



OHIO HIGH SCHOOL ATHLETIC ASSOCIATION

2020-2021 Girls Gymnastics Manual for Coaches and Officials



Published by
Ohio High School Athletic Association
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www.ohsaa.org



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MEMORANDUM

TO: Girls Gymnastics Coaches and Officials

FROM: Deborah B. Moore, Compliance Consultant (former Sr. Director of Compliance and Sports Medicine)

DATE: October 2020

RE: 2020-2021 Pre-Season Mailing

This memo highlights the 2020-2021 "Girls Gymnastics Manual" which is your reference throughout the 2020-2021 girls gymnastics season. This manual includes materials you have received in the past as well as easier to read copies of our girls gymnastics regulations. We provide this manual for both coaches and officials although some of the material may pertain differently to each group. 2020-2021 is the third year of the current Olympiad for the USA Gymnastics cycle. All OHSA gymnastics schools and registered officials received a copy of ***USA Gymnastics Junior Olympic Code of Points for Women's Artistic Gymnastics 2018-2022 prior to the 2018-19 season. This publication should have been retained and will be used through the 2021-22 school year! Replacement will require a \$60.00 payment.*** If you are a newly registered official or a school that was not registered last school year, you will be supplied a Code by our officiating/production department.

As in the past, participation in a **state rules interpretation meeting is mandatory for all high school head coaches and officials.** The 2020-2021 state rules interpretation meeting will be an online presentation. Please see page 4 of this manual for more information.

USA Gymnastics Junior Olympic 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. If you have any questions, or I can be of any assistance, please do not hesitate to contact me.

Thanks so much for all your work, and best of luck this season!

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FOR COACHES AND OFFICIALS

Reminder: The USAG Junior Olympic Code of Points – 2018-2022 1st Edition was sent to all high school head coaches and OHSAA registered officials two years ago. *This publication should have been retained as we will use it through 2022. Replacement cost is \$60.00.*

The current 2020-21 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.

RULES INTERPRETATION MEETINGS

2020 GYMNASTICS RULES INTERPRETATION MEETINGS

Rules Interpretation Meetings are MANDATORY for all Head Coaches. For the 2020-2021 Gymnastics season, all rules interpretation meetings for coaches will be conducted online through their **MyOHSAA** account. The rules meetings are geared exclusively toward both coaches and officials, but in this sport, we combine the meeting for coaches and officials into one presentation. **WE RESPECTFULLY SUGGEST THAT ALL COACHES COMPLETE THIS MEETING WHETHER THEIR SCHOOLS HAVE DECIDED TO COMPETE IN THIS SPORT OR NOT.**

OHSAA Gymnastics Sports Regulations are covered in detail as well as General Regulations and Bylaws as they pertain to coaches and athletes. Though the main purpose is to provide knowledge and advice on the various OHSAA regulations, this is the educational mechanism to insure compliance with the various rules and regulations.

How to Complete the Rules Interpretation Meeting Online

All Coaches and Officials will access the State Rules Meeting through their **MyOHSAA** account. Once you have logged in (full directions below) and have accessed the Rules Meeting, please follow the prompts to complete the meeting to receive meeting credit.

Coaches should login to their **MyOHSAA** account and use the Rules Meeting icon to access the list of meetings. *Coaches should contact their athletic administrator if they do not have an account**. Please see further directions below if you are a coach and do not have a myOHSAA account. Please note that all screens of the presentation must be viewed for attendance credit to be provided.

Officials should login to their **MyOHSAA** account and use the Rules Meeting icon to access the list of meetings. Please note that all screens of the presentation must be viewed for attendance credit to be provided.

TO ACCESS ONLINE RULES MEETINGS

1. Login to your **MyOHSAA** account (<http://officials.myohsaa.org/Logon>)
2. Click on the "Rules Meeting" icon
3. Click on "Find a State Rules Meeting"
4. Search for the Gymnastics meeting using the 'Sports' and 'Meeting Type' drop-down menus
5. Click on the 'View Meeting' button once the State Rules Meeting has gone live at 9:00 pm – **October 14, 2020**
6. Once directed to the Rules Meeting, please follow all prompts to complete the meeting and receive credit.

***IF YOU ARE A COACH AND DO NOT HAVE A MyOHSAA ACCOUNT**

1. Contact your Athletic Administrator immediately to add you to the school's Staff Management in **MyOHSAA**
2. This will generate an email invitation from info@myohsaa.org to the coach—*please look for this email in your inbox, junk or spam folders*
3. Once the email is received, click on the link in the email and follow the prompts to create an account and clear any dashboard items. (verify email address and complete your contact information)

The OHSAA strongly recommends the use of a desktop or laptop computer to complete the rules meeting. The use of a tablet or mobile device may not correctly record meeting credit.

The ONLINE Rules Meeting link will be live on October 14, 2020 at 9:00 a.m.

The deadline for completion of the online version is **December 7, 2020 at 11:59 pm** or a \$50.00 late fee is charged for access to the Rules Meeting. The deadline with the \$50.00 penalty will be **January 25, 2021 at 11:59 pm**. ***If coaches do not complete the rules meeting by THE REQUIRED DEADLINE, your school will be removed from the post-season tournament in 2021, and officials will be ineligible for the 2022 State Tournament Series.***

AFTER COMPLETION:

1. Your **MyOHSAA** profile will be updated to reflect your attendance.
2. Please do not call the OHSAA office for verification. Attendance WILL be reflected in your profile.

STATE RULES INTERPRETER	PHONE	E-mail
Lori Powers-Basinger	614-406-1537	loripb7957@gmail.com

IMPORTANT DATES

2020-2021 OHSAA GYMNASTICS CALENDAR

November 6, 2020	First Day of Coaching and Instruction
December 7, 2020	First Contest
January 18, 2021	Non-Interscholastic Competition No Longer Permitted (See Gymnastics Regulation 8-A-1. for additional information)
January 25, 2021	Deadline for Entering or Withdrawing from the OHSAA Tournament – Past Date - \$50
February 14, 2021	Seeding/Draw Meeting (if held)
February 15-26, 2021	Sectional Tournaments
February 27, 2022	District Tournaments
March 5-6, 2021	State Tournament – Hilliard <u>Bradley</u> High School

OHSAA CONTACT INFORMATION

OHSAA Office – 4080 Roselea Place, Columbus, OH 43214 ~ 614-267-2502 ~ 614-267-1677 (fax)

Name	Title	Responsibilities	E-Mail
TBD	Director of Sports Management	Oversees the sport & coordinates the tournaments	
Beau Rugg	Senior Director of Sports and Officiating	Oversees officials' programs & tournament assignments	brugg@ohsaa.org
Kristin Ronai	Director of Compliance	Assists with overseeing the sport & coordinating the tournaments	kronai@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
 National Association of Women Gymnastics Judges
 Ohio National Association of Women Gymnastics Judges
 Ohio Girls Gymnastics Coaches Association

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

COACHES INFORMATION

Ohio High School Girls Gymnastics Coaches Association

www.ohsgac.org

If you are a current head coach or assistant coach of an OHSAA sponsored school, you are eligible to join the Coaches Association. It is **extremely important** for you to be a member of the Coaches Association. Your membership benefits are:

- Your athletes can be recognized as **All-District** and **All-State**
- Your senior 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.

Please understand that if you are not a member of the Coaches Association, you and your athletes are not eligible for any of the above awards from the Coaches Association.

Membership Fees:

\$20 per school if paid by the close of the OHSAA Online Rules Interpretation meeting.

\$5 for each assistant coach.

\$10 for a school with two or fewer gymnasts.

\$30 After the first day of practice set by OHSAA and \$10 for each assistant coach.

(Note: one vote per person regardless of the number of teams coached, maximum 2 votes per school)

*******DEADLINE** for membership is **JANUARY 1**. *****

To join go to www.ohsgac.org and click on the link to join the Coaches Association.

