

**CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
30 Realty Drive, Cheshire, Connecticut 06410**

2023-2024 CIAC GIRLS GYMNASTICS INFORMATION

CIAC Gymnastics Committee Chair
Tournament Director
Pat Simon – Jonathan Law High School, Milford
C – (203) 215-5015
Pat78simon@gmail.com

Meet Director
Kelly Smith – Daniel Hand High School, Madison
C – (203) 464-9728
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Meet Director – Coaches Chair
Hal Rettstadt – Pomperaug High School, Southbury
W – (203) 598-0403
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Rules Interpreter
Lori Buggee
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THE GIRLS' GYMNASTICS TOURNAMENT INFORMATION IS ARRANGED IN ELEVEN (11) SECTIONS

- 1.0 DIVISIONS
 - 2.0 TOURNAMENT INFORMATION
 - 3.0 QUALIFYING
 - 4.0 TEAM DIVISIONAL CHAMPIONSHIPS
 - 5.0 INDIVIDUAL QUALIFICATION – OPEN CHAMPIONSHIP
 - 6.0 ENTRY PROCEDURE
 - 7.0 EXPENSES / TICKETS
 - 8.0 FOREITS
 - 9.0 PROTESTS
 - 10.0 SUPERVISION / SPORTSMANSHIP
 - 11.0 TOURNAMENT RULES / PROCEDURES
- APPENDIX A – PETITION FOR NON-CIAC COMPETITION
APPENDIX B – GYMNASTICS SCORE SHEET
APPENDIX C – CERTIFICATIONS/COACHING CERTIFICATIONS

IMPORTANT DATES

Date of First Practice	November 30, 2023
Date of First Contest	December 14, 2023
Last Date to Count	February 19, 2024
All Scores Are Due	February 19, 2024
Seed Meeting	February 21, 2024 (9:00 a.m.)
Team and Individual Championships	February 24, 2024
Team and Individual Championship Snow Date	February 25, 2024 (Pending)
Open Championship	March 2, 2024
New England Championship	March 9, 2024

ALERTS

- **All gymnasts are required to compete in a minimum of six (6) meets. The average of the best five scores after the highest score is eliminated (per individual/per event, including all-around) achieved during the regular season competition will be used to determine qualification for the Open tournament.**
- **“Collaborative Teams”** replaces language for “Teams of One”
 1. Collaborative teams are permitted in the sports of cross country, gymnastics, golf, track and field, tennis, wrestling and swimming.
 2. Collaborative teams must be confined to a single host school per sport. A host school is not limited in the number of collaborative schools it can accommodate.
 3. Schools must declare that they are having a collaborative team each year by submitting the declaration form in the eligibility center.
 4. All eligibility forms and entry forms required for participation must be submitted by the school which the collaborative athlete(s) attend(s). This differs from a co-op team, where the “host” school submits all forms for all athletes on the team.
 5. Collaborative teams may practice with the host school. The host school may provide practice facilities, coaching staff, supplies, trainer services and other support necessary to carry out an interscholastic competitive season.
 6. Collaborative teams may qualify for CIAC tournaments as their own school within the parameters of the tournament regulations for that sport. Collaborative teams cannot qualify for the CIAC tennis state tournament.
 7. Financial compensation from collaborative schools to the host school will be determined between the schools.
 8. The final date for submission of appropriate “Collaborative” forms is the date of the first contest in that sport. Schools may not change the school they are linked with after that date.
 9. Appropriately certified coaches must be present at all practices and contests.
 10. Each school is responsible for submitting their own tournament entries.
- **Tournament Team Format** – The top four (4) scoring teams in the divisional meets will qualify to compete in the Open Meet to determine an Open team champion as well as a runner-up team. The top three teams in the Open Meet will represent Connecticut in team competition at the New England Gymnastics Championships.
- **Regular Season Scores** -- All regular season meet scores **MUST** be entered online on the day of the game as soon as possible following the game’s completion.

Scores may be entered via the Online Eligibility Center, the “Submit Scores/Forms” option of the “CIAC for Coaches” menu at ciacsports.com, or the “Submit Scores” button in our ciacmobile.com mobile site. Entering scores at ciacsports.com or ciacmobile.com requires either a coaches or scorekeeper’s access code, those codes are managed via the Online Eligibility Center and can be retrieved from a school’s athletic director.

