds (or is lower than) the F.I.G. specifications provided that after such adjustment, the bars remain within the allowances identified by the manufacturer of the apparatus. In addition, the distance (spread) between the bars may be set to the preference of the athlete, provided after such adjustment, the bars remain within the allowances identified by the manufacturer of the apparatus.

Schools with Bars that do not extend to 130 cm should inform visiting school at least a week in advance.

Tournament: Uneven Bars will extend to 180 cm.

Measure: Height of bars from the top of the rail to the floor.

Width between the inside of the rails by vertical (plumb) line.

Mount and Dismount Areas: 18' minimum forward and rearward of the center of the bars is recommended.

Matting: 24' long x 6' wide x 4-4 3/4" thick. 8' width is recommended.

A minimum of 12' from the center of the bars to the front and 12' to the rear. Matting may be adjusted up to 4' forward or backward for dismounts.

Any combination of skill cushions (maximum of 9" using sting mats, 4" throw and/or 8" skill cushions) may be placed on top of the allowable competition landing mats in two separate areas (under the bars and/or at the dismount area). If an 8" skill cushion is used, it must be a minimum of 5' X 10'.

Only chalk and water are permitted on the bars or the gymnasts hands and feet.

BALANCE BEAM

Height = 120 cm ($47'' \pm \frac{1}{4}''$) or 125 cm

Measure at both ends from the top of the beam to the floor.

Mount and Dismount Areas: 18' from each end of the beam is recommended.

Matting: Under the beam, a minimum of 6' wide x 4-4 3/4" thick.

Landing area, a minimum of 6' wide x 12' long x 4-4 3/4" thick.

When space filler matting is needed to extend regular matting under the beam, the height and density of the filler matting should be as equal as possible to the regular matting.

Note: If a landing mat is not provided at both ends of the beam, the area designated as "not a landing area" must be matted a minimum of 6' wide x 3' long x 4-4 3/4" thick. Schools should be informed one week before the meet when only one end dismount area is available. An additional 4 3/4" or 4" landing mat may be used.

Any combination of skill cushions (maximum of 9" using sting mats, 4" throw and/or 8" skill cushions) may be placed on top of the allowable competition landing mats (under the beam and/or at the dismount area). If an 8" skill cushion is used, it must be a minimum of 5' X 10'.

It is strongly recommended that padding for the beam uprights and bases be used.

FLOOR EXERCISE

12 m x 12 m ($39' 4 \frac{7}{16}'' \times 39' 4 \frac{7}{16}''$)

Measure from the outside of the parallel boundary lines.

Matting: 1 1/4" + 1/4" thick ethafoam or similar cushion material spring floor mat. Any other must be approved in advance by all teams competing.

Two additional mats (skill cushions – each a maximum thickness of 8 inches/20 cm) can be placed separately on the floor exercise area. Mats must be clearly marked to indicate actual boundary lines. Failure to mark

mats will result in a -.10 neutral deduction taken from average.

- If the skill cushion is 8" in thickness, it must be a minimum of 5' by 10'.
- A "sting" mat may also be placed on top of each of the up to 8" skill cushions.
- It is recommended that matting (panel mats) be placed around the outside corners of the floor exercise mat especially when on a concrete/wood floor.

Note: The additional matting does not have to be removed during the exercise. A coach is permitted to go onto the floor to place or remove a mat with no deduction. All abutted mats should fit together without separation or be taped. Spring/Reflex floors shall be used in all OHSAA competitions unless agreed upon in advance by competing schools..

SPRINGBOARD:

1. The gymnast may use a springboard to mount.
2. MOUNTING RULES FOR BARS AND BEAM:
3. Standing mounts: The gymnast may stand (with or without a board) on one or two competition landing mats, and may also stand on an "up to 8-inch skill cushion" (sting or throw mat" that is placed on the competition landing mat(s) for dismount purposes.
4. Mounts using a spring board: The board may be placed on one competition landing mat(s) (one or two 10-12 cm mats or one 20 cm mat) or on the supplemental matting of 5-10 cm. (sting mat or 4" throw type skill cushion)
5. The board must be removed as soon as possible after the gymnast has mounted. If not removed, a deduction of 0.30 is taken from the average score by the Chief Judge.
6. Mounts that are preceded by one element prior to take off from the board will be allowed. If more than one element is performed before take-off from the board, a 0.20 deduction is taken by each judge. However, only the movement done after the feet leave the board will be evaluated.
7. A gymnast may use a spring board, training board, or panel mat for mounting. Gymnasts may NOT place a springboard on an 8-inch skill cushion for mounting purposes.