Nominations due February 1

You **must** be a Coaches Association member for your athlete to receive these awards.

[Please email your nominations to your district representative](#)

FOUR –YEAR SENIOR RECOGNITION

Coaches Association members may submit names of their seniors who have been active team members for four years. Email these to your **District Rep** who is in your sectional or district.

INDIVIDUAL SPORTSMANSHIP AWARD

Coaches Association members may submit the name of ONE athlete on their team who demonstrates the values of sportsmanship, ethics, and integrity during the season. Email this name to your **District Rep** who is in your sectional or district.

DISTRICT TEAM SPORTSMANSHIP AWARD

Coaches Association members may nominate a school for this award. Submit the name of the school to your **District Rep**.

SECTIONAL/DISTRICT COACH OF THE YEAR

Coaches Association members may nominate a Coaches Association member for this award. Submit the coach's name, school, and a brief explanation for your nomination to your **District Rep**.

District Representatives:

West Geauga Sectional – Kasey Eichele kaseyeichele@yahoo.com

Brecksville Sectional – Barb Palmer bpalmer@massillonschools.org

Medina Sectional – Liz Wojtkun ewojtkun@gmail.com

Central District – Kristen Willms kwillms0124@gmail.com

Southwest District – Steve Conner conners@countryday.net

Northwest District – Traci Dunn josephdunn@sbcglobal.net

You **must** be a Coaches Association member for your athlete to receive these awards.

Member coaches will receive an email asking for these nominations.

Names must be received by Feb.1.

ACADEMIC ALL-OHIO

Coaches Association members may submit names of their senior who have a minimum of a 3.7 GPA on a 4.0 scale

Coach can confirm GPA with school (you do not need to send official school documentation). Names must be received by Feb.1 to appear in State Program.

STATE COACH OF THE YEAR STATE ASSISTANT COACH OF THE YEAR

Coaches Association members may nominate a Coaches Association member for this award. Provide the coach's name, school, and a brief explanation for your nomination.

Go to: www.ohsgac.org and click on the link to join the Coaches Association.

You **must** be a Coaches Association member to nominate individuals for these awards.

Nominations due February 1

Member coaches will receive an email asking for these nominations.

OHSAA SPORTSMANSHIP, ETHICS, AND INTEGRITY AWARD

Current head coach who demonstrates the values of sportsmanship, ethics, and integrity in all of their professional responsibilities. Provide coach's name and school and a brief explanation for your nomination.

SERVICE AWARD

Given to one person each year for a "lifetime" of service to High School gymnastics. May be a coach, judge, administrator, volunteer, or anyone who has contributed their time and effort to our sport. Along with their name, please provide their address and a brief explanation for your nomination.

HONORARY MEMBERSHIP

Anyone who is not a current coach who may have gone above or beyond to help with High School gymnastics. The recipient does not have voting rights, but this is a way to express our gratitude for their contribution. Please provide their name, position, address, and a brief explanation for your nomination.

Go to: www.ohsgac.org and click on the link to join the Coaches Association.

DIRECTORY OF THE ADVISORY COMMITTEE OF THE STATE GIRLS GYMNASTICS COACHES ASSOCIATION

DISTRICT C/E/SE	Cindy Fushimi President	Worthington Kilbourne Head Coach	(C) 614-783-5745 cfushimi@columbus.rr.com
SW	Gail Maundrell Secretary	Turpin Head Coach	(C) 513-309-1006 gamaund@zoomtown.com
C/E/SE	Shea Stammen 1 st Vice President	Westerville Central Head Coach	(C) 614-264-8282 shazy13@aol.com
C/E/SE	Carol Eskay Treasurer	Hilliard Davidson, Hilliard Darby, Hilliard Bradley H.S. Head Coach	(C) 614-657-4327 ceskay@icloud.com
C/E/SE	Kristen Wilms District Representative	Dublin Coffman, Dublin Jerome, Dublin Scioto Head Coach	614-204-3399 kwilms0124@gmail.com
C/E/SE	Jen Hedrick District Assistant	Olentangy Orange, Olentangy Berlin Head Coach	614-657-1082 centralohiogym@gmail.com
NE	Kasey Eichele District Assistant	Chardon Head Coach	440-241-6145 kaseyeichele@yahoo.com
NE	Barb Palmer District Representative	Washington Head Coach	330-244-1602 Bpalmer007@neo.rr.com bpalmer@massillonschools.org
NE	Liz Wojtkun District Assistant	Magnificat Assistant Coach	(440) 376-0018 ewojtkun@gmail.com
NE	Maria Schneider District Assistant	Brecksville-Broadview Heights Head Coach	(C) 216-924-0452 schneiderm@bbhcsd.org
NW	Traci Dunn District Representative	Findlay Head Coach	(C) 419-427-0400 josephdunn@sbcglobal.net
NW	Joe Dunn District Assistant	Findlay Head Coach	Same as Traci
SW	Steve Conner District Representative	Cincinnati Country Day Head Coach	(C) 513-600-2419 conners@countryday.net
SW	Stacey Bailey District Assistant	Anderson Head Coach	(C) 513-252-4997 staceybailey@foresthills.edu
	Carol Eskay Tournament Manager	Hilliard Davidson, Hilliard Darby, Hilliard Bradley H.S. Head Coach	(C) 614-657-4327 ceskay@icloud.com
	Lori Powers-Basinger Director of Development- Gymnastics officials; State Rules Interpreter	Judge – Central District	(C) 614-406-1537 loripb7957@gmail.com
	Emily Gates Sport Administrator	OHSAA 4080 Roselea Pl. Columbus, OH 43214 614-267-2502	egates@ohsaa.org

MISCELLANEOUS ITEMS

- **Exhibition Competition**

Current OHSAA regulations prohibit exhibition competition.

In order to be eligible for OHSAA recognized interscholastic competition in girls gymnastics, a school must register the sport with the OHSAA in writing, appoint a coach who meets all OHSAA and Ohio State Department of Education certification requirements and have a representative (head coach, assistant coach or athletic administrator) present at a state rules meeting.

A school sponsoring individuals, i.e. one or two competitors, could elect to have those athletes train and compete with another school's coach or with any other individual provided that individual has been Board of Education (or other governing body if in a non-public school) approved and properly credentialed. Athletes could then compete as representatives of their schools at interscholastic gymnastics competitions up to the limitation of 14 contests. **Once an athlete has competed for her school, she may NOT compete in any non-interscholastic competition.** (Sports Regulation 7.2.2). Another option allows athletes to continue competition with a non-interscholastic program through Sunday, **January 17, 2021** the last day for non-interscholastic competition for school-sponsored gymnastics wishing to enter OHSAA tournament competition. **From January 18, 2021 until such time as a competitor is eliminated from either individual or team competition in the OHSAA tournament series, a gymnast shall NOT compete for a non-interscholastic team.**

- **Non-interscholastic Cut-off Date**

As was referenced in the Exhibition Competition item above, school-sponsored gymnasts who have not competed for their schools must cease non-interscholastic competition six weeks (42 days) prior to the Monday of the week of the State Tournament in gymnastics in order to be eligible for OHSAA Tournament Competition. This year, the prohibited period is from **January 18, 2021** through that date on which a gymnast is eliminated from the OHSAA Gymnastics Tournament.

This regulation has caused some difficulty for interscholastic coaches who must interpret this process to gymnasts who compete for non-interscholastic teams as well as the school team and to those athletes who compete exclusively for the school team.

It is not the position of the OHSAA to dictate philosophy or local school policy to member schools except when specifically addressed in OHSAA Bylaws and Regulations. Coaches and school administrators are strongly encouraged to establish policies relating to participation on the school's interscholastic gymnastics team well in advance of the season and to clearly communicate such policies to student-athletes and their parents. Specifically, the OHSAA asks that member school coaches whose schools will field a gymnastics team (three or more athletes in each event) adopt a policy relating to whether or not the coach will permit non-interscholastic gymnasts to join the school team on **January 18, 2021**.

