

GIRLS' GYMNASTICS

2017-2018

1. SEASON OF PLAY

Girls = Winter Season

2. LEVELS OF COMPETITION

Girls

3. ELIGIBILITY

Each school may enter up to 6 competitors per event, per division in Artistic Gymnastics;

For Sports Aerobics, a school may send at least one team that may be comprised of 4, 5, or 6 girls.

Any athlete participating in an OFSAA **Festival** or an OFSAA qualifying event must have participated as a member of a bona fide high school program during the current season under the supervision of a teacher-coach as certified by the school principal.

A high school program is defined as:

- Involving at least two athletes;
- a team must include non-current club competitors (i.e. may not be composed exclusively of current club competitors);
- a teacher-coach or teacher-supervisor from that school must be present at all locations where school team members are practicing as a team in a facility outside the school;
- at least one practice a week must occur in the school after January 1st with a teacher-coach or teacher-supervisor from that school present.

The individual's birth certificate indicates that she **has not reached her 19th birthday by January 1st** prior to the start of the school year in which the competition is held.

4. ELIGIBILITY SHEETS

Eligibility sheets must be to the Convener of the host school 5 school days before the Meet.

5. MEET TIME

The starting time for the day Meet will be determined at an October meeting by the designates.

6. EVENTS

The events in which competition will take place are: Sport Aerobics and Artistic Gymnastics.

Sport Aerobics:

- A team may be comprised of 4, 5, or 6 girls. The number of teams that a school can send to the

Meet will be decided by the Convener.

- Each member of a school's sports aerobics team must have competed as a member of the school's artistic gymnastics team in at least one artistic gymnastics competition during the current competitive season. Members of the school's sports aerobics team do not have to qualify for an SOSSA INC. artistic gymnastics event to qualify for the SOSSA INC. sports aerobics team.

Artistic Gymnastics (Vault, Uneven bars, Balance Beam, Floor Exercise):

Competitive Divisions:

Gymnasts are registered in gymnastics programs as recreational or competitive gymnasts (OCP levels 1-10). The coach should obtain this information before the gymnasts can be placed in the correct division. This information can be obtained from gymnastic programs, clubs, and/or Gymnastics Ontario.

The competitive divisions shall be named Levels 1, 2, 3, 4, 5, 6. For clarification purposes: Levels 1-5 may enter one or more events; Level 6 gymnasts must compete in at least two events.

Artistic Gymnastics Experience

Any gymnast who has competed or is currently competing at OCP Level 2 must compete in high school Level 2 or higher.

Any gymnast who has competed or is currently competing at OCP Level 3 must compete in high school Level 3 or higher.

Any gymnast who has competed or is currently competing at OCP Level 4 must compete in high school Level 4 or higher.

Any gymnast who has competed or is currently competing at OCP Level 5 must compete in high school Level 5 or higher.

Any gymnast who has competed or is currently competing at OCP Level 6 or higher must compete in high school Level 6.

Power Tumbling Experience

Any gymnast who has competed or is currently competing at Interclub Power Tumbling (Levels C, B or A) or Provincial Level D Tumbling must compete in high school Level 2 or higher.

Any gymnast who has competed or is currently competing at Provincial Level C or B Tumbling must compete in high school Level 3 or higher.

Any gymnast who has competed or is currently competing at Provincial Level A or National Tumbling must compete in high school Level 5 or higher.

High School Gymnastics Experience

A girl may compete in each of Level 1 and Level 2 for one year only.

OFSAA Experience

A girl who has placed in the top six (6) in any event in Level 3 of OFSAA competition must compete Level 4 or higher in succeeding years.

A girl who places in the top six (6) in any two (2) events in Level 4 of OFSAA competition, must compete in Level 5 or higher the next year.

A girl who has placed in the top six (6) in three (3) events in Level 5 at OFSAA, must compete in Level 6 in succeeding years.

Category Petition Procedure:

Petitions should be received in writing by the Sport Advisory Committee Chairperson by February 1st. Petitions must be forwarded by the school coach on school letterhead accompanied by a cheque for \$25 made payable to OFSAA. A copy must be sent by the coach to the Association convener. Athletes from out-of-province or out-of-country must petition to determine their level of competition. Petitions will not be dealt with unless submitted in writing and accompanied by the petition fee. The Petition Committee shall be composed of three (3) members, one (1) of whom shall be the Chairperson of the Sport Advisory Committee. Any decision shall be given in writing.