- Only individual qualifying girls will be eligible to medal in each event and the all-around as determined under section 11.0 of the tournament packet. Also, the top 20 all-around scorers from the regular season will qualify for the all-around.

- Individuals competing in a non-school meet as unattached may not have their scores count for an outside team.
- **Students With Special Needs**– Coaches are reminded to inform contest officials prior to each competition of any students with special needs who could be competing in the contest when his/her disability could impact the individual’s performance or the conduct of the competition.

CIAC TOURNAMENT

1.0 **DIVISIONS** – There will be three (3) divisions – L, M, S

Divisions will be determined at the seeding meeting in February based upon the top 24 team averages. Enrollment figures of the previous school year will be used (dividing them into three equal groups (divisions)).

2.0 **TOURNAMENT INFORMATION**

- 2.1 **Team Division Championship** – Times for the three divisions will be announced after the seed meeting as indicated under “Important Dates”. Information will be available on the CIAC web site.

DIVISION L TEAM CHAMPIONSHIP

Jonathan Law High School, Milford

Meet Director: Kelly Smith – Daniel Hand High School, Madison

Cell (203) 464-9728

Email: smith.kelly@madisonps.org

DIVISION M TEAM CHAMPIONSHIP

Jonathan Law High School, Milford

Meet Director: Hal Rettstadt – Pomperaug High School, Southbury

Work (203) 598-0403 / Cell (203) 560-6951

Email: hrettstadt@gmail.com

DIVISION S TEAM CHAMPIONSHIP

Jonathan Law High School, Milford

Meet Director: Kasey Tocchio – Woodstock Academy / Killingly High School

Cell (860) 481-2179

Email: kaseyfillmore@yahoo.com

2.2 **OPEN INDIVIDUAL CHAMPIONSHIP**

New Milford High School

Meet Director: Pat Simon – Jonathan Law High School, Milford

Cell (203) 215-5015

Email: pat78simon@gmail.com

Coaches Meeting 11:00 a.m. / Warm-up 11:30 a.m. / Competition 12:00 p.m.

- 2.3 **New England Championship** – Listed under “Important Dates”
Site – TBA

3.0 QUALIFYING

- 3.1 To be eligible for consideration for the **Team Divisional Championship**, a team must have participated in a minimum of six (6) meets during the regular season. Only the first two meets with any single full team will count for tournament purposes.
- 3.2 Dual, tri, quad meets shall count. Each score from these meets shall count as ONE SCORE toward championship meet qualification. Do not, for example, count your score from a tri meet two times.
- 3.3 Individual and team scores must be submitted after each meet on the eligibility center or the submit scores/forms option under the CIAC for coaches menu at ciacsports.com or the submit scores button in our ciacmobile.com mobile site. Entering scores at ciacsports.com or ciacmobile.com requires either a coaches or scorekeeper's access code, those codes are managed via the online eligibility center and can be retrieved from the school's athletic director. Failure to have all updated scores submitted by the "Scores Due Date" as indicated under "Important Dates" will result in that school being fined \$50.
- 3.4 All meet scores to be considered for team and individual tournament qualification shall have at least one rated official per event. (If more than one event is going on at one time, use at least one rated official at each event.)
- 3.5 Gymnasts, including members of Collaborative Teams must have been members of their school team for a minimum of six meets during the regular season to be eligible for participation in the Division Team Championship or in the Individual Open Championship.
- 3.6 Gymnasts who have been approved to participate as Collaborative Teams shall only compete for CIAC tournament qualification in CIAC regular season competitions that are scheduled by the host school with which the Collaborative Team gymnast(s) participates. (The host school is the school that accepts the approved participation of the collaborative team.)
- 3.7 **All schools, including Collaborative Teams and cooperative teams are responsible for submitting all CIAC information and must ensure supervision by Connecticut certified coaches for their athletes at all meets and tournaments.**
- 3.8 Gymnastics teams of CIAC member schools may compete for qualifying purposes with schools in these categories:
 - Schools which are members of CIAC
 - Out-of-state schools which are members of their state association
 - The American School for the Deaf

NOTE: Girl gymnasts on CIAC member school teams are permitted to participate in a maximum of four (4) USGA-sanctioned meets during the course of the interscholastic girls' gymnastics season as unattached participants. (See "unattached" definition in CIAC Handbook.) Requests for permission to participate must be made to the individual gymnast's school principal. CIAC weekly limitations must be observed. Failure to receive permission violates Rule II.E. of the CIAC Code of Eligibility. **School competitions must not be missed in order to compete in a non-school meet.**