- **Out of Season Instructional Programs and Coaching Regulations**

The following is Instructional Program Regulation 7.3.2 as adopted by the OHSAA Board of Directors.

Interscholastic coaches in all OHSAA individual sports, which includes **girls gymnastics**, may coach athletes from the school where employed outside the interscholastic season of the sport during the school year. This regulation returns to the original interpretation that had always been in place relative to the "teaching professional" coach and extends the privilege of coaching to other coaches as well, thus solving the issue of equity and fairness. This regulation also includes the stipulation that no coach may require participation until the official start of the interscholastic season, the length of which and number of contests being maintained.

- **Professionalism**

Your professionalism is of the utmost importance. Your athletes and fans will follow your lead. If you are respectful of the competition and the officials, your 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 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. Officials and coaches must "keep their cool" during the contest so that all teams have an equal opportunity to win under the rules. It must always be remembered that the competition is being conducted for the athletes. Neither officials nor coaches would be involved except for the athletes.

A reminder to all judges: Please do 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 meet referee 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) or of the club owner whose team is competing.
2. A person on the payroll of a competing club
3. A team member or parent of a Women's Artistic team member or a competing club
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 gymnastics club/school on a regular (more than once a month) basis is considered affiliated with that club/school.
8. A judge whose immediate family member is a coach at a competing club/school is affiliated with that club/school regardless of whether or not the family member is on the floor coaching at a specific meet.

- **Coaches'/Officials'/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. **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 athletes and discuss new rules. It gives your 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**

Certainly, scheduling conflicts are going to arise. **PLEASE COORDINATE WITH YOUR ATHLETIC ADMINISTRATOR TO ENSURE THAT OFFICIALS ARE NOTIFIED IN ADVANCE OF ANY CHANGES.** When dates, times, and / or locations are changed it not only affects the officials scheduled for that contest, but also other contests they are scheduled to work. Thanks so much for your assistance!

-
- **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 2020-2021 OHSAA Athletic Eligibility Information Bulletin, entitled “High School Eligibility Guide for Student Athletes” which is written to explain the rules to coaches, student-athletes and their parents, please note that this publication can be downloaded from the OHSAA eligibility page here:

<https://www.ohsaa.org/Portals/0/Eligibility/OtherEligibiltyDocs/EligibilityGuideHS.pdf> . See your school administrator to discuss the best way to have this publication distributed to your athletes.

The OHSAA now requires all schools and coaches to conduct pre-season orientation meetings for student-athletes and their parents. These meetings afford the coach the opportunity to present information pertaining to school policy, athletic codes of conduct, issues involving sporting conduct, OHSAA eligibility rules, concussion management and anabolic steroids and details concerning the gymnastics program. The eligibility bulletins could be presented at this time. Please remember that when parents sign their consent for their son or daughter's participation in interscholastic athletics on the OHSAA consent form which is part of the Pre-Participation Physical Exam, they also are indicating that they have read and understood the Eligibility Guide for Student-Athletes. An instructional PowerPoint presentation and agendas have been provided to your school to assist with these mandatory preseason meetings. **Failure to conduct these meetings shall require a \$500 fine per meeting.**

- **Inquiries**

Our OHSAA office is here to help as needed, but depending on the time of the year it can be difficult to reach us. However, there are other sources of assistance. Our website (www.ohsaa.org) includes a great deal of information that covers many of the inquiries we often receive. The website provides gymnastics regulations, general sport regulations, tournament regulations, uniform regulations, etc. 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 Dr. Deborah Moore, Senior Director of Compliance and Sports Medicine 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

▪ **Pupil Activity Program/Coaching Permit (PAPP)**

All coaches in Ohio, paid and volunteer, must have the Pupil Activity Program/Coaching Permit among other requirements in order to coach in a member school. The OHSAA is committed to insuring that interscholastic coaches who work with young people in Ohio's schools are compliant with these requirements which are codified not only in OHSAA Bylaw 6 but also in Ohio's Administrative Code. In order to coach in Ohio, a coach must have:

1. Board approval
2. A Pupil Coaching Permit issued by the State Department of Education
3. A certificate indicating completion of the NFHS Fundamentals of Coaching course (go to www.nfhslearn.com to complete.)
4. A valid CPR card
5. A current FBI/BCI check
6. Completion of a concussion course provided by NFHS or CDC at the time of renewal of the permit or securing of a new permit.
7. Completion of Fundamentals of Coaching – one time only
8. Completion of the Sudden Cardiac Arrest course

Failure to have any of these items renders the coach ineligible to be involved in interscholastic coaching. The OHSAA, in accordance with sports regulation 4 requires all coaches, paid and volunteer to appear on the school's EMERGENCY CONTACT FORM (ECF). For all coaches who wish to coach gymnasts during the OHSAA tournaments, this ECF submitted electronically by the school's athletic administrator through MyOHSAA shall be considered as evidence that the coaches listed are board approved and hold a valid Pupil Activity Permit. We will check this information in advance of the tournaments and any coach who is not listed on the ECF shall not be permitted to coach.

Please see your AD and make every effort to secure these requirements BEFORE the season begins. Failure to have the proper credentials shall result in a fine of \$250 per coach.

▪ **Out of State Travel**

Bylaw 9-2-1 permits a team to travel outside the boundaries of the states and the one Canadian Province which are contiguous to Ohio for competition **only one time per season**. Please check with your principal and athletic administrator to ensure compliance with this bylaw. The penalty for violation is ineligibility for the OHSAA tournament series in gymnastics.

OHSAA/USAG FORMS and UPDATES

**Please find the following on the gymnastics page at
ohsaa.org**

Vault Chart and Scoresheet

Score Sheet for Bars, Beam and Floor

Composition and Execution Chart

OHSAA Bonus and Composition Charts

A Value Beam Mounts

**USAG changes for the 2020-21 season(includes
all seasons since Code of Points was issued)**

Score Inquiry form

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

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	<p>Additive Value may be from either connections or "D/E" difficulty.</p> <p>There are no element restrictions in OHSAA competition.</p>
VAULTS ALLOWED	OHSAA Vault Chart
SPECIAL REQUIREMENTS	<p style="text-align: right;"><u>BARS (4 at 0.2 each)</u></p> <p>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)</p> <p>4) Salto dismount, minimum of A</p> <p style="text-align: right;"><u>BEAM (4 at 0.2 each)</u></p> <p>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</p> <p style="text-align: right;"><u>FLOOR (4 at 0.2 ea.)</u></p> <p>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</p>

Range of Scores

9.500 – 10.00	0.20 pt.
9.000 – 9.475	0.30 pt.
8.000 – 8.975	0.50 pt.
Below 8.000	1.00 pt.

RULES FOR OHSAA 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 *Junior Olympic Code of Points*, *The Women's Program Rules and Policies* (published online only) and a modified USA Gymnastics Level 8-9-10 Program. **Requirements and restrictions will be as published in this handbook and online. The OHSAA will allow the performance of any "C" "D" or "E" element. 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. "E" elements will receive 0.20 difficulty value.**
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 Dr. Deborah Moore 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 Junior Olympic levels of competition are followed. Specific situations and the appropriate judging responses are published in the *Junior Olympic Code of Points and the 2019-20 Rules and Policies* in addition to those in this manual. All appendix items specific to OHSAA competition will be published in this publication and 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 cards 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 30 or 45 second fall time (BB or UB respectively) 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.

EVENT REGULATIONS AND MODIFICATIONS

VAULT – Refer to the OHSAA revised vault chart found in this OHSAA publication and 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 vault board 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.

