2019 NJSIAA/NJSCHOOLSPORTS GIRLS GYMNASTICS CHAMPIONSHIPS

TO THE ATHLETIC DIRECTOR (ATTENTION - HEAD GYMNASTICS COACH)

(COACHES MUST HAVE A COPY OF THESE INSTRUCTIONS AVAILABLE AT EACH MEET)

TO QUALIFY

All scores must be verified; ONLY NATIONAL FEDERATION OPTIONAL SCORES WILL BE CONSIDERED.

COACHES: Please enter your rosters, schedules and team info by the start of the season to: www.njschoolsports.com. If you do not know your school code, or encounter problems, please contact support@njschoolsports.com or the NJSIAA. PLEASE CHECK THE ACCURACY OF YOUR TEAM RECORDS, ROSTERS AND TEAM INFO BEFORE THE TOURNAMENT CUTOFF. See the New Instructions for logging into njschoolsports and entering rosters and team info.

REPORTING SCORES

All varsity scores MUST be reported to www.njschoolsports.com as soon as possible after each meet.

To promote fairness in competition and the health and safety of student athletes, no NJSIAA member school will be eligible to participate in any NJSIAA Championship Tournament if it has violated the Specific Sports Regulations for the sport including, but not limited to, the start of practice, the start and ending of the sport season and the maximum contests permitted during the regular season. The application of this eligibility standard is non-appealable.

ARTICLE IX SPORTSMANSHIP, d: Any person (athletic department, staff member, Student-Athlete, or a fan or spectator associated with a member school) who engages in any verbal, written, or physical conduct related to race, gender, ethnicity, disability, sexual orientation or religion shall not be tolerated, could subject the violator to ejection, and may result in penalties assessed against your team.


RULE 10. Gymnastics

Section 1. Rules. The National Federation Girls Gymnastics Rules unless modified shall govern all NJSIAA meets.

Section 2. Start of Practice. – August 12th.

Section 3. Start of Regular Season. Tuesday after Labor Day.*

*Unless Early Opener has been requested.

Section 4. End of Season. As provided for in Rule 2, Section 10.

Section 5. Transfers on or after half of the season [Start is 9/3/19 = October 3, 2019, not eligible for post-season play. (See Article IV, Section 4. K.2.(d).

Section 6. Meets Per Day. A competitor shall not compete in more than one (1) meet during the same calendar day.

Section 7. Meets Per Week. Not more than a total of three (3) meets may be held per week (including scrimmages, as provided for in Rule 2, Section 7, Article 2), and they may not be held on consecutive days. Any member school may choose to play one four-game week per season by adding a game that has been postponed earlier due to either weather, facility or bus problems, to a three-game week prior to the State Tournament.

Section 8. Postponed Meets. One postponed meet per week may be worked into the scheduling, but under no circumstances shall meets be held on three (3) consecutive days.

Section 9. Maximum Meets. An individual may participate in only fifteen (15) meets per season, plus the State Tournament.

Sectionals

TEAM ENTRIES AND QUALIFICATIONS – PARTICIPATION REQUIREMENTS

Member schools must have competed as a team, on an interscholastic basis in at least six (6) meets to be eligible for a team championship. Teams must be sponsored by their Board of Education, or non-public school equivalent.

Any varsity team accumulating three (3) or more gymnast or coach disqualifications for flagrant unsportsmanlike conduct prior to the start of the NJSIAA Tournament will not be permitted to participate in same. Seeded teams will forfeit their right to compete if a disqualification limit is reached prior to the start of the tournament for the team.

Entries must be made online no later than Wednesday, October 23, 2019. Appeals will not be heard when entry has not been received. Team/Individual entries that are received late will be charged a penalty of $70.00 and will be seeded in the last available position.
TEAM ENTRIES AND QUALIFICATIONS (Continued)

[A school that does not have a gymnastics team may sponsor no more than two independents per season. School districts with 3 or more gymnasts shall be considered a team and compete under the team regulations. Member schools who sponsor gymnastics teams may not enter gymnasts as independents into a dual/tri meet.]