NON-REGULATION AND FAULTY EQUIPMENT:

1. The Meet or Tournament Director/Manager shall check all apparatus for safety and equipment regulations at all meets and OHSAA tournament competition.
2. When equipment breaks during warmups or competition and cannot be replaced or repaired, the same procedures should be followed as for non-regulation equipment.
3. When equipment is faulty, or other problems arise, the Meet Referee/Chief Judge of the event will decide to allow or disallow the gymnast to repeat her exercise from the point of interruption.

WARNING:

1. Risk of injury to an athlete can be minimized, but this risk cannot be eliminated. Apparatus should be inspected for flaws that might lead to apparatus failure. Gymnasts should be in good health and trained to perform the skills included in each exercise.
2. When the coach or supervisor is not in the room, the gymnasts or any other students or individuals should not use apparatus and/or equipment.
3. A bonded manufacturer of gymnastics apparatus or mats should manufacture apparatus. No apparatus should be altered except with a part, or parts, specifically designed for the purpose and manufactured by a bonded company.

UNIFORMS

The OHSAA shall follow the USA Gymnastics Developmental Program rules for competition in regard to competitors' uniforms. Therefore, a gymnast shall present herself in the proper attire for both warm-ups and competition. (No bare midriffs, backless leotards, or T-shirts, boxer shorts). Leotard and/or warm-ups shall be worn for opening, closing and award ceremonies. Leg opening on competitive leotards must NOT be cut or rolled above the gymnast's hip bone. A deduction of .2 for inappropriate attire will be applied after a warning. For competition, the gymnast may wear a sleeveless leotard and may be barefooted or wear gymnastics footwear. Clarification: If underwear is visible due to the cut of the leotard, warn the coach of the athlete. If they do not correct it, take a deduction on the subsequent event. Underwear should not be intentionally visible throughout the entire routine. However, if briefs or bra straps show due to activity, do not take the deduction. Judges need to use common sense. Sports bras if visible must be the same color as the predominant color of the upper portion of the leotard which surrounds the sports bra. It is recommended that teams wear the same sports bra.

Additional uniform rules that are acceptable for OHSAA competition:

- Unitards with long legs to ankle, with or without sleeves.
- Ankle-length tights worn under or over the leotard (that match the leotard or the athlete's skin tone).
- Solid black shorts (small manufacturer's branding allowed) with no embellishments. (Must be worn over a leotard and length MUST be above knee or shorter.)
- No capri length leggings are permitted.
- Head covering (if attached to leotard or unitard and fits snugly over head). Not to impose a safety hazard

NOTE: Leotards may have the school name or the school's mascot on them, but they may not display any other marking except as is permitted within the OHSAA uniform regulations contained within this publication.

For a competitor who presents with improper attire during touch warm-ups and/or competition, a 0.20 deduction shall be taken from the gymnast's first event score when it is noticed by the officials, following a warning. This deduction shall be taken by the meet referee or chief judge in the event there is no referee. Please note: proper competition uniform consists of a leotard only with the allowable shorts/leggings.

For the pre-meet or tournament parade or march, student-athletes must be attired in warm-up clothing or school-issued uniforms. If there is no regular team uniform, the gymnasts may march wearing identical tee shirts with school logos and shorts or warm-up pants.

Note: During general warm-ups, student-athletes are not permitted to wear improper attire such as boxer shorts, tee shirts, etc. The reason for this prohibition is the safety of the gymnast, and the OHSAA strongly discourages any deviation from this recommendation; however, there is no penalty for failure to comply.

It is 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. All facilities make locker rooms available to student-student-athletes, and it is in this environment that the gymnast shall make any changes of uniform.

PENALTY: Ejection from the contest for unsporting conduct. This requires that the gymnast be ineligible for the next two gymnastics contests.