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 "B", "C", "D" and "E" elements are allowed.
5. Special Requirements (4 at 0.20 each) – Refer to the JO 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 or single leg rear lying hang (catching high bar)
 - 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 – See JO Code of Points.
8. All composition deductions will be applied during the competition season. **The list of compositional deductions for OHSAA are 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.
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. JO cast angle 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; Value Parts of "A", "B", "C", "D" and "E" elements are allowed.
4. Special Requirements (4 at 0.20 each) – Refer to JO 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.
8. All composition deductions will be applied during the entire competition season. **The list of compositional deductions for OHSAA are 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. Acro Series 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. Value Parts of “A”, “B”, “C”, “D” and “E” elements are allowed. Maximum start value = 10.0.
4. Special Requirements (4 at 0.20 each) Refer to JO Code of Points – Level 8
 - a. One acro series 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 – See JO Code – 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 included 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.

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' x 10'; 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.

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' x 18' 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 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. It is permissible to place athletic tape or velcro strips along the width of the vault runway. The markings should be removed no later than at the end of rotation. None of these markings listed shall be wider than 2". The judge must issue a warning before taking a deduction if that 2" measurement is exceeded.

UNEVEN BARS

Low bar = 166 \pm 1 cm High bar = 246 \pm 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 a minimum of 5' X 10'.

BALANCE BEAM

Height = 120 cm (47" \pm 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 in two separate areas (under the beam and/or at the dismount area). If an 8" skill cushion is used, it must 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 7/16" x 39' 4 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:

Height = 22 cm \pm 1.5 cm

Measure from the top of wood at the highest point to the floor.

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. If the gymnast repeats the exercise, her score for the event will be the score earned on the repetition.

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 USAG Junior Olympic 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, T-shirts, Boxer or compression shorts). Leotard and/or warm-up suit 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 will be applied for an infraction. 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.

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.

For the pre-meet or tournament parade or march, 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, athletes are not permitted to wear improper attire such as compression shorts, 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-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

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.

JUDGING FORMULA

The judging formula for OHSAA competitions will be as follows:

Start value	9.70
Bonus points	0.30
Maximum score	10.00
Special requirements	
Bars	0.80
Balance Beam	0.80
Floor Exercise	0.80
Execution, Composition and Artistry	7.30

Presentation includes Artistry up to 0.30 pt. and Dynamics up to 0.20 pt.

Execution will include technique, amplitude, and rhythm of the elements and connections as well as the overall posture and rhythm and the specific apparatus deductions.

OHSAA TOURNAMENT REGULATIONS

Tournament Regulations are available at www.ohsaa.org (after approval at the October Board meeting). On the web site, under "Sports & Tournaments" select gymnastics. The regulations are listed under Tournament Information on the left side.

A meeting for coaches and judges must be held prior to District competition. The Tournament Referee conducts the meeting.

Withdrawal (scratches) and substitutions of competitors:

1. A competitor may be withdrawn or substituted with another eligible gymnast at the coaches meeting before competition.
2. Competitors on a team do not have to be the same individuals who competed in the prior Tournament.
3. A coach may replace an eligible gymnast for a competitor who is injured or becomes ill during warm-ups or competition. The substitute gymnast will receive warm-up time equal to that of other gymnasts on the event, or events, at the directive of the tournament manager. The injured/ill gymnast thus replaced may be permitted to reenter the competition for any other event for which she was entered, provided she is authorized to do so by coaching staff/medical personnel.
4. A coach may choose to "scratch" an injured gymnast from an event in which she is entered rather than replace her. The gymnast will receive a "score of zero" by presenting herself for the event in her rotation and

touching the apparatus.

Use of Alternates

An alternate gymnast or team may compete in the individual or team competition of the State Tournament if a qualifying gymnast or team cannot compete due to injury, illness, flagrant misconduct or ineligibility. The alternate shall be the next highest individual qualifier or team in that event or the team competition from the District Tournament.

Replacement of these athletes or the team may be made up to the time that the competition begins in that event at the State Tournament. The athlete and her coach or the next qualified team must report to Associate Commissioner Deborah Moore for verification. If the replacement can be made prior to Tuesday by 4:00 PM, the name of the competitor can be placed into the official program.

Repetition of an Exercise

Repetition of an exercise is not permitted. Exception:

1. Whenever there is a failure of equipment during a competitive routine, the gymnast should have the option of repeating her routine in total or repeating the routine from the point of interruption (after a reasonable amount of rest, if necessary). The decision must be made prior to flashing the score. If an event occurs during a routine that is no fault of the gymnast, the Chief Judge of the event will make the decision regarding repeat of an exercise in consultation with the meet/tournament referee or acting referee. Decisions must be made promptly.
2. When an exercise is repeated, the event score is the score for the second exercise.

Score Inquiries must be given to the Tournament Referee by the coach within 5 minutes of the conclusion of the school's competition on the event.

OHSAA Qualifying Procedures require that ties shall be broken at the Sectional and District tournaments for the last qualifying place. However, the tied gymnasts' scores in the event in which tied shall not be changed, and all athletes shall earn duplicate awards. This means that the scores generated through the tie-breaker procedure shall not be entered anywhere and will have no effect on the all-around score. All scores will be calculated to the thousandth place. The procedure indicated below shall be followed until ties are broken.

Individual Events

1. All score-sheet entries are checked by the tournament director, tournament referee and each judge for errors based on judging formulas not including execution.
2. "Base score" is determined.
The gymnast's event score added to the chief judge's score divided by 2.
3. If both/all tied gymnasts competed in the All-Around competition, the gymnast with the highest All-Around score shall advance.
4. Competitors repeat the exercise.

Team Competition

Ties for the last qualifying place will be broken by:

1. Application of #1 above
2. A "base score", as described in #2 above, will be determined by the chief judge and tournament manager for all scores in all events for the athletes comprising each tied team (maximum number of gymnasts permitted is six).
3. The sum of the top four "based" scores in each event shall be added to determine the new team score, which will be used to break the tie for advancing to the next round of tournament competition.

All-Around Competition

1. The gymnast with the highest score on a single event shall advance.
2. Given the remote possibility that the tied competitors would be tied on all events, each separate event shall be base scored to produce a new All-Around score.

Coaches

OHSAA bylaws require that all coaches, paid or volunteer, be approved by their respective Boards of Education or governing boards (in nonpublic schools). It is imperative that only coaches who have been approved by their schools be permitted to work with gymnasts on the floor at OHSAA tournaments, as well as during the regular season. High school principals, on the entry form, shall verify all individuals who have been approved to coach in that high school. No other individuals shall be permitted access to the competition area during OHSAA tournaments.

GIRLS GYMNASTICS – 2020-2021 REPRESENTATION (Based on 2019 participation)

6 Districts

36 competitors per event for individual competition; 12 teams for team competition.

<u>DISTRICT</u>	<u>TEAMS - '19</u>	2021 – Year two of the cycle	
		<u>TEAMS QUAL.</u>	<u>INDIV. QUAL.</u>
Central	*24	3	8
Northeast	*50	6	17
Northwest	15	1	5
Southwest	<u>16</u>	<u>2</u>	<u>6</u>
	105	12	36
*East (2) and Southeast (2) will be assigned to the closest district.			

SUPPLEMENTAL FORMS AND 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 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.