Teams can qualify in only one of two ways:

A. **Top six (6) Teams per Section:** Having one of the six (6) highest total scores based on any three (3) meets (i.e., dual meets, tri-meets, tournaments). (Tri-meets and tournaments are considered one qualifying score for team and individual entries.)

   **NOTE:**
   - All qualifiers are eligible for team scoring.
   - The top 3 scores in each event count toward the team score.
   - If a team has more than 4 qualifiers on an event and wishes to add non-qualifier(s) in that event, the non-qualifier's score must count toward the team score but may not medal in that event or All-Around.
   - An All-Around qualifier must qualify in all four events.

B. **Alternate Route:** Having at least three (3) competitors attain individual qualifying scores in all four events in at least two interscholastic meets; i.e., dual meets, tri-meets, tournaments. Competitors need not be all-around. (Tri-meets and tournaments are considered one qualifying score for team and individual entries.) Participation in at least six (6) meets is required.

   **NOTE:**
   - Tournament scores submitted will be considered only when team awards are given.
   - Coaches must be present, and must remain in the gym throughout the competition.

Schools will be notified by phone or email if their team will be one of the teams competing for a sectional team championship.

**INDIVIDUAL ENTRIES & QUALIFICATIONS**

A. Any gymnast with two (2) or more disqualifications in the current season, prior to the start of the NJSIAA tournament, will be unable to compete in said tournament.

B. A contestant who is a member of a high school gymnastics team or an independent must achieve, in meets up to and including Tuesday, October 22, 2019, the following NJSIAA optional qualifying scores in at least two (2) interscholastic meets:
   - **8.60** in Vaulting
   - **7.80** in Uneven Parallel Bars
   - **8.20** in Balance Beam
   - **8.50** in Floor Exercise

   **NOTE:** Appeals will not be heard. A contestant must achieve the minimum score.

**INDEPENDENT ENTRIES & QUALIFICATIONS**

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**ATTENTION ATHLETIC DIRECTORS / COACHES OF INDEPENDENTS**

Schools entering independents and not presently competing on an interscholastic basis are advised to read carefully the Procedures - "Coaches" Appointed to Accompany Teams or Independents to NJSIAA Championships in the NJSIAA Handbook. Tournament Directors will disqualify any contestant who is accompanied by someone in a coaching/spotting capacity who is not properly certified and appointed by the Board of Education. A properly appointed coach will thereafter be subject to the Rules and Regulations, Rule 2, Section 11 - Out-of-Season Practice. If a substitute coach is used, written authority from the school's Principal must be presented.

A. An independent contestant who is enrolled in a NJSIAA member school which does not sponsor an interscholastic gymnastics program may enter provided the school:

1. Submits the official entry form and independent competition entry form for the Sectional Championships online no later than Wednesday, October 23, 2019. Team roster and/or independent qualifiers must also be entered online on the same date to corresponding sectional directors. **Scan and email only the signature page (page 9). Please scan and email or mail the signed official score sheets (completed in ink) to the Sectional Director.**

2. Provides verification that contestant has achieved NJSIAA optional qualifying scores listed above in two (2) interscholastic meets; master score sheets must be signed by a superior judge and both coaches and attached to the entry form.

3. Due to the additional time required to judge gymnasts from schools not sponsoring a gymnastic program when attempting to qualify for NJSIAA competition, the independent/independent's school district must pay the official(s). Such participants will be expected to reimburse the official(s) a fee of $15.00 per official for each independent. The independent must carry a verification letter from the Board of Education for the independent and the board approved coach.

4. **The school represented by an independent gymnast must schedule with the host school, and then notify the other competing school(s).** Scheduling must be done in advance, with permission of the home coach, so that all schools are aware that independents will be competing.

5. **No more than three (3) independents may participate in any dual/tri-meet. Once qualifying scores have been achieved, independents may only compete in one dual/tri meet a week after achieving the qualifying scores.** Independent shall be allowed to compete in Invitationals, Conference, and/or County meets as well as State Sectional and Final meets.

6. Accepts the responsibility that the contestant will be accompanied at all meets by a coach or a certified faculty member approved by their Board of Education. The coach must remain with the athlete throughout each meet.