Jewelry is not permitted during competition and warm-ups AND MUST BE REMOVED. No warning shall be issued. The deduction is .20 on the first event that it is noticed by the officials and a .30 unsporting conduct penalty for any subsequent event. Note: In all other OHSAA adopted national playing rules, jewelry is not permitted. The ultimate responsibility for compliance with this rule rests with the coach as well as the student athlete. NOTE: The covering of jewelry is not acceptable. Officials are requested to ensure that jewelry that is covered be removed immediately.

SUPPLEMENTAL INFORMATION

MEET DIRECTOR'S CHECKLIST

PERSONNEL

- ___ Judges. At least one Class 1 judge required; strongly recommend that one judge panels be comprised of Class 1 officials only. Determine number of judges by the meet format example.
Example 1: two judging panels, two events at a time, two teams with six competitors/event = approx. one hour and 20 minutes of competition
Example 2: one judging panel, one event at a time, two teams with six competitors /event = 2 1/2 - 3 hours of competition.
- ___ Timers. Beam (2) Exercise and Falls. Bars (1) Falls. Floor (1) Exercise.
- ___ Runner/Scoreflasher (1-2 per event)
- ___ Score Tabulators – Computer Scoring Set-up. (1-4)
- ___ Announcer for March-in and during meet.
- ___ Spectator Admission Fee Salesperson (1 per each entrance).
- ___ Concession Stand Committee and Sales (1-4 as needed by size of meet). Check with chairman 3 days before meet regarding supplies, beverages and foods.
- ___ Athletic Trainer/Nurse/Physician if possible.

APPARATUS AND SUPPLIES (Set up before visitor team(s)/competitors arrive.)

- ___ Vault, Uneven Bars, Balance Beam, and Floor Exercise Area.
- ___ Base & Landing Mats behind Vault and under Bars and Beam as per apparatus specifications and secured against slippage.
Additional Landing Mat available for Vault and Bars and Beam Dismounts (skill cushions, sting mat and zone mat).
- ___ Springboard(s) for Vault, Bars and Beam.
- ___ Tape measure to measure apparatus and for Vault Runway.
- ___ Safety hand placement mats for Vault
- ___ Chalk bin with chalk at Uneven Bars.
- ___ Music station.
- ___ National Anthem to play at conclusion of march-in.
- ___ Warm-up and Competition Rotation Schedules posted.
- ___ OHSAA Handbook, USAG Code of Points, copies of all OHSAA rules memos.
- ___ Awards and Awards area/platform, if awards will be presented.
- ___ First Aid kit and supplies.
- ___ Towel for chalk removal.

JUDGES STATIONS

- ___ Desk chairs and tables for judges. Chairs for Timers, Runner/Scoreflasher.
- ___ Scoreslips

- _____ Stop watches. Bars (1), Beam (2), Floor (1). Method to indicate "Warning" and "Time" - bell, whistle, voice of Timer.
- _____ Scoreflasher (1 per simultaneous apparatus competition).

TABULATOR and/or ANNOUNCER STATION

- _____ Score Tabulator's Table and chairs.
- _____ Scoresheets, calculator, pens, pencils and scratch paper.
- _____ PA system for Announcer.
- _____ Computer Set-up

OTHER AREAS

- _____ Registration table for competitors and coaches.
- _____ First Aid station, supplies and Emergency Procedures Plan (post).
- _____ Designated area for Coaches Meeting and Judges Meeting.
- _____ Hospitality Room for Judges and Coaches.
- _____ Spectator entrances. Table, chairs, stamp or tickets.
- _____ Concession stand. Table & chairs (1-2).
- _____ Check with chairman regarding supplies, beverages and foods.

DIRECTOR'S TIMETABLE

- _____ Set up and measure apparatus, mats and equipment
- _____ Register competitors. Receive event line-ups from coaches.
- _____ Give line-ups to Score Tabulator, Computer workers.
- _____ Bar Settings (1/2 minute per competitor) and General Stretch.
- _____ Coaches meeting. (May be held after warm-ups to include Referee.)
- _____ Warm-up rotations (1 1/2 or 2 minutes per competitor).
- _____ Judges meeting.
- _____ March-in and introduction of student-athletes, coaches, and judges. (Plan a maximum of 15 minutes, less if possible.)
- _____ Competition begins. (Plan 3 minutes per competitor, not including march-in, or touch warm-ups, during competition time.)