USA Gymnastics Score Inquiry Form

Check One: Vault _____ Bars _____ Beam _____ Floor _____

Gymnast's number _____ Name _____ Score _____

This inquiry is based upon the following (check one):

1. Start Value _____

2. Neutral deductions _____

3. Score Range _____

List all elements that receive difficulty and additive value

Judges' Use Only

Element/Additive Value	Description of Element(s)	Y	N

Coach's Name _____ Team _____

	Judge #1	Judge #2	Judge #3	Judge #4	Average
Start Value:	_____	_____	_____	_____	_____
Score:	_____	_____	_____	_____	_____
Adjusted SV:	_____	_____	_____	_____	_____
Adjusted Score:	_____	_____	_____	_____	_____

_____ Score Not Adjusted

Signature of Chief Judge/Meet or Tournament Referee

COVID-19 MANDATES AND RECOMMENDATIONS

All coaches and administrators in our gymnastics school shall review the information within the OHSAA COVID-19 resource page here <https://www.ohsaa.org/Home/OHSAA-COVID-19-Correspondence> Of particular importance are the general regulations found here:

Return to Play and Sport Specific Recommendations

- [Governor's Office and Ohio Department of Health Guide](#)
- [August 19 Ohio Department of Health Order](#)
- [August 18 Return to Play Q&A](#)
- [Return to Play Recommendations](#)
- [Student Pledge](#)
- [Cardiopulmonary Chart](#)
- [Report a Violation](#)

Below please find specific mandates and recommendations that have been approved for this sport by the Ohio Department of Health and our Governor's Office. The link to this information is here <https://ohsaaweb.blob.core.windows.net/files/Sports/Gymnastics/2020-21/GymnasticsRequirements.pdf>

COMPETITION LIMITATIONS

For dual competition, schools may enter an unlimited number of gymnasts subject to the capacity of the competition area and the regulations supplied by the host management, whether competition is conducted in a school or in another facility. For multiple school competition, including tri, quad and invitational meets, no more than six (6) gymnasts may be entered per event.



2020-21 Gymnastics Requirements and General Recommendations

With the support from the national governing body, USA Gymnastics, whose rules the OHSAA uses for interscholastic competition, and the Ohio High School Athletic Association, the considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

Note: This is not an exhaustive list and there might be additional steps in each school, city, and state to help prevent the spread of virus. Ohio schools are required to follow state COVID-19 general guidance for “Youth, Collegiate, Amateur and Professional Sports” <https://coronavirus.ohio.gov/static/responsible/Youth-Collegiate-Amateur-Club-Pro-Sports.pdf> Even when taking all precautions, there will still be risk of transmitting illnesses. Everyone should stay vigilant about the health of members of their teams. Lastly, the situation with COVID-19 is rapidly changing. These considerations may quickly become outdated. Please keep up with the latest from the CDC and other health officials in your area.

Visit the COVID-19 General Guidance Document for further requirements and recommendations that apply to all sports, including gymnastics. Please know that some of the requirements and recommendations in this sport-specific document duplicate state guidance.

A **requirement** must be adhered to and followed. A **recommendation** is a consideration to the sport and allows for optional guidelines. Recommendations are not required but are permitted.

REQUIREMENTS

Requirements for Coaches

- Coaches shall wear face masks at all times, including arriving and departing the facility and during warmups and competition. Face coverings are also to be worn if the team must utilize common transportation (i.e. bus).

Requirements for Facility Hosts

- Face coverings shall be required for all spectators and those working the event. Athletes engaged in the competition are exempt.
- Inform the local health district when events are scheduled and establish a plan to handle those persons who fail a symptom assessment or temperature check or exhibit signs and symptoms of COVID-19.
- Limit personnel on the competition floor and in the warm-up area to participants, coaches, medical staff and event staff.
- Do not provide any congregation areas at the facility.
- If possible and if necessary, provide designated space (locker room, classroom, etc.) for judges' pre-competition activities. If the designated space cannot accommodate six-foot social distancing of all officials, then a separate space should be provided where judges can observe six-foot social distancing and be removed from spectator/team interaction.
- Clearly review prior to the meet mandates, best practices and school/host facility policies with visiting team(s) administrators and/or coaches and judges as they relate to, but are not limited to, parking; entrances and exits; medical care; spectators; ticketing; locker rooms/showers; athletic training rooms and restrooms; water; towels; and equipment.

RETURN TO COMPETITION

GENERAL RECOMMENDATIONS

BEFORE YOU PARTICIPATE

- The OHSAA and the USAG Medical Advisory Group highly recommend competitive gymnasts ease their way back into training prior to competition and seek guidance/approval from their health care provider prior to returning to competition. Given the layoff from competing, gymnasts, especially those who do not participate in non-interscholastic or club programs, will be more susceptible to under-training, over-use and other injuries.
 - The OHSAA strongly recommends at least three weeks of both in gym and outside of gym conditioning before competition begins.
- Do not participate if:
 - Are exhibiting any symptoms of the coronavirus. According to the CDC, people with COVID-19 have had a wide range of symptoms reported—ranging from mild symptoms to severe illness. These symptoms may appear 2-14 days after exposure to the virus: fever, cough, shortness of breath or difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, new loss of taste or smell.
 - Have been in contact with someone with COVID-19 in the last 14 days.
 - Are a vulnerable individual and your area is in either red or purple public health category. A vulnerable individual is an elderly individual and/or an individual with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma and those whose immune system is compromised such as by chemotherapy for cancer and other conditions requiring such therapy. (For areas in Phase Three, a vulnerable individual can resume public interactions, including participation in gymnastics, but should practice physical distancing.)
- Gymnasts and coaches from visiting teams and judges should arrive at the contest facility dressed in partial or full uniforms or coaching/officiating gear and should plan to leave the contest facility in partial or full uniforms or coaching/officiating gear (e.g. not dress or change in visiting locker rooms).
- Consideration should be given to limiting contests against only teams in your local area or, if out-of-state, against teams located in counties that are contiguous to Ohio.
- Coaches should not share any equipment used for coaching purposes.
- Judges should not share any equipment used for officiating purposes.

- When conducting temperature checks, take into account the potential for environmental factors causing an elevated temperature. Should the temperature be elevated, it is appropriate to isolate the individual and recheck the temperature after 5-to-10 minutes of sitting in a cool environment. A temperature of 100.4 F or higher indicates a potential infection, and the individual should be immediately isolated.

PREPARING TO PARTICIPATE

- Wash your hands with soap and water (for 20 seconds or longer) or use a hand sanitizer (60% or greater alcohol-based) if soap and water are not readily available, before going to the gym.
- Follow CDC cleaning guidance (see www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html).
- Read the labels of cleaning products and follow directions on the label. Some products need to sit wet on a surface for several minutes before being wiped off in order to properly sanitize.
- Check the EPA website for selected EPA-Registered Disinfectant. Click here <https://www.epa.gov/pesticide-registration/selected-epa-registered-disinfectants> to view.
- Remember to wash first, then disinfect, and use caution when mixing cleaning chemicals.
- Buy in bulk to ensure that your school has several months' supply.
- Consider using a pump sprayer (sometimes referred to as a garden sprayer) to spray down large areas quickly.
- Contact equipment manufacturers for specifics on proper cleaning protocols.
- When possible, wipe equipment down after each person; if not possible, ensure that all equipment is properly sanitized after each rotation.
- Document the time when each apparatus or specific area is cleaned; like public restrooms.
- Sanitize frequently used items and surfaces on a regular basis; including light switches; door handles; counter tops, matting.
- Provide hand sanitizer at entry/exit of the facility and at each station; require use at entry and before each rotation.
- Remove chalk bowls; participants should bring and use their own chalk, bucket and/or bag.
- Require participants to bring their own water bottles so water fountains are not shared.
- Mark 6 ft. separations in viewing areas; consider using walking or standing areas instead of seating or mark off seating.
- When not actively competing, athletes are required to wear face coverings.
- If you need to sneeze or cough, do so into a tissue or upper sleeve.
- Arrive as close as possible to when you need to be there.
- Put in writing policies describing how your practice and competition area will
 - achieve physical distancing in the facilities
 - incorporate enhanced cleaning protocol
 - teach and coach while continuing to maintain physical distancing
 - inform of the expectations and responsibilities of athletes in implementing these measures.

