

2020-2021 NJSIAA SENIOR SHOWCASE

TO THE ATHLETIC DIRECTOR (ATTENTION - HEAD GYMNASTICS COACH)

GENERAL INFORMATION FOR ALL MEET RESULTS

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 BY THE HOME TEAM 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 NJSIAAA Post Season 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.

SPECIFIC SPORTS REGULATIONS (found in the *New Jersey State Interscholastic Athletic Association Handbook 2020-2021 Constitution, Bylaws, and Rules & Regulations*)

RULE 10. Gymnastics

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

Section 2. Start of Practice. – **March 1st**

Section 3. Start of Regular Season. March 16, 2021

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

Section 5. Transfers on or after **half of the season [3/27/21]**, 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. **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.**

If a dual meet cannot take place as scheduled due to a COVID-19 related concern, a virtual meet will be permitted with Bill Bruno's approval.

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 twelve (12) meets per season.

Senior Showcase

PARTICIPATION REQUIREMENTS

[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.]

NOTE: Coaches must be present and must remain in the gym throughout the competition.

****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 participate in a minimum of two (2) meets up to and including Friday, April 16, 2021

****INDEPENDENT ENTRIES & QUALIFICATIONS****ATTENTION ATHLETIC DIRECTORS / COACHES OF INDEPENDENTS**

Schools entering independents and not presently competing on an interscholastic basis are advised to carefully read 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 Senior Showcase online no later than Friday, April 16, 2021. **Scan and email only the signature page (page 8) to the meet director.**
 2. Provides verification that contestant has competed 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. The Independents may only compete in one dual/tri meet a week.**
 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 senior-athletes who meet the qualifying criteria.

SENIOR SHOWCASE site:**Brick Memorial High School**

2001 Lanes Mill Road
Brick, NJ 08724

DATES: Friday, April 23, 2021 and Saturday, April 24, 2021

MEET DIRECTOR: Dorine Shapiro
Phone: (732) 239-2735
E-mail: DorineNJ@aol.com

Time Schedule

SOUTH TEAMS Friday, April 23, 2021
2:45 pm Registration/Stretching/Bar Settings
3:15 pm Coaches Meeting
3:30 pm March-in*

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

NORTH TEAMS Saturday, April 24, 2021
10:00 am Registration/Stretching/Bar Settings
10:30 am Coaches Meeting
10:45 am March-in*

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

Once all entries are received, coaches will be notified by email which session they are in.

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- 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 Senior Showcase when her name is entered online on the official competition entry form.

SENIOR SHOWCASE ENTRY GUIDELINESINDIVIDUAL ENTRY FEE

Twenty-five dollars (\$25.00) per girl, per event; i.e., if a girl is entered in all four (4) events – vault, bars, beam, and floor - the total fee for that competitor is one hundred dollars (\$100.00). This fee must be paid for every girl entered and must be mailed directly to NJSIAA. **Checks must be issued by the school; personal checks will not be accepted.**

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, Robbinsville, N.J. 08691

ENTRIES CLOSE ON FRIDAY, April 16, 2021 AND MUST BE ENTERED ONLINE:
<https://sites.google.com/view/2021-gymnastics> NO LATER THAN MIDNIGHT FRIDAY, April 16, 2021. Signature page (page 8) must be scanned and emailed to the corresponding meet director by April 16, 2021.

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.

SENIOR SHOWCASE MEET ENTRIESRULES

2020-22 *National Federation Girls Gymnastics Rules* and NJSIAA modifications will govern all meets.

SCORING

Individual scores are determined by the average optional score in each event.

AWARDS

1. Individual medals to the top fifteen (15) places in each event (vault, bars, beam, and floor)
2. There will be no all-around awards
3. Certificates will be given to all participants

SUBSTITUTIONS

As per Rule 3, Section 2, Article 3, in the *2020-22 National Federation Girls Gymnastics Rules and Manual*.

DISQUALIFICATIONS

If an ineligible gymnast participates in the meet, said school/gymnast will be disqualified from the meet immediately and their last opponent (school/gymnast) will advance in their place; schools/gymnasts eliminated prior to the last opponent will not re-enter the 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.

Warm-up Procedures **for Sectionals**

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). If there are 10 or more gymnasts in the squad, the squad may be split in half for warm-ups.

Floor:

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

***ADMISSION**

	<u>Senior Showcase</u>
Adults	TBD
Students (K-12) and Senior Citizens	TBD

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.

IF SPECTATORS ARE PERMITTED, 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.

***The NJSIAA HAS THE RIGHT TO AMEND, MODIFY, ADJUST, OR REVISE THE CONTENTS OF THIS DOCUMENT BASED ON WHAT THE CAPACITY WILL BE AT THE TIME OF THE SENIOR SHOWCASE.**

GEOGRAPHICAL PLACEMENT FOR COMPETING AT THE SENIOR SHOWCASE

TBD - Schools will be notified which site they are assigned to once all entries are in

COACHES: PLEASE MAKE NOTES OF THE FOLLOWING DEADLINES:

Deadline Date	Requirement
On or before midnight: Friday, 4/16/21	Submit your: entries ONLINE https://sites.google.com/view/2021-gymnastics
On or before: Friday, 4/16/21	Complete Page 8 (<i>Signature Page</i>) Scan and email to the meet director
<p style="text-align: center;">Checks should be made payable to NJSIAA and mailed prior to the meet:</p> <p style="text-align: center;">NJSIAA 1161 Route 130 North Robbinsville, N.J. 08691</p>	
<p>Entries must be made online no later than Friday, April 16, 2021. Entries that are received late will be charged a penalty of \$20.00.</p>	

2020-2021 Girls Gymnastics Official Senior Showcase Entry Form

Individual Entry Fee: \$25.00 per girl, per event (vault, beam, bars, floor exercise). If competitor is entered in all four (4) events, the total fee is one hundred (\$100.00). School check is required; personal checks will not be accepted.