COACHES MEETING

- * Inquiry management (Must be written. Give to Meet Director or Meet Referee.
Meet Director gives to Chief Judge)
- * Signals to be used for "Warning" and "Time" (bell, whistle, voice).
- * Apparatus variations, settings, etc.
- * Emergency Procedures Plan, 1st Aid station.
- * March-in procedures - where and how to line-up, where to be on floor mat.
- * Competition rotations, touch warm-up rotations if included.
- * Awards management, if included.
- * Scratches and substitutions in event line-ups.
- * Meet Referee clarifies any rules and answers any rules questions.

IMPORTANT SPORTS MEDICAL INFORMATION

The safety of our student-athletes is always of utmost concern. Information regarding the following important topics can be found at the OHSAA's "Healthy Lifestyles and Sports Medicine" webpage at <http://www.ohsaa.org/medicine>. Additional information relative to various equipment and rules relative to medical issues can be found throughout this manual as well.

- Heat Stress and Athletic Participation
- Recommendations for Hydration to Prevent Heat Illness
- Suggested Guidelines for Management of Head Trauma in Sports
- Communicable Disease Procedures (can also be found on at the end of the NFHS 2013-14 Rules Book)
- Links to the following sites:
 - Joint Advisory Committee on Sports Medicine
 - Ohio Athletic Trainers Association
 - American Medical Society for Sports Medicine
 - Ohio Parents for Drug Free Youth
 - National Athletic Trainers Association (NATA)
 - Gatorade Sports Science Institute News

CONCUSSION MANAGEMENT

Implementation of State Law and NFHS Playing Rules Related to Concussion and Concussed Athletes and Return to Play Protocol

It is important for all individuals involved in interscholastic athletics to recognize the potential for catastrophic injury and even death from concussions. Thus, it is extremely important that each coach, administrator, contest official and medical support personnel review their responsibilities in protecting students. Further both students and parents have responsibilities in this area as well.

Note: It has always been the ultimate responsibility of the coaching staff, in all sports, to ensure that students are only put into practice or contests if they are physically capable of performing. However, all individuals involved in the conduct of interscholastic competition have responsibilities in this endeavor.

In January 2011, the OHSAA Board of Directors adopted a sports regulation which incorporated the National Federation of State High School Associations (NFHS) playing rules related to concussion recognition and management. On April 26, 2013, legislation adopted by Ohio's General Assembly on concussion and head injuries in youth sports became effective. On February 14, 2013, the OHSAA Board of Directors mandated that these regulations become effective on April 26, 2013, for the remainder of the spring sports season and thereafter. This OHSAA regulation, as amended to incorporate this recent legislation, now reads:

Any student, while practicing for or competing in an interscholastic contest, who exhibits signs, symptoms or behaviors consistent with having sustained a concussion or head injury (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the practice or contest by either of the following:

- 1) The individual who is serving as the student's coach during that practice or competition.**
- 2) An individual who is serving as a contest official or referee during that practice or competition.**

RETURN TO PLAY PROTOCOL

If a student is removed from practice or competition due to a suspected concussion or head injury, the coach or referee who removes the student shall not permit the student, **ON THE SAME DAY THE STUDENT IS REMOVED**, to return to that practice or competition or to participate in any other practice or competition for which the coach or contest official is responsible. Thereafter, which means no earlier than the next day, the coach or contest officials shall not permit the student to return to practice or competition until both of the following conditions are satisfied:

- 1) The student's condition is assessed by either of the following:

- a. A physician, who is a person authorized under Chapter 4731 of the Ohio Revised Code (OCR) to practice medicine and surgery or osteopathic medicine or surgery (M.D. or D.O.)
- b. Any other licensed health care provider that the school district board of education or other governing authority of a chartered or non-chartered nonpublic school, authorizes to assess the student who has been removed from practice or competition.

2) The student receives **written authorization** that it is safe for the student to return to practice or competition from a physician or other licensed health care provider authorized to grant the clearance. Click here <http://www.ohsaa.org/Portals/0/Sports-Medicine/AuthorizationToReenter.pdf> to retrieve the OHSAA's Medical Authorization to Return To Play (RTP) form.