DURING TRAINING/COMPETITION

- Breakdown how you are going to social distance these athletes/students during training and competition, and clearly convey your plan to athletes and parents.
- Organize team as cohorts: assembling, rotating and training together as an exclusive group
- Include an explanation of your cleaning protocol, the expectations on the athletes; and how to keep a 6 ft distance.
- Talk with your coaches about how to teach/coach in new environment and help participants keep a safe distance.
- Provide each student a personal chalk that they keep in their own plastic container, that only they use.
- Each athlete transports her own gym bag from station to station with bags being kept 6 feet apart.
- Athletes should be made aware of the school's new safety protocols and the athlete's role in maintaining safety guidelines for themselves and others; Districts may consider having athletes sign the OHSAA pledge, which is an educational tool, not a waiver, and is found here <https://ohsaaweb.blob.core.windows.net/files/Sports/2020/OHSAAAcknowledgementAndPledgeForm.pdf>
- Encourage athletes/students to keep 6-foot distance from teammates/coaches (when feasible), using hand sanitizer; wash hands frequently, not to share water bottles or other personal items; tell coaches immediately when they are not feeling well.
- Remind athletes to refrain from "spitting" in grips to cut down on the transmission of germs on the apparatus.

AFTER TRAINING/COMPETITION

- Leave the gym area as soon as reasonably possible.
- Wash your hands thoroughly or use a hand sanitizer after coming out of the gym.
- Do not use the locker room or changing area. Shower at home.

- No extra-curricular or social activity should take place. No congregation after participation.
- All athletes should leave the facility immediately after participation.

SPOTTING

- Athlete safety is paramount, and coaches should not be restricted from spotting an athlete if necessary, to protect the athlete from injury.
- While spotting remains an important element to athlete safety, consider alternative teaching/coaching methods that align with social distancing protocols.
- Clearly communicate any alternative teaching/coaching methods so they are understood by the athletes and their parents.
- Coaches should consider the use of gloves for personal contact, with a goal of switching gloves between athletes.

OHSAA Facility Host Recommendations

- If applicable, stagger the entry of all participants, coaches, judges, student event-day auxiliary groups and spectators to adhere to six-foot social distancing.
- Consider multiple points of entry to help ensure there is six-foot social distancing.
- Use contact-less payments where possible.
- Consider making each student responsible for her own supplies, including bringing and maintaining her personal gym bag, chalk, water bottles, hand sanitizer, etc..
- Appoint an individual(s) who is responsible for assisting the host facility manager(s) in logging all incidents and action plans when mandates have not been followed and/or incidents occur; logging recommendations for improving the host facilities' game-day strategies, and creating reports on said items that were logged.

ADDITIONAL RESOURCES

- Ohio Department of Health coronavirus website (coronavirus.ohio.gov)
- U.S. Centers for Disease Control and Prevention (cdc.gov/coronavirus)

Both the OHSAA website here <https://www.ohsaa.org/Home/OHSAA-COVID-19-Correspondence> and the USA Gymnastics website here www.usagym.org publish additional documents for your reference.

- Considerations for a safer reopening <https://usagym.org/PDFs/About%20USA%20Gymnastics/covid/safereopening.pdf>
- Physical and Mental Guidance for a Safe Re-Integration of Gymnastics
<https://usagym.org/PDFs/About%20USA%20Gymnastics/covid/reintegration.pdf>
- AAI Cleaning Tips
 - https://usagym.org/PDFs/About%20USA%20Gymnastics/covid/aai_cleaning.pdf
 - [Vinyl Mats & Shapes](#)
 - [Suede Beams & Vault Boards](#)
- [Spieth America Equipment Cleaning Practices](#)

GENERAL REFERENCE INFORMATION

The safety of our student-athletes is of utmost concern at all times. Information regarding the following important topics can be found at www.ohsaa.org and at www.nfhs.org:

- Heat Stress and Athletic Participation
- Recommendations for Hydration to Prevent Heat Illness
- Suggested Guidelines for Management of Head Trauma in Sports
- Communicable Disease Procedures
- Disordered Eating
- Information on Nutritional Supplements
- 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

COMMUNICABLE DISEASE PROCEDURES

While risk of one athlete infecting another with HIV/AIDS during competition is close to non-existent, there is a remote risk that other blood borne infectious diseases can be transmitted. For example, Hepatitis B can be present in blood as well as in other body fluids. Procedures for reducing the potential for transmission of these infectious agents should include, but 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 or 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.
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 bloody dressings, mouth guards and other articles containing body fluids.
10. See page 16 for specific policy related to gymnastics.

CONCUSSION REGULATIONS – UPDATED FOR 2020-21

DATE OF IMPLEMENTATION – APRIL 26, 2013

Implementation of State Law and NFHS Playing Rules Related to Concussion and

Concussed Athletes and Return to Play Protocol

Notwithstanding the leading role that the Ohio High School Athletic Association has played in the area of developing policies concerning concussion prevention, recognition and management, in December of 2012, Ohio's Governor Kasich signed into law legislation that was passed by Ohio's 129th General Assembly which incorporated much of what the OHSAA regulations previously mandated. This law adds several aspects to previous OHSAA regulations. Therefore, in order to be fully compliant with this law as signed by our Governor, modifications have been made to OHSAA policy. These modifications are set forth in these updated Concussion Regulations.

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://ohsaa.org/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

New legislation signed into law by the Governor provides that 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 OHSA 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 OHSA 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. The Concussion Information Sheet can be found here:

<http://www.healthyohiprogram.org/~media/HealthyOhio/ASSETS/Files/injury%20prevention/concussion/Interscholastic%20Concussion%20Form%20-%20ODH%20Revised%202.ashx>

APPROVED ONLINE CONCUSSION EDUCATION COURSES

The following free online training courses have been approved by the Ohio Department of Health for coaches and contest officials:

National Federation of State High School Associations Concussion in Sports - What you Need to Know:

<http://www.nfhslearn.com/electiveDetail.aspx?courseID=38000>

(This free online course is available through the NFHS. Click the "order here" button, and complete a brief registration form to take the course. Follow these steps to complete the course:

1. Click on the button that says "Please Login to Order." In the window that appears, click "Register Now."
2. When your registration is complete, you may "order" the free concussion course offered along the left-hand side of the page. Continue following prompts. Although it may look like you will be charged for the course, there is no cost.
3. Once you've completed "Checkout," you will be able to take the free online course.
4. When you have completed and passed the course, you have the option of printing a certificate of completion.
5. All Ohio Officials should select this option to print, retain a copy of the certificate and carry it with them to all contests.

PLEASE NOTE: Both courses offer a “certificate of completion” upon successful passage. The NFHS course allows organizations to search for and [track coaches and other individuals such as contest officials who have completed the course](#), while the CDC course does not.

FREQUENTLY ASKED QUESTIONS

1. What are the “signs, symptoms, or behaviors consistent with a concussion?” The National Federation rule lists some of the signs, symptoms and behaviors consistent with a concussion. The U.S. Department of Health and Human Services, Centers for Disease Control and Prevention has published the following list of signs, symptoms and behaviors that are consistent with a concussion:

SIGNS OBSERVED BY OTHERS	SYMPTOMS REPORTED BY ATHLETE
<ul style="list-style-type: none"> • Appears dazed or stunned • Is confused about assignment • Forgets plays • Is unsure of game, score, or opponent • Moves clumsily • Answers questions slowly • Loses consciousness • Shows behavior or personality changes • Cannot recall events prior to hit • Cannot recall events after hit 	<ul style="list-style-type: none"> • Headache • Nausea • Balance problems or dizziness • Double or fuzzy vision • Sensitivity to light or noise • Feeling sluggish • Feeling foggy or groggy • Concentration or memory problems • Confusion