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

Entries close on Friday, April 16, 2021 and must be entered online no later than midnight, Friday, April 16, 2021. Entries that are received late, will be charged a penalty of \$20.00.

ATTENTION COACHES: Schools entering individuals and not presently competing on an interscholastic basis are advised to carefully read 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 2

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

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 MEET DIRECTOR OR THE ENTRY WILL NOT BE CONSIDERED.



2020-21 Gymnastic Considerations

In support of the Guidance for Opening Up High School Athletics and Activities, the NFHS Gymnastic Rules Committee offers this document for state associations to consider whether any possible rules could be altered for the 2020-21 season. 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. 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 state.

Return to Competition

General Considerations:

- Social distancing of at least 6 feet should be maintained at all times. No hugging, shaking hands, or fist bumps for support/encouragement.
- Contact equipment manufacturers for specifics on proper cleaning protocols for their equipment. Continued use of disinfectant chemicals may reduce the life of the product. The application of disinfectant chemicals may have unintended results and place the gymnast at risk of injury.
- Remove common chalk bowls. Chalk bowls frequently become talking places for athletes.
- Consider wearing a cloth facial covering for non-coaching staff, coaching staff, and student athletes.
 - Student athletes should consider wearing cloth facial covering while in the facility and when moving from each apparatus, but not while participating on the equipment as the mask could come off, move, or become a distraction and increase the risk of injury.
- Social distancing should be in practice while waiting for a turn on the apparatus or moving from one event to another. Communicate gym policies clearly to participants and parents.
- Everyone should wash and sanitize their hands before entering and leaving the gym and must wash/sanitize their hands between rotation to different events.
- Cloth face coverings may be worn when entering and leaving the gym but should be stored in the athlete's gym bag during practice. It is not recommended that face coverings be worn while the athlete is participating on the equipment.

Considerations for Coaches:

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in "pods" of same students always training and rotating together on apparatus in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
- Athlete safety is paramount and coaches should not be restricted from spotting an athlete if necessary, to protect the athlete from injury.
- Expectations regarding spotting or alternative teaching/coaching methods should be clearly communicated repeatedly during practice.
- Follow CDC guidelines regarding social distancing.
- Follow the CDC guidelines for cleaning and disinfecting the building.

Considerations for Students:

- Consider making each student responsible for their own supplies
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- Hand sanitizer should be plentiful at all contests and practices.
- Athletes should tell coaches immediately when they are not feeling well.

Considerations for Judges:

- Bring personal hand sanitizer. Wash hands frequently
- Don't share equipment.
- Follow social distancing guidelines.
- Space judges 3-6 feet apart at judging tables.
- Do not shake hands and follow pre and post meet ceremony guidelines established by state associations.
- Judges and meet personnel may wear cloth face coverings.

Considerations for Parents (A family's role in maintaining safety guidelines for themselves and others):

- Make sure your child and immediate household members are free from illness before participating in practice and competition (if there is doubt stay home),
- Provide personal items for your child and clearly label them.
 - Gym bag, water bottle, grips, tapes, pre-wrap, wrist guards, personal chalk bag etc. (See gym bag document)
 - Individual chalk bags, plastic bins, buckets or other storage containers should be used and stored in the athlete's gym bag.

Gym Bag

Supplies needed for your personal gym bag:

1. A reusable **cloth facial coverings** – The mask, must be worn when entering the building and anytime you leave the gym. Once you have entered the workout area, you can put your mask into a baggie inside your gym bag. However, you must abide by the at least 6' apart rule at all times while in the workout area.
2. **Grips, wristbands** and any **braces** that are normally used during practices will stay in your gym bag.
3. Include a **travel size spray bottle** filled with water to spray your grips. Be sure to keep the spray bottle inside a **Ziploc bag** in case it leaks.
4. **Personal bottle of hand sanitizer** = less chance of possible cross contamination and less time standing around waiting to use a shared gym bottle – be sure to have this inside a **Ziploc bag**, in case it leaks. This will be used before each event and when exiting the building.
5. **Disinfectant wipes** for personal use to disinfect your feet – can be alcohol wipes. These will be used when entering, after each event and before exiting.
6. **1 ½" white athletic tape** and any other tape you normally use during practice.
7. **Fingernail clippers** – flat edge instead of round because they are for cutting rips
8. **Personal water bottles** for drinking– the water fountains will not be in use because of CDC guidelines. Bring two bottles if you think you will drink that much water.
9. Your shoes will also be stored in your gym bag, in a separate compartment or bag that is inside your gym bag. Preventing possible cross contamination with other items in the gym bag.
10. A **Gallon size freezer Ziploc bag** or plastic container big enough to get your hands into. Each gymnast will be given chalk for their personal use. There will not be any shared chalk buckets available in the gym.

Everything inside the gym bag must be disinfected after every practice – before you return to the gym again. Be sure the disinfectant doesn't contain bleach, it could ruin your bag. Be sure to spray the inside and the outside of the bag as well. This is for everyone's protection, we don't want to take a chance of carrying any potential virus back and forth.