A school district board of education or governing authority of a chartered or non-chartered nonpublic school may authorize a licensed health care provider who is NOT a PHYSICIAN to make an assessment and grant authorization for a student to return to participation ONLY if the provider is acting in accordance with one of the following as applicable to the provider's authority to practice in Ohio:

- 1) In consultation with a physician;
- 2) Pursuant to the referral of a physician;
- 3) In collaboration with a physician, or
- 4) Under the supervision of a physician.

Note: A physician or other licensed health care provider who makes an assessment or grants clearance for a student to return to participation may be a volunteer.

COACHES REQUIREMENTS

All coaches, paid and volunteer, must possess a current Department of Education-issued Pupil Activity Program/Coaching Permit. When renewing this permit, the coach will be required to complete an online concussion education course as stipulated in the section entitled **Approved Online Concussion Education Course**. This course is valid for three years and expires at the time the Pupil Activity Program/Coaching Permit expires.

CONTEST OFFICIALS REQUIREMENTS

No school shall permit an individual to referee interscholastic athletic contests unless the individual holds a Pupil Activity Program/Coaching Permit or has successfully completed within the last three years a training program in concussion recognition. Therefore, all OHSAA licensed officials shall possess either a current Department of Education-issued Pupil Activity Program/Coaching Permit or show evidence of completing an approved online concussion education course as stipulated in the section entitled Approved Online Concussion Education Courses. This course is valid for three years from the date of completion.

STUDENT AND PARENT REQUIREMENTS

All students and their parents or legal guardians shall review and sign the "Concussion Information Sheet" which has been developed by the Ohio Department of Health and which shall be distributed by OHSAA member schools to all students and their parents prior to each sports season. Students and parents shall review and sign this form each year and should keep a copy of the form. In addition, parents and students are encouraged to complete an approved concussion education course.

NFHS SUGGESTED MEDICAL CLEARANCE RETURN TO PLAY PROTOCOL

1. No exertional activity until asymptomatic.
2. When the athlete appears clear, begin low-impact activity such as walking, stationary bike, etc.
3. Initiate aerobic activity fundamental to specific sport such as running or skating and may also begin progressive strength training activities.
4. Begin non-contact skill drills specific to sport such as dribbling, fielding, batting, etc.
5. Full contact in practice setting.

6. Match play/competition.
 - Athlete must remain asymptomatic to progress to the next level. (It is often suggested that an athlete not be allowed to progress more than one level per day.)
 - If symptoms recur, athlete must return to previous level and should be reevaluated by an appropriate health care professional.
 - Medical check should occur before contact. (Final written clearance from the medical professional shall be obtained before the athlete engages in any unrestricted or full contact activity.)

a. QUICK LINKS FROM THE OHIO DEPARTMENT OF HEALTH

- b. Ohio Department of Health Concussion Information Sheet**
- c. <http://www.healthyohioprogram.org/~media/HealthyOhio/ASSETS/Files/injury%20prevention/concussion/Interscholastic%20Concussion%20Form%20-%20ODH%20Revised%202.ashx>
- d. Online Concussion Management Training**
- e. <http://www.healthyohioprogram.org/concussion.aspx#Training>

Ohio's Return to Play Law: Frequently Asked Questions

<http://www.healthyohioprogram.org/~media/HealthyOhio/ASSETS/Files/injury%20prevention/concussion/Frequently%20Asked%20Questions%20Updated%202513.ashx>

Ohio's Return to Play Law: What Coaches and Referees Need to Know

<http://www.healthyohioprogram.org/~media/HealthyOhio/ASSETS/Files/injury%20prevention/concussion/Return%20to%20Play%20-%20What%20Coaches%20Need%20to%20Know%20-%20School%20Sports%20-%20Final.ashx>

Ohio's Return to Play Law: What Parent/Guardians Need to Know

<http://www.healthyohioprogram.org/~media/HealthyOhio/ASSETS/Files/injury%20prevention/concussion/Return%20to%20Play%20-%20What%20Parents-Guardians%20Need%20to%20Know%20-%20School%20Sports%20-%20Final.ashxx>

ADDITIONAL CONCUSSION RESOURCES

Ohio Department of Health, Violence and Injury Prevention Program - Sports/Recreation Traumatic Brain Injuries

<http://www.healthyohioprogram.org/vipp/child/tbi.aspx>

CDC Heads Up: Concussion in Youth Sports

Nationwide Children's Hospital – Concussion Information Toolkit <http://www.nationwidechildrens.org/concussion-toolkit>