2. **Who is responsible for administering this rule?**
 All individuals who have responsibilities and duties in the interscholastic athletics environment are responsible: coaches, contest officials, administrators, students, parents and medical personnel.
3. **What is the role of coaches in administering this rule?**
 - Coaches are to review and know the signs and symptoms of concussion and to prohibit any athlete who displays these signs or symptoms from participating in a practice or a contest.
 - Coaches are not medical professionals and have no authority to determine whether or not a student has sustained a concussion. The coach is responsible for insuring that the student’s parents are notified and the student is referred to a medical professional.
 - Coaches shall be aware that any student removed from a practice or a contest due to a suspected concussion or head injury **shall not return to participation on the same day as the removal.**
 - Coaches shall possess a current Pupil Activity Program/Coaching Permit and shall take one of the approved online concussion courses upon renewal of the permit.
4. **What is the role of contest officials in administering the rule?**
 - Officials are to review and know the signs and symptoms of concussion and to direct immediate removal of any student who displays these signs or symptoms. When informing the head coach about removal of an athlete, the official shall be accompanied by another (second) official if possible.
 - An official **shall not permit the athlete who has been removed under this rule to return to competition that same day.**
 - If a contest official is aware that a student has been permitted to return to competition on the same day as removal, that official shall immediately stop play and remove that student from competition and report the incident to the OHSAA.
 - Note that officials are not medical professionals and have no authority to determine whether or not a student has sustained a concussion. The official is responsible for directing removal when he or she observes signs and symptoms that may indicate a student is concussed.
 - All Officials shall possess either a current Pupil Activity Program/Coaching Permit or shall complete one of the online concussion courses which are valid for three years from the date of completion.

- At initial licensure or renewal of the OHSAA officiating permit, the official shall indicate that he or she has either a current Pupil Activity Program/Coaching Permit or has completed one of the approved online concussion courses.
- All officials should carry with them evidence of completion of one of these options at all times while officiating a contest.
- Officials are required to submit to the OHSAA the “OHSAA Concussion Report” within 48 hours whenever a student has been removed from a contest under this regulation.

5. What are the expectations of student-athletes in concussion management?

- While all individuals involved in the interscholastic athletics program have a responsibility to recognize the potential for catastrophic injury and even death from concussions, it is also the responsibility of student-athletes to recognize the signs, symptoms and behaviors consistent with a concussion.
- Student-athletes who exhibit symptoms such as loss of consciousness, headache, dizziness, confusion or balance problems, have the responsibility to report these immediately to their coach and/or health care professional. Teammates also share the responsibility to report these symptoms when they are exhibited by a fellow student-athlete.
- Student-athletes shall review and sign, on an annual basis, along with their parents or legal guardians, the Ohio Department of Health’s Concussion Information Sheet found on the OHSAA website and at this link
<http://www.healthyohioprogam.org/~media/HealthyOhio/ASSETS/Files/injury%20prevention/concussion/Interscholastic%20Concussion%20Form%20-%20ODH%20Revised%202.ashx>

6. Who decides if an athlete has not been concussed and/or who has recovered from a concussion?

- **Only** an M.D. (Medical Doctor), D.O. (Doctor of Osteopathy), or another health care provider approved by the school’s Board of Education or other governing body who 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;
 - 4) Under the supervision of a physician.

is empowered to make the on-site determination that an athlete has **not** received a concussion. Even if that determination has been made, however, the student may not return to practice or competition on the same day he/she has been removed from a practice or competition (see No. 7 below).

- If any one of these physicians or authorized medical providers has answered that “yes” there has been a concussion, that decision is final.

7. Can an athlete return to play on the same day as he/she has been removed from a practice or competition for a suspected concussion?

- No, under no circumstances can that athlete return to play that day.
- No coach or contest official shall allow a student to return to practice or to competition on any day after the initial removal until that student has been assessed and cleared for return with **written authorization** by a physician or licensed health care provider authorized by the school.
- If the event continues over multiple days, then the designated event physician has ultimate authority over return to play decisions.

8. Once the day has concluded, who can issue authorization to return to practice/competition in the sport for a student who has diagnosed with a concussion?

- Once a concussion has been diagnosed by a physician or other approved health care provider, only a physician or approved provider can authorize subsequent Return To Play (RTP), and such authorization shall be in writing to the administration of the school. This written **RTP authorization shall be kept at the school indefinitely** as a part of that student’s permanent record. Click here <http://ohsaa.org/medicine/AuthorizationToReenter.pdf> to access the OHSAA “Medical Authorization to Return to Play” Form.

- School administration shall then notify the coach as to the permission to return to practice or play.
- 9. What should be done after the student is cleared by an appropriate health care professional?**
- After a clearance has been issued, the student's actual return to practice and play should follow a graduated protocol.
 - The National Federation of State High School Associations has included the following graduated protocol in its Suggested Guidelines for Management of Concussion in Sports: (**Note:** This is simply a suggested protocol. The appropriate health care professional who issues the clearance may wish to establish a different graduated protocol.)

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. Game 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.)

QUICK LINKS FROM THE OHIO DEPARTMENT OF HEALTH

Ohio Department of Health Concussion Information Sheet -

<http://www.healthyohioprogram.org/~media/HealthyOhio/ASSETS/Files/injury%20prevention/concussion/Interscholastic%20Concussion%20Form%20-%20ODH%20Revised%202.ashx>

Online Concussion Management Training -<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.ashx>

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 -

<http://www.cdc.gov/concussion/HeadsUp/schools.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



Ohio High School Athletic Association
4080 Roselea Place, Columbus, Ohio 43214
PH: 614-267-2502; FAX: 614-267-1677
ohsaa.org

MEDICAL AUTHORIZATION TO RETURN TO PLAY WHEN A STUDENT HAS BEEN REMOVED DUE TO A SUSPECTED CONCUSSION

Ohio State Law as well as NFHS rules and OHSAA policy require a student who exhibits signs, symptoms or behaviors associated with concussion to be removed from and/or prevented from participating or continuing to participate in any practice or contest (sports activity) and **not permitted to participate in or reenter practice or competition on the same day as the removal.** After these symptoms are identified, **written medical authorization from a physician (M.D. or D.O.)** or another qualified licensed medical provider, who works in consultation with, collaboration with or under the supervision of an M.D. or D.O. or who is working pursuant to the referral by an M.D. or D.O., AND is authorized by the Board of Education or other governing board, **is required to grant clearance for the student to return to participation.** This form shall serve as the authorization that the physician or licensed medical professional has examined the student, and has cleared the student to return to participation. The physician or licensed medical professional must complete this form and submit to a school administrator prior to the student's resumption of participation in practice and/or a contest. **To reiterate, this student is not permitted to reenter practice or competition on the same day as the removal.**

I, _____, M.D., D.O. or _____ (other qualified licensed medical provider) have examined the following

(Print name of MD, DO or Other)

student, _____ from _____ High School/7-8th grade school
(Name of Student),

who was removed from and/or prevented from participating or continuing to participate in a _____ (sport) contest at the _____ level (V, JV, 9th, 7-8th) due to exhibition of signs/symptoms/behaviors consistent with a concussion or who is known to have suffered a concussion. I have examined this student, and determined that the student is cleared to resume participation upon the completion of the directions provided below.

PLEASE INDICATE YOUR DIRECTIONS BELOW

___ Return to play protocol for concussion as outlined in Zurich Consensus Statement 2012 or as attached.

___ Return to play protocol for concussion required under direction of Licensed Athletic Trainer or other qualified licensed medical provider as approved in above directive

___ Return to play protocol for concussion not required, and the student may return to participation in practice and competition on this date _____

___ Other: (explain): _____

VALID ONLY WITH ALL INFORMATION COMPLETED

Signature of Medical Professional _____
(MD, DO or other qualified Licensed Medical Provider as Approved in the Above Directive)

Date: _____

Contact Information:

(Print or Stamp) Address: _____

Phone: _____

Return to play is also subject to clarification of this document, as deemed necessary, by Licensed Athletic Trainer, other qualified Licensed medical providers authorized by Board of Education or other governing body, or school district administration. Return to play decisions are also subject to recognized principles of conditioning, skill development, mental preparedness, etc.