**NOTE:** A member school may enter all student-athletes who meet the qualifying criteria.
SCORE VERIFICATION
All score sheets submitted to verify teams and individuals, must be signed by the Superior Judge and both team coaches. They must be scanned and emailed or mailed to the proper Sectional Director.

Please circle qualifying scores. Tri-meets and tournaments count as one (1) score

TO COMPETE IN THE INDIVIDUAL STATE CHAMPIONSHIPS, A COMPETITOR MUST HAVE COMPETED IN THE SECTIONAL MEET IN THAT EVENT. TO COMPETE IN THE TEAM STATE CHAMPIONSHIP, A COMPETITOR MUST HAVE BEEN OFFICIALLY ENTERED IN THE SECTIONAL MEET.

SECTIONAL MEETS - Provisions will NOT be made for those taking SAT's.

NORTH I SITE:  Ridgewood High School | Time Schedule
DATE:  Saturday, November 2, 2019
MEET DIRECTOR:  Ms. Trisha Piotrowski
SEND ENTRIES TO:  Ms. Trisha Piotrowski
686 Newcomb Road, Ridgewood, NJ 07450
Cell Phone:  (201) 321-2913
E-mail: TrishaP219@aol.com

NORTH II SITE:  Bishop Ahr High School | Time Schedule
DATE:  Saturday, November 2, 2019
MEET DIRECTOR:  Ms. Amanda Cleveland-Miller
SEND ENTRIES TO:  Ms. Amanda Cleveland-Miller
57 Jefferson Street, Metuchen, NJ 08840
School Phone:  (732) 549-1108 x 606
E-mail: acmiller@bgahs.org

CENTRAL I SITE:  Manalapan High School | Time Schedule
DATE:  Saturday, November 2, 2019
MEET DIRECTOR:  Ms. Dorine Shapiro
SEND ENTRIES TO:  Mr. Ron Mazolla
250 Main Street, Apt 33, Spotswood 08884
Phone:  (732) 672-2455
E-mail: RonMazzz@aol.com

CENTRAL II SITE:  Hillsborough High School | Time Schedule
DATE:  Saturday, November 2, 2019
MEET DIRECTOR:  Ms. Mindy Verderami
South Brunswick High School
9 Mountain Ash Court, Monroe, NJ 08831
Phone:  (908) 963-8049
E-mail: mindy_verderami@sbschools.org

SOUTH SITE:  Seneca High School | Time Schedule
DATE:  Saturday, November 2, 2019
MEET DIRECTOR:  Mr. Brad Bauer
110 Carranza Road, Tabernacle, NJ 08088
School Phone:  (609) 268-4600 x 6630
E-mail: bbauer@lrhsd.org

NOTE: 1. Smoking regulations of host schools MUST be observed. Food will not be permitted in the gym. Any food brought to the meets, must be left outside the gymnasium.

2. A gymnast will be officially registered for the Sectional and State Championship when her name is on the official team competition entry form.
SECTIONAL ENTRY GUIDELINES

INDIVIDUAL ENTRY FEE
Fourteen dollars ($14.00) per girl, per event; i.e., if a girl is entered in all five (5) events - beam, bars, vaulting, floor, and all-around - the total fee for that competitor is seventy dollars ($70.00). This fee must be paid for every girl who submitted qualifying scores and must be mailed directly to NJSIAA. This fee will cover both the Sectionals and the Championships. Checks must be issued by the school; personal checks will not be accepted.

TEAM ENTRY FEE
EIGHTY dollars ($80.00). DO NOT MAIL THE TEAM ENTRY FEE UNTIL NOTIFICATION BY THE SECTIONAL MEET DIRECTOR THAT THE TEAM HAS QUALIFIED. MAIL THE TEAM ENTRY FEE DIRECTLY TO NJSIAA. This fee covers both the Sectionals and the Championships.

Make all checks payable to the NJSIAA and mail directly to NJSIAA. Be sure your school's name appears on the check. PLEASE DO NOT SEND CASH. Vouchers must be accompanied by a self-addressed, stamped envelope.