CDC Materials on Returning to School for Parents, School Nurses and Educators

<https://www.cdc.gov/headsup/schools/index.html>

Ohio Legislative Service Commissioner HB 143 Bill Analysis

<http://www.lsc.state.oh.us/analyses129/12-hb143-129.pdf>

Brain Injury Association of Ohio

www.biaoh.org

COMMUNICABLE DISEASE PROCEDURES

Though most schools have a Certified Athletic Trainer present at Varsity contests *and* all coaches are required to maintain a valid Pupil Activity Certificate through the Ohio Department of Education that includes a Sports' First Aid component, it is important to keep up to date on the remote risk that blood borne infectious diseases can be transmitted during practice and contests. For example, Hepatitis B can be present in blood as well as other bodily fluids. Procedures for reducing the potential transmission of these infectious diseases should include, but should not be limited to the following:

1. The bleeding must be stopped, the open wound covered and if there is an excessive amount of blood on the uniform, it must be changed before the athlete may participate.
2. Routine use of gloves or other precautions to prevent skin and mucous-membrane exposure when contact with blood and other body fluids is anticipated.
3. Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.
4. Clean all contaminated surfaces and equipment with an appropriate disinfectant before competition resumes.
5. Practice proper disposal procedures to prevent injuries caused by needles, scalpels and other sharp instruments or devices.
6. Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use.
7. Athletic trainers/coaches with bleeding or oozing skin conditions should refrain from all direct athletic care until the condition resolves.
8. Contaminated towels should be properly disposed of/disinfected.
9. Follow acceptable guidelines in the immediate control of bleeding and when handling dressings, mouthguards and other articles containing body fluids.

You are encouraged to log on to the OHSAA's website at www.ohsaa.org and refer to the Sports' Medicine dropdown menu for additional information.

GENERAL NOTES TO OFFICIALS

The sport of girls gymnastics is indeed a unique and wonderful sport, and the process for registering for an OHSAA license to officiate and for maintaining active status is also unique. Most officials understand that to become registered as a Class 1 Girls Gymnastics official, they must provide to the OHSAA officiating department a copy of their USAG Joint Certification (Level 9 or better) at the time application is made. To receive a Class 2 license, the official must provide the OHSAA with a copy of the USAG Joint Certification (Level 8) at the time of registration. An official will then be required to complete, return and pass the take home review exam by the deadline and attend a state rules meeting, when scheduled, to retain active status. After having been registered, the renewal period is from June 1 - July 1 each year. During that time, officials should send the renewal fee to the officiating department.

Failure to renew one's license does result in the suspension of the official; however, the gymnastics official may be reinstated to full status by reapplying, sending the joint certification, passing the review exam and attending a rules meeting, when scheduled. There are no other penalties incurred except those suspended officials will not be assigned to work OHSAA tournaments.

There are many benefits that accrue to OHSAA registered officials. It may be useful to note some of these for our gymnastics officials:

- a. Receipt of all rules books and materials including the JO Code of Points once each quadrennial
- b. Membership in the National Federation Officials Association
- c. Eligibility for recognition for honorary awards such as the National High School Sports Hall of Fame, the NFOA National and State Distinguished Service Awards and the OHSAA Officials Hall of Fame
- d. Opportunity for professional affiliation and growth
- e. Most importantly - the chance to work with young people who are committed to interscholastic gymnastics

Please feel free to direct any inquiries regarding officiating to Mr. Beau Rugg, OHSAA Director of Officiating, at the OHSAA.

OFFICIATING ETHICS & CODE OF CONDUCT

(From www.ohsaa.org and the OHSAA Handbook for Officials)

Our member schools have entrusted officials to assist them in the education and development of their youth through athletics. This requires officials to be independent, impartial, and responsible to the people they serve. In recognition of these expectations there is an established **Code of Ethics** and **Code of Conduct** for all officials. The purpose of the code is to establish guidelines for ethical standards of conduct for all officials.