Parent(s)/Guardian and student are reminded that the initial signature document of awareness of signs and symptoms of concussion and need/requirement to report are still in effect. Parent(s)/Guardian and student have a responsibility to report any further signs or symptoms of a concussion or head injury to coaches, administrators and the student- athlete's doctor. Information regarding signs and symptoms are available from school district personnel or OHSAA website.

PRESENT THIS FORM TO THE SCHOOL ADMINISTRATOR

Note: The school must retain this form indefinitely as a part of the student's permanent record. Medical Providers should retain a copy for their own records.



OHSAA CONCUSSION REPORT

State Law, NFHS Rules and OHSAA policy require a student who exhibits signs, symptoms or behaviors associated with concussion to be removed from a contest and not permitted to reenter competition that same day. This form shall serve to document that a student has been removed from a contest in accordance with State Law, NFHS and OHSAA rules due to exhibiting signs, symptoms and/or behaviors consistent with a concussion. The contest official must complete this form and forward it to the OHSAA within 48 hours after the conclusion of the contest. It is recommended that the official keep a copy of this report. In addition, if required by NFHS rule, an appropriate entry shall be made in the scorebook or other document as prescribed.

Student's

Name _____ **Date** _____

School

Name _____

Sport _____

Level of Contest (Circle One) 7th 8th 9th JV Varsity

Official's Name _____ **OHSAA Permit #** _____

Comments:

Please forward to **Molly Downard at mdownard@ohsaa.org at the OHSAA within 48 hours.**

LINDSAY'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](#)

Successful completion of this coaches' requirement will generate verification through the LMS. The Ohio Department of Education anticipates that these items will be ready for coaches to access by June 30, 2018.

These educational materials are all free of charge and are the only materials authorized for compliance with this new state law. No other course or training material is acceptable.

OFFICIALS

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 athletes we serve

An Official must constantly uphold the honor and dignity of the avocation in all personal conduct and relations with the student-athletes, coaches, athletic directors, school administrators, colleagues, and the public, to be a worthy example to the 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 pre-season workouts. It allows the officials to meet the athletes and discuss new rules. It gives 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, which will be sent in November.. The selections of officials to work the tournaments will be made by OHSAA staff in conjunction with state rules interpreters considering the official's experience, NAGWJ 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 2020-2021 OHSAA Handbook for Officials, the required uniform for girls gymnastics officials consists of the OHSAA jacket 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 forthcoming from our DOD at a later time.

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](#)

TOURNAMENT REGULATIONS

Tournament Regulations are available at www.ohsaa.org (after approval at the October Board of Directors meeting). On the web site, under “Sports & Tournaments” select gymnastics. The tournament regulations are listed under “Tournament Information” on the left side.

OHSAA GENERAL SPORTS REGULATIONS

General Sports Regulations are available at www.ohsaa.org. Under “Sports & Tournaments” select gymnastics. The General Sports Regulations are listed under 2020-2021 Gymnastics Info on left side.

OHSAA GYMNASTICS SPORTS REGULATIONS

GYMNASTICS — GIRLS

A. GENERAL REGULATIONS

1) Gymnasts Who Have Not Competed for Their School This Season:

A sports regulation identified as the **Individual Non-Interscholastic Competition Date** stipulates that a gymnastics athlete who has not participated for the school in gymnastics that season must cease non-interscholastic gymnastics competition six weeks (42 days) prior to the Monday of the week of the state tournament in gymnastics in order to be eligible for OHSAA tournament competition.

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.

Date: Monday, January 18, 2021 – Non-interscholastic competition NOT permitted on or after this date.

2) 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.

2.1) 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.

2.2) 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.

3) Non-Interscholastic Participation

3.1) A member of an interscholastic gymnastics squad (any student who has participated in a regular season/tournament contest sponsored by the Board of Education) **shall not participate in a non-interscholastic contest as an individual or member of a team in the sport of gymnastics during the school's season** (Sports Regulation 7.2.2).

3.2) Interscholastic gymnastics coaches may coach athletes from the school where employed outside the interscholastic season of the sport. No coach may require participation until the official start of the interscholastic season.

4) Penalties

The maximum penalty for violation of Sports Regulation 7.2.2 (participation with a non-interscholastic gymnastics squad while a member of the school's interscholastic gymnastics squad) or any OHSAA regulations for any member of the school squad, EXCEPT a senior, is ineligibility for the remainder of the interscholastic gymnastics season or the ensuing gymnastics season. For a senior, the maximum penalty shall be ineligibility for the remainder of the school year.

5) Transfer Bylaw

While all questions regarding the transfer bylaw should be addressed to the appropriate school administrator, information regarding the transfer bylaw can be found on the OHSAA website at this link. <http://www.ohsaa.org/Eligibility/Transfer->. Note that students who transfer and do not meet an exception to the transfer bylaw, and who participated in high school gymnastics within 12 months of the transfer date, are ineligible for all regular season contests and the OHSAA postseason tournament beginning with varsity regular season contest #8.

6) Other Bylaws and Regulations

For information on Ejection for Unsporting Conduct See ***Ejection Policies for Coaches and Players*** under Section 13 and 14 of the General Sports Regulations on the Gymnastics Page at www.ohsaa.org. For information on Out of State Travel regulations see Bylaw 9-2 in the Bylaws on the Eligibility Page at ohsaa.org

B. SPECIFIC REGULATIONS — Grades 9-12

- 1) Coaching, tryouts and instruction may begin — November 6, 2020.
- 2) First contest — December 7, 2020.
- 3) Deadline date for OHSAA tournament — January 25, 2021.
- 4) Tournament draw/seeding meeting — February 13, 2021.
- 5) Coaching and Season end with the State Tournament — March 6, 2021.
- 6) Scrimmages — None permitted.
- 7) Regular season contests — 14 for team and individuals; no limit on number of opponents.
- 8) Rules — U.S.A. Gymnastics.
- 9) Officials

9.1) Varsity — Minimum of one OHSAA Class 1 judge required. It is strongly recommended that two Class 1 judges officiate each meet. Class 2 judges may be utilized, but it is highly recommended that a Class 2 official judge with a Class 1 official.

- 9.2) Reserve/Junior Varsity — Minimum of one OHSAA Class 1 or 2 judge recommended.
- 9.3) Freshman — OHSAA Class 1 or 2 or non-registered level 8 JCI or higher recommended.

C. SPECIFIC REGULATIONS — Grades 7 & 8

- 1) Coaching, tryouts and instruction may begin — November 6, 2020.
- 2) First contest — December 7, 2020.
- 3) Coaching and Season end with the State Tournament — March 6, 2021.
- 4) Scrimmages — None permitted.
- 5) Regular season contests — 12 for team and individuals.
- 6) Rules — U.S.A. Gymnastics.

8) Officials — Minimum of one OHSAA Class 1 or 2 or non-registered level 8 JCI or higher recommended.

Gymnastics	2020-21	2021-22	2022-23	2023-24
Coaching and Tryouts Begin	11/6	11/5	11/4	11/3
Season Begins	12/7	12/6	12/5	12/4
Non-Interscholastic Date	1/18	1/17	1/16	1/15
Sectional & District	2/15-2/27	2/14-2/26	2/13-2/25	2/12-2/24
State	3/5-3/6	3/4-3/5	3/3-3/4	2/29-3/1
Season Ends	3/6	3/5	3/4	3/1
Easter	4/4	4/17	4/9	4/12

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 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.

ONLINE RESOURCES

On our website (ohsaa.org – click on “Respect the Game” on the right side of the screen) you will find **Fair Play Codes** for athletes, coaches, and fans, as well as additional information regarding **parents' role in interscholastic athletics**. The Respect the Game site also includes information about the Harold A. Meyer Sportsmanship Award and the Archie Griffin Sportsmanship Award. Please feel free to contact us with any additional questions. A direct link can be found by clicking on <http://www.ohsaa.org/RTG/Resources/resources.htm>

HAVE A GREAT SEASON!