



**2018
ALLSTATE SUGAR BOWL/LHSAA
GIRLS' GYMNASTICS**

State Championship Bulletin



GIRLS' GYMNASTICS STATE MEET

GENERAL INFORMATION

CHAMPIONSHIP INFORMATION

Saturday, April 28, 2018
Baton Rouge Magnet High School
Tournament Director | Kevin Nee, Baton Rouge Magnet High School
LHSAA Director | Adam MacDowell
2017-2018 USAG Rules will be followed

ENTRY BLANKS

Entry blanks must be sent by certified mail to Kevin Nee with a postmarked date of April 9, 2018.

The entry blank must be accompanied by a school check made payable to the LHSAA in the amount of \$15 per student entered.

Mail to:

Kevin Nee, Gymnastics Meet Director
Baton Rouge Magnet High School
2825 Government St | Baton Rouge, LA 70806

USAG COMPLIANCE

The meet director of the host school will be responsible for securing regulation USAG-approved equipment and such officials, scorers and other attendants as necessary for conducting the meet.

COACHES PROTOCOL

Coaches will be allowed to submit as many names as he/she desires on the school entry blank but contestants are limited to competition in only one division. All contestants must meet all LHSAA eligibility requirements.

Substitutions or additions after the deadline will not be permitted. If a contestant is ill, injured or unable to compete for any reason, she will be withdrawn from competition without a replacement.

Except in the case of the bullet point below, a school representative must be present at the coaches' meeting or that school's contestants will not be allowed to participate. The time of the coaches' meeting will be set by the meet director.

In order to compete, a team with three or more individuals must be accompanied by a faculty member of its school or a certified Non-Faculty coach. By mutual written agreement, two schools in the same area, one school sending three or more individuals and the other school sending one or two individuals, may choose one faculty representative from either school to accompany these participants to any high school meet.

The conduct of coaches will be governed under the provisions of the USAG.

UNIFORMS

In order to meet uniform requirements, contestants must be dressed in leotards with matching briefs.

PROTESTS

Protests may be made only by a school representative and must be submitted to the meet director no later than thirty (30) minutes following the final event of the meet. The meet director will ensure that the protest is disposed of in accordance with USAG guidelines.

PENALTIES

If the provisions of the Entry Blank Deadline and/or Certifications of Coaches are not met, the school and its contestants may be allowed to enter and compete in the tournament by paying a \$50 fine for one individual competition or a \$100 fine for two or more competitors. The deadline for paying the delinquent fee in order to participate shall be 48 hours prior to the start of the first day of the meet. (Rule 16.3.7, page 109 of the LHSAA Handbook)

ADMISSION

The admission charges for each session will be as follows:

- Students - \$5.00 | Adults - \$10.00

EQUIPMENT MEASUREMENTS

The equipment measurements for the state tournament must meet the following specifications:

1. Floor Mat 39'4-7/16" x 39'4-7/16"
2. Balance Beam 47-1/4" or 120 cm
3. Vault 47-1/4" or 120 cm
4. Parallel Bars High Bar - 90-9/16" or 230 cm
Low Bar - 59-1/16" or 153 cm
(The low bar may not be lowered below 150 cm. Otherwise, either bar may be moved up or down to facilitate swinging by the gymnast.)

DETERMINING THE OVERALL CHAMPION TEAM

<u>Division</u>	<u>Scores to Count</u>
I	High score in each of the 4 events
II	Top two scores in each of the 4 events
III	Top three scores in each of the 4 events

AWARDS

Awards will be given to the team members of each division champion and runner up along with first, second and third place awards to the all-around gymnasts and first, second and third place winners in each event in each division.

Team trophies will be presented to the overall championship and runner-up team when considering the team scores of all three (3) divisions. Six (6) individual awards will be presented to the members of the overall championship and runner-up teams.

DIVISIONS

DIVISIONS

A. Gymnasts will compete in one of the following divisions:

- DIVISION I - Consists of competition in optionals with difficulty as defined in Level 8 optionals.
- DIVISION II - Consists of competition in compulsories only in Level 4 as written.
- DIVISION III - Consists of competition in compulsories only in Level 3 as written.

DIFFICULTY LIMITATIONS ON LEVEL 8 OPTIONALS

Value Parts A = .10 B = .30 C = .50	4 A's 4 B's 0 C's
Start Value	10.0
Additive Value	Not eligible for Additive Value
Difficulty Restrictions for Bars, Beam and Floor	"C's" receive "B" Value Part credit. "D/E" BB/FX Acro elem. & UB mounts, dismounts & releases VOID exercise. All other "D/E's" receive 2.00 penalty & no Value Part credit is given.
Vaults Allowed	Group 1, 3, 4 & 5 Vaults indicated on the Lev. 8 chart (Handsprings, Tsukaharas & RO entry). All other vaults are not permitted & if performed, VOID the event.