OFFICIATING CODE OF ETHICS

An Official must devote time, thought and study to the rules of the contest and the mechanics necessary to carry out these rules so that one may render effective and credible service in a fair and unbiased manner

An Official must work with fellow officials and the state association in a spirit of harmony and cooperation in spite of differences of opinion that may arise during debate of points or rules at issue

An Official must resist every temptation and outside pressure to use one's position as an official to benefit oneself. Under all circumstances, officials must avoid promoting the special interest of any person or group of persons other than the student-athletes we serve

An Official must constantly uphold the honor and dignity of the avocation in all personal conduct and relations with the student-student-athletes, coaches, athletic directors, school administrators, colleagues, and the public, to be a worthy example to the student-athletes under one's jurisdiction

An Official will be prepared both physically and mentally, dress accordingly to expectations and maintain a proper appearance that is befitting the importance of the game

An Official shall avoid the use of **tobacco** and **related products** at the contest site

An Official must remember and recognize that it is important to honor contracts regardless of possible inconvenience or financial loss

Every member of the officiating profession carries a responsibility to act in a manner becoming a professional person. The conduct of any official influences the attitude of the public toward the profession in general as well as toward the official in particular.

Sports officials bear great responsibility for engendering public confidence in sports. They are critical to the health of athletic competitions. Officials ensure games are played fairly, by the rules, within the spirit of the rules and in a safe manner. Officiating takes a great deal of preparation, continuing education and commitment of time.

PRE-SEASON PREPARATIONS

We have encouraged coaches to invite local officials to meet with their team during preseason workouts. It allows the officials to meet the student-athletes and discuss new rules. It gives student-athletes an opportunity to ask questions and have a discussion prior to competition days. We also

recommended inviting an official(s) to a pre-season meeting with team parents. Again, it provides a forum for healthy discussions and an opportunity for parents to learn more about the sport. Many of you already participate in such activities, but for those that do not, please get involved!

ADDRESS CHANGES

NOTE: Annual renewal cards are sent to the address the OHSAA has on file, failure to notify the OHSAA will result in your not receiving the renewal card.

Address changes are now to be submitted via www.myOHSAA.org . Please log-on in order to make the appropriate changes.

STATE TOURNAMENT OFFICIALS SELECTION PROCESS

All girls gymnastics officials who have a Class 1 license, have completed an annual review exam and attended a state rules interpretation meeting are eligible for assignment to the Girls State Gymnastics Tournament. To be considered, the official must complete an application. The selection of officials to work the tournaments will be made by OHSAA staff in conjunction with state rules interpreter considering the official's experience, USAG rating, event preference and availability. No official is guaranteed assignment to both days of the tournament. In addition, although proportional representation is not a requirement, the assigners will attempt to balance the panels in terms of the athletic district where each official resides.

It is anticipated that contracts will be released in early January.

UNIFORM REQUIREMENTS

In accordance with Board of Directors-adopted regulations printed in the 2022-2023 OHSAA Handbook for Officials, the required uniform for girls gymnastics officials consists of the OHSAA required top with a white shirt and blue or black dress pants. This uniform is mandatory in all regular season competitions. Information about ordering uniforms will be sent to all officials..

WEBSITE RESOURCES

Our website includes a great deal of information specifically geared for officials. Go to ohsaa.org and click on "officiating" on the left side of the home page. On the officiating page you will find the following information. When you have questions, this may be a great place to start!

Topics include:

- [OHSAA Officiating FAQ's](#)
- [OHSAA Rules Meetings](#) - information on local & state meetings, how to maintain your officiating permit
- [Directory of Officiating Information & Forms](#) - assigners, instructors, local & district secretaries, OHSAA staff
- [How To Become an OHSAA Official](#) - info for beginning and experienced officials, suspended and retired officials wanting to reinstate
- [How To Change The Status Of Your Officiating Permit](#) - information on upgrades, retired status, active military duty and address changes

- [How To Renew Your OHSAA Officiating Permit](#) - information on annual renewal procedures and fees
- [Game Assignments](#) - regular season and tournament selection processes and voting results
- [Officials Needed Posting](#)
- [Coach and Player Game Ejections](#) - ejection forms and procedures
- [Officiating Uniforms, Equipment and Supplies](#) - uniform regulations, authorized dealers, pins & patches
- [Officiating Ethics and Code of Conduct](#)
- [OHSAA Officiating Hall of Fame](#) - members, selection process and banquet information
- [OHSAA Officiating Clinics](#)

SPORTING CONDUCT

The OHSAA challenges everyone to take positive steps toward positive sporting behavior. It is the responsibility of each of us

to serve as a positive role model and set high expectations for others.