ENTRY FEE IS TO BE MAILED TO: NJSIAA, 1161 Route 130 North, P.O. Box 487, Robbinsville, N.J. 08691

SECTIONAL ENTRIES
ENTRIES CLOSE ON TUESDAY, October 22, 2019 AND MUST BE ENTERED ONLINE: https://sites.google.com/site/njsiaagymnasticschampionships/ NO LATER THAN WEDNESDAY, OCTOBER 23, 2019. Signature page (page 9) and score sheets must be scanned and emailed to the corresponding Sectional Director by October 23, 2019.

Please read entry forms carefully. The Executive Committee of the NJSIAA has ruled that member schools failing to enter tournament properly will be excluded from tournament competition in that sport. Schools not submitting properly signed documentation will be prohibited from entering competition.

SECTIONAL MEET ENTRIES
RULES
2018-20 National Federation Girls Gymnastics Rules and NJSIAA modifications will govern all championship meets.

SCORING
Team score is determined by adding the top three (3) scores in each event for each school. Individual scores are determined by the average optional score in each event.

AWARDS
1. Team Trophy and a maximum of sixteen (16) certificates to the first place team in each Section. Gymnasts must be listed on official entry form to receive Sectional certificate.

2. Individual medals to the first five (5) places and certificates to the 6th through 12th places in each Event and the All-Around in each Section.

SUBSTITUTIONS

APPEALS
Appeals will not be heard; a contestant must achieve the minimum score.

DISQUALIFICATIONS
If an ineligible gymnast causes the school's failure to qualify for the championship, or if an ineligible gymnast participates in a championship meet, said school/gymnast will be disqualified from the championships immediately and their last opponent (school/gymnast) will advance in their place; schools/gymnasts eliminated prior to the last opponent will not re-enter Championship competition.

PROTESTS
Protests based upon an official's judgement, or misinterpretation, or misapplication of the playing rules will not be honored as per NJSIAA Bylaws, Article VII, Section 1.

ALCOHOLIC BEVERAGES/ILLEGAL SUBSTANCES
Gymnasts and coaches involved with alcoholic beverages and/or illegal substances before, during or after the meet, at the meet site or on school property, including chartered buses, shall be suspended from NJSIAA championship play for one year and be denied any championship rights.

This action was taken in support of the fact that such actions concerning alcoholic beverages and illegal substances are in violation of New Jersey State statutes and will be strictly enforced.
TEAM STATE CHAMPIONSHIPS
THURSDAY, NOVEMBER 7, 2019

TEAM - The top team in each section and the remaining five (5) teams with the highest team scores from all sectional results will advance to the State Championships. Team ties for the lowest qualifying position will advance to the State Championships.

The qualifying teams will be notified by the State Championship Director. Coaches are not to call the Director in advance of notification. Calls from parents will not be accepted.

A team will consist of four (4) gymnasts on each event. Three (3) scores count towards team score. Substitutions may be made prior to the start of each event.

The State Meet will be seeded:

- Teams #2 & #1 bye
- Teams #4 & #3 vault
- Teams #6 & #5 bars
- Teams #8 & #7 beam
- Teams #10 & #9 floor

The lower seeded team will compete 1st on all events. For touch warm-ups on V, UB, & FX: When reporting to the event, the lower seeded team will touch, then compete. The higher seeded team will then follow them by touching and competing after. For BB, follow bump in procedure on p. 7.

INDIVIDUAL STATE CHAMPIONSHIPS
SATURDAY, NOVEMBER 9, 2019

TO COMPETE IN THE INDIVIDUAL STATE CHAMPIONSHIPS, A COMPETITOR MUST HAVE COMPETED IN THE SECTIONAL MEET IN THAT EVENT. TO COMPETE IN THE TEAM STATE CHAMPIONSHIP, A COMPETITOR MUST HAVE BEEN OFFICIALLY ENTERED IN THE SECTIONAL MEET.

INDIVIDUALS - Contestants in the first five (5) places in each event and the all-around in each Section will advance to Individual Championships. Any individual scoring 36.00 or above in All-Around at the Sectional competition, will advance as well. Ties shall stand, as per Rule 4, Article 3 of the 2018-20 National Federation Rulebook.