Successful petitions must be re-submitted in the following competitive season with all competitor results for review by the Petition Committee. This information must be forwarded by the school coach on school letterhead. There is no fee for this procedure. A copy must be sent by the coach to the Association convener. After reviewing the results, the Petition Committee will respond in writing to verify the gymnasts' category for that competitive season.

7. EQUIPMENT SPECIFICATIONS FOR ARTISTIC GYMNASTICS

- Olympic order for the 4 events in which competition will take place are: Vault, Uneven Bars, Balance Beam & Floor Exercise

- Equipment and Event Specifications:

Vault	-	Height 120 cm
Uneven Bars	-	Low Bar 155cm, High Bar 235cm
	-	Bars may be moved in or out.
	-	In all categories girls taller than 165cm may move both bars up one notch.
	-	Wide bar extenders must and cable bars will be provided.
Balance Beam	-	120cm padded beam only.
	-	Time 0:30 - 1:30 seconds.
Floor Exercise	-	floor area 12m X 12m.
	-	Time 0:30 - 1:30 all divisions: Music must be recorded at the beginning of a new cassette tape or CD

for each gymnast. *A .5 penalty will be imposed on the gymnast final score if a gymnast appears without a cassette or if the music is not recorded at the beginning of the tape.

- An interruption of 10 seconds is possible due to a fall on or from the beam and 30 sec. due to a fall from the bars. This will be timed separately. Exceeding the time limit on the fall will mean the routine is finished.
- Landing pits a minimum of 12cm thickness will be provided for each apparatus. Additional landing mats will not be permitted under beat boards for mounting beam or bars.

8. **MEDICAL PERSONNEL**

Every attempt will be made by the Convener to have an Athletic Trainer in attendance or readily available. Coaches shall provide all consumable medical supplies (e.g. tape, bandages) for their athletes.

9. **PAYMENT OF OFFICIALS**

The hosting school will charge each participating school an amount to compete. The amount will be determined at the October meeting.

10. **OFFICIALS**

Officials will be procured as soon as the Invitational date is established. The host school and/or the Convener will get the Officials.

11. **ZONE INVITATIONAL MEET FORMAT**

The format for a Zone Invitational Meet will be determined at the Conveners Individual Sport Body Meeting. All schools participating are to send a representative to the Conveners Individual Sport Body Meeting otherwise forfeit all **rights for input into** the Invitational Meet.

MEET FORMAT SUGGESTIONS:

- The date of the Zone Invitational Meet will be set in October of the competing school year. It is usually approximately 2 weeks prior to SOSSA; and SOSSA is approximately 2 weeks prior to OFSAA Meet.
- Dates are available from the minutes of the SOSSA Annual Meeting in June of each school year;
- Hosting and Assisting Schools will be decided in October;
- Meet will consist of March-In, Opening Ceremonies, General Warm-up, Timed Warm-up, Competition & Presentation of Awards

Suggested Warm-up Sessions may be provided as follows:

- Option A-Twenty (20) minute general warm-up (non-apparatus)
- each competitor receives a one minute and 30-second warm-up

- Option B-General stretch (no tumbling) -1/2 hour event warm up -beam 2 min., bars 2 1/2 min., floor/vault - 90 sec.

12. SCORING AND AWARD FORMAT

The individual gymnast will receive a raw score out of 10 for each event.

Ribbons will be given for the top 6 scores per event per level 1, 2, 3, 4, 5, and for the top 6 overall gymnasts in level 6.

13. ENTRY FORMAT FOR SOSSA and OFSAA

- a) SOSSA entry allows 6 artistic competitors per event per school;
- b) OFSAA entry allows the top 4 artistic competitors per event for Levels 1, 2, 3, 4, & 5 and top 4 all round artistic competitors for Level 6.
- c) In Sport Aerobic Competition, SOSSA will send the top 2 teams.

1 champion from each Zone will go to SOSSA. The championship will held in the spring at least one week prior to the OFSAA.