ADMINISTRATORS

Athletic departments are comprehensive, pre-eminent teaching departments with a subject matter all their own: self-confidence, leadership, teamwork, discipline, perseverance, respect for others, strategic thinking, dedication, the importance of rules, and sportsmanship. These are true-life lessons, and participation in athletics provides another forum for learning.

Coaches and Officials are responsible for promoting sporting conduct and positive behavior on the competition floor. Administrators, we need your continued assistance in promoting sporting conduct and controlling fan behavior in the stands! Let the parents and fans know what you expect!

COACHES

Your student-athletes will demonstrate the attitudes and behaviors they have learned from you, either through direct instruction or through observation of your actions. ***Never underestimate the influence you have on your students!*** You must:

- Abide by and teach the rules of the sport in letter and in spirit.
- Set a good example for players and spectators to follow.
- Respect the integrity and judgment of contest officials and judges. Treating them with respect, even if you disagree with their judgment, will serve to create a positive impression of you and your team.
- Display modesty in victory and graciousness in defeat.
- Develop a program that rewards participants and spectators for displaying proper sportsmanship and enforces penalties on those who do not abide by sportsmanship standards.

It is difficult to develop a great setter, a great hitter or a great defensive player. However, your greatest challenge is to develop mature young adults who will become great citizens and role models in your community.

OFFICIALS

Your job is not an easy one, but officials must be aware that they are an important component in the educational development of students. To carry out this responsibility, you must:

- Know the rules and mechanics of our sport and the philosophy behind them.
- Get fit and stay fit. An official with all of the rules and mechanics knowledge and people skills in the world does no good if he or she cannot physically keep up with play.

- Maintain professional and ethical relationships with athletic administrators, especially in the area of fulfilling game contracts.
- Work cooperatively with fellow officials during contests and within the officials' association to improve members' performances.
- Always maintain when interacting with all participants, an attitude of civility and professionalism.
- Practice effective preventive officiating as much as possible before, during, and after a competition. The quiet word, proper signals, timely verbal instructions, a simple thank-you to a player for avoiding an unsporting act, and well-thought-out pre-competition conferences with the teams and other contest officials will result in an improvement of sporting conduct by eliminating the chance for things to go wrong.

STUDENT-ATHLETES

You serve as a role model for your younger siblings, young fans in the stands, your teammates, and your classmates. Set high expectations for everyone and help them follow-through! You must:

- Accept and understand the seriousness of your responsibility, and the privilege of representing your school and the community.
- Live up to the standards of sporting conduct established by the school administration and the coaching staff.
- Learn the rules of the game thoroughly and discuss them with others. This will assist everyone in the achievement of a better understanding and appreciation of the game.
- Treat opponents as you would like to be treated.....with respect.
- Respect the integrity and judgment of game officials. Treating them with respect, even if you disagree with their judgment, will serve to create a positive impression of you and your team.

CONCLUSION

Good sporting conduct is everyone's responsibility. It is the essence of interscholastic athletics.

Remember...some may question an official's judgment or a coach's decision, but no one can question the value of good sporting conduct.

As we prepare for the upcoming seasons, we wish to emphasize to each of you the importance of your leadership role in sporting conduct, ethics and integrity. The professional way officials and coaches conduct themselves prior to, during and following a contest unquestionably impacts the behavior of others involved.

The OHSAA has joined the National Federation of State High School Associations (NFHS) in its quest to improve sportsmanship, ethics and integrity. We are involved in an ongoing campaign in every sport to do just that.

Printed below is the mission statement of the NFHS concerning sporting conduct, ethics and integrity. Please take the time to read and digest this statement and then carefully consider your impact upon the players, officials, coaches, and fans. Thank you and have a great season.

NFHS Sporting Conduct Mission Statement

Good sporting conduct is viewed by the National Federation of State High School Associations as a commitment to fair play, ethical behavior and integrity. In perception and practice, sportsmanship is defined as those qualities which are characterized by generosity and genuine concern for others. The ideals of sporting conduct apply equally to all activity disciplines. Individuals, regardless of their role in activities, are expected to be aware of their influence on the behavior of others and model good sportsmanship.