SITE - MONTGOMERY HIGH SCHOOL

HOST SCHOOL: Montgomery High School

TIME SCHEDULE

DIRECTOR
Ms. Barbara Wallace
21 Berkshire Drive
Sewell, NJ 08080
Home: (856) 228-0296
Office: (856) 534-5450
E-mail: bwallace311@gmail.com

TEAM COMPETITION (11/7)
3:30 pm Registration/Bars Settings
4:15 pm Coaches Meeting
4:30 pm March-in*

INDIVIDUAL COMPETITION (11/9)
8:30 am Registration/Bars Settings
9:00 am Coaches Meeting
9:15 am March-in*

*Warm-up/Compete format will begin after March-in

AWARDS

A. State Individual Championships
   1. Medals to the first twelve (12) places.

B. State Team Championships
   1. Trophy and a maximum of sixteen (16) certificates to the first place team. Gymnasts must be listed on official entry form to receive Championship certificate.
Warm-up Procedures
for Sections and States

The squad will warm-up prior to the start of competition for that rotation (warm-up/compete)

Vault:
- Block squad by height for warm-up
- Three touches of the vault (run-by does not count)

Bars:
- Block warm-up by bar setting
- Warm-up time: two minutes per gymnast (not counting the time to set the bars) may be blocked

Beam:
- Warm-up time: two minutes per gymnast (may be blocked)

Floor:
- Warm-up time: two minutes per gymnast (may be blocked)
ADMISSION

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<thead>
<tr>
<th></th>
<th>Sectional Meets</th>
<th>State Championships</th>
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<tbody>
<tr>
<td>Adults</td>
<td>TBD</td>
<td>TBD</td>
</tr>
<tr>
<td>Students (K-12) and Senior Citizens</td>
<td>TBD</td>
<td>TBD</td>
</tr>
</tbody>
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ONLY COMPETITORS ARRIVING WITH TEAM, TEAM MEMBERS IN UNIFORM AND TWO (2) COACHES/CERTIFIED FACULTY MEMBERS FROM EACH SCHOOL WILL BE ADMITTED FREE. ANY QUESTIONS, CONTACT YOUR MEET DIRECTOR.

Volunteer coaches must present (upon request) proper documentation from the Board of Education.

Non-public schools must present (upon request) proper documentation from the school Principal.

ALL TICKETS WILL BE SOLD AT THE GATE. SCHOOLS MUST INFORM THEIR STUDENTS AND THE LOCAL NEWS MEDIA OF THE ADMISSION POLICY.

ADMINISTRATIVE AND SUPERVISORY PERSONNEL OF COMPETING SCHOOLS WILL BE ADMITTED BY IDENTIFYING THEMSELVES TO THE GATE PERSONS.

GEOGRAPHICAL PLACEMENT FOR COMPETING AT SECTIONAL GYMNASTICS TOURNAMENT

**North I**
All teams that compete for schools from Passaic, Bergen, Hudson, Sussex, Essex and Morris counties

**North II**
All teams that compete for schools from Union and Warren counties with the addition of Watchung Hills, Ridge, Old Bridge, Bishop Ahr and J.P. Stevens.

**Central I**
All teams that compete for schools from Monmouth County

**Central II**
All teams that compete for schools from Somerset, Middlesex, and Hunterdon counties

**South**
All teams that compete for schools from Atlantic, Burlington, Camden, Cape May, Cumberland, Gloucester, Mercer, Ocean and Salem counties.

**INDEPENDENTS WHO QUALIFY WILL BE ASSIGNED TO A SECTIONAL BY NJSIAA**
**COACHES: PLEASE MAKE NOTES OF THE FOLLOWING DEADLINES:**