SPECIAL REQUIREMENTS

Deduct 0.50 for each missing SR for all levels

BARS:

1. Min. of 1 bar change.
2. & 3
3. Two elements, same or different, minimum of B:
 - One element with flight or turn,
 - One element from Groups 3, 6 or 7
4. Salto dismount, minimum of A

BEAM:

1. Acro series-min. of 2 elements, 1 with flight. (Both must start & finish on beam.)
2. Dance series with a min. of 2 elements, one a leap/jump requiring 180 degree split.
3. Minimum of 360 degree turn on one foot.
4. Aerial or salto dismount, min A.

FLOOR:

1. One Acro series w/2 saltos, same or different.
2. Three different saltos within the exercise.
3. Dance series with a min. of 2 elements, one a leap (one foot take-off) requiring 180 degree cross or side split.

Min. of A salto as last salto or in last connection of saltos.

DIVISIONS CONT.

B. High school gymnasts who registered USAG competitors must compete in the high school division comparable to her level; however, she may compete higher than her level.

USAG SCALE: Level 8 or AboveLHSAA Division I
 Level 6 or 7LHSAA Discretion of Coach
 Level 4 or 5LHSAA Division II
 Level 3LHSAA Division III

Compulsories or optionals will be conducted in the following four events:

1. Vault
2. Uneven Parallel Bars
3. Balance Beam
4. Floor Exercise

Schools will not be limited to the number of entries in each division. Gymnasts may compete in only one division.

Only the scores of the top three (3) gymnasts in each event will count toward their team score in each division.

GIRLS' GYMNASTICS ENTRY FORM

Deadline: Monday, April 9, 2018 (Postmarked)

Entries should not be sent to the LHSAA. Send by certified mail to Kevin Nee, Baton Rouge Magnet High School, Baton Rouge, LA 70806

Each entry must be accompanied with a school check made payable to the LHSAA in the amount of \$15 per student entered.

Schools shall have unlimited entries per event.

NAME OF SCHOOL:	
NAME OF COACH:	
EMAIL OF COACH:	
SIGNATURE OF COACH:	
SIGNATURE OF PRINCIPAL:	
DATE:	

DIVISION I			
<i>USAG Level 8 or Higher Competition</i>			
FLOOR	BEAM	VAULT	BARS
1.	1.	1.	1.
2.	2.	2.	2.
3.	3.	3.	3.
4.	4.	4.	4.
5.	5.	5.	5.
6.	6.	6.	6.
7.	7.	7.	7.
8.	8.	8.	8.
9.	9.	9.	9.
10.	10.	10.	10.
11.	11.	11.	11.
12.	12.	12.	12.

DIVISION II
USAG Level 4 or 5 Competition

<i>FLOOR</i>	<i>BEAM</i>	<i>VAULT</i>	<i>BARS</i>
1.	1.	1.	1.
2.	2.	2.	2.
3.	3.	3.	3.
4.	4.	4.	4.
5.	5.	5.	5.
6.	6.	6.	6.
7.	7.	7.	7.
8.	8.	8.	8.
9.	9.	9.	9.
10.	10.	10.	10.
11.	11.	11.	11.
12.	12.	12.	12.

DIVISION III
USAG Level 3 Competition

<i>FLOOR</i>	<i>BEAM</i>	<i>VAULT</i>	<i>BARS</i>
1.	1.	1.	1.
2.	2.	2.	2.
3.	3.	3.	3.
4.	4.	4.	4.
5.	5.	5.	5.
6.	6.	6.	6.
7.	7.	7.	7.
8.	8.	8.	8.
9.	9.	9.	9.
10.	10.	10.	10.
11.	11.	11.	11.
12.	12.	12.	12.

GIRLS' GYMNASTICS STATE MEET

TENTATIVE SCHEDULE

SATURDAY, APRIL 28, 2018

ALL GIRLS	
LEVEL 3 - SESSION 1	
<i>St. Amant, Caddo Magnet, East Ascension</i>	
7:55 AM	STRETCH
8:15 AM	WARM-UPS (ALL 4 EVENTS)
9:15 AM	OPENING
11:15 AM	FINISH
LEVEL 3 - SESSION 2	
<i>All other Level 3 competitors</i>	
11:20 AM	STRETCH
11:40 AM	WARM-UPS (ALL 4 EVENTS)
12:10 PM	OPENING
1:10 PM	AWARDS (SESSION I & II)
LEVEL 4	
1:10 PM	STRETCH
1:30 PM	WARM-UPS (ALL 4 EVENTS)
2:30 PM	OPENING
4:10 PM	AWARDS
LEVEL 8	
4:10 PM	STRETCH
4:30 PM	OPENING/WARM-UPS/COMPETITION
7:00 PM	AWARDS

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