<table>
<thead>
<tr>
<th>Deadline Date</th>
<th>Requirement</th>
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<tbody>
<tr>
<td>On or before: Tuesday, 10/22/19</td>
<td>Last day to Qualify for Sectionals</td>
</tr>
<tr>
<td>On or before: Wednesday, 10/23/19</td>
<td>Complete Page 9 (<em>Signature Page</em>) &lt;br&gt;Scan and email to the appropriate Sectional Director</td>
</tr>
<tr>
<td>On or before: Wednesday, 10/23/19</td>
<td>Submit your: Individual or Independent entries <strong>ONLINE</strong> &lt;br&gt;Use “INDIVIDUALS Entry Form” &lt;br&gt;<a href="https://sites.google.com/site/njsiaagymnasticstournament/">https://sites.google.com/site/njsiaagymnasticstournament/</a></td>
</tr>
<tr>
<td>On or before: Wednesday, 10/23/19</td>
<td>Submit your: Top 3 Meet Scores <strong>ONLINE</strong> &lt;br&gt;Use “TOP 3 MEET SCORES Entry Form” &lt;br&gt;<a href="https://sites.google.com/site/njsiaagymnasticstournament/">https://sites.google.com/site/njsiaagymnasticstournament/</a></td>
</tr>
<tr>
<td>On or before: Wednesday, 10/23/19</td>
<td>Submit your: Team Roster <strong>ONLINE</strong> &lt;br&gt;Use “TEAM ROSTER Entry Form” &lt;br&gt;<a href="https://sites.google.com/site/njsiaagymnasticstournament/">https://sites.google.com/site/njsiaagymnasticstournament/</a></td>
</tr>
</tbody>
</table>

**Score Sheets** should be **scanned and emailed or mailed** to your Sectional Director

**Checks** should be made payable to NJSIAA and **mailed prior to the meet**:

NJSIAA  
1161 Route 130 North  
P.O. Box 487  
Robbinsville, N.J. 08691

Entries must be made online no later than Wednesday, October 23, 2019. Appeals will not be heard when entry has not been received. Team/Individual entries that are received late will be charged a penalty of $70.00 and will be seeded in the last available position.
2019 Girls Gymnastics Championships Official Sectional and State Entry Form

TO COMPETE IN THE INDIVIDUAL CHAMPIONSHIPS, A COMPETITOR MUST HAVE COMPETED IN THE SECTIONAL MEET IN THAT EVENT; TO COMPETE IN THE TEAM STATE CHAMPIONSHIP; A COMPETITOR MUST HAVE BEEN OFFICIALLY ENTERED IN THE SECTIONAL MEET.

TEAM INFORMATION:

Enclose copy of these score sheets signed by the Superior Judge and both team coaches.

Individual Entry Fee: $14.00 per girl, per event (beam, bars, vaulting, floor exercise, all-around). If competitor is entered in all five (5) events, the total fee is seventy dollars ($70.00). School check is required; personal checks will not be accepted.

Team Entry Fee: $80.00 per team upon notification

Coach or certified faculty member must be present throughout the meet.

Entries close on Tuesday, October 22, 2019 and must be entered online no later than Wednesday, October 23, 2019. Team entries that are received late, will be charged a penalty of $70.00 and will be seeded in the last available position.

ATTENTION COACHES: Schools entering individuals and not presently competing on an interscholastic basis are advised to read carefully the Procedure - "Coaches" Appointed to Accompany Teams or Individuals to NJSIAA Championships in the NJSIAA Handbook.

Tournament Directors will disqualify any contestant who is accompanied by someone in a coaching/spotting capacity who is not properly certified and appointed by the Board of Education. *A properly appointed coach will thereafter be subject to the Rules and Regulations, Rule 2, Section 11 - Out-of-Season Practice. If a substitute coach is used, written authority from the Principal must be presented.

*See page 7

PLEASE NOTE: ANY AND ALL BOARD APPROVED (PUBLIC) OR PRINCIPAL APPROVED (NON-PUBLIC) COACH IS BOUND UNDER NJSIAA RULES AND REGULATIONS, ESPECIALLY THE OUT-OF-SEASON COACHING RESTRICTIONS.

NOTE: STAMPED SIGNATURES NOT ACCEPTABLE.

__________________________________________
School

__________________________________________
Principal's Signature

__________________________________________
Athletic Director's Signature

__________________________________________
(PRINT) Coach/Certified Faculty Member

__________________________________________
Coach's E-mail Address

__________________________________________
(PRINT) Coach

MUST BE INCLUDED:

____ (____)__________
Coach's School Phone

____ (____)__________
Coach's Home Phone

____ (____)__________
Coach's Cell Phone

__________________________________________
(PRINT) Assistant Coach

THIS PAGE MUST BE SCANNED and EMAILED TO THE SECTIONAL DIRECTOR OR THE ENTRY WILL NOT BE CONSIDERED.