4.0 TEAM DIVISIONAL CHAMPIONSHIPS

- 4.1 Twenty-four school teams are invited to participate in the Team Division Championship. Athletes who are members of Collaborative Teams are eligible to qualify for the Open Individual Championship throughout the regular competition season. The Team Division Championship is for school teams with four (4) or more members.
- 4.2 Process used by the committee at the end of season seeding meeting to determine qualifying teams for the Team Division Championship:

- Team averages are listed from highest to lowest, based on the top six (6) team scores achieved during the regular season. **Scores are averaged as follows: the highest score is discarded and the next five highest scores are averaged.**
 - School teams with the top 24 averages are identified.
 - This list is then divided into three divisions of eight (8) schools each, based on girls' enrollment (grades 9-12) from the previous year.
- 4.3 During the Team Division Championship the top four (4) scores per apparatus for each team will count toward the team score. Each team may compete a maximum of six (6) gymnasts per event. Competition must be designated prior to the seeding meeting.
- 4.4 The team divisional championship will be run as a team meet with no more than six (6) gymnasts from one school competing as a team at each event.

5.0 INDIVIDUAL QUALIFICATION – OPEN INDIVIDUAL TOURNAMENT

- 5.1 **Tournament Format** – The top 40 girls overall will be accepted into the Open Meet in each of the four competitive events. In the event of a tie for 40th place, those girls tying for the 40th spot will be accepted into the respective individual event. If a girl qualifies in all four events, she will be eligible to medal in the all-around. Also, the top 20 all-around scores during regular season meets will qualify for the all-around competition in the Open Meet.

The top four scoring teams in the divisional meets will qualify to compete in the Open Meet to determine an Open team champion as well as a runner-up team. The top three teams in the Open Meet will represent Connecticut in team competition at the New England Gymnastics Championship.

Only individual qualifying girls will be eligible to medal in each event and the all-around as determined under section 11.0 of the tournament packet.

All gymnasts are required to compete in a minimum of six (6) meets. The average of the best five scores after the highest score is eliminated (per individual/per event, including all-around) achieved during the regular season competition will be used to determine qualification for the Open tournament.

- 5.2 If a gymnast was unable due to an injury to record a minimum of five (5) scores in order to qualify according to the regulations, a request for a “bye” into the Open individual tournament may be submitted for consideration by the CIAC Girls Gymnastics Committee.
- The request must be submitted in writing by the athletic director of the school for which the gymnast competes;
 - The request must be accompanied by medical documentation testifying that the gymnast was unable to compete;
 - The gymnast must have participated in at least three meets;
 - The average of the gymnast's scores must meet or exceed the qualifying mark;
 - The decision of the Committee is final.

- 5.3 **New England Championships** – The top three (3) scoring teams at the Open tournament and medalists (top six) from the Open tournament will represent Connecticut at the New England Championships. Only six (6) gymnasts per state may be entered as the top six medalists from each state.

Tie-breaker policy for the New England Championships:

- The higher qualifying score on the CIAC web site will be used
- If there is still a tie then a coin flip will be the deciding factor

6.0 **ENTRY PROCEDURE**

6.1 **Entry Forms** – All entry forms can be submitted via the online eligibility center or the submit scores/forms option under the CIAC for coaches menu at ciacsports.com by the “Scores are Due” date listed under “Important Dates”.

6.2 **ALL SCORES MUST BE SUBMITTED BY THE SCORES ARE DUE DATE.**

Member schools must make every effort to complete their season as scheduled, including make-up meets. Any effort to gain an advantage in tournament play by not competing in a scheduled game is unacceptable and is subject to action by the CIAC Board of Control. Cancellation of any regular season contest/make-up to play in a league tournament will not be allowed. Schools not having all updated regular season scores submitted by THE “Scores are Due” Date listed under “Important Dates” will be assessed a \$50 fine.

** It is imperative that all entry forms be submitted regardless of state team qualifications or individual qualifications for the purpose of ranking all teams and individuals in the state.

6.3 **Entry Fee** -- \$125.00 for each school entering the Team Divisional Championships; and \$15.00 per qualifier/per event for the Open Championship.

If a school needs an invoice in order to pay its tournament fee, one can be downloaded by using the “Generate Tournament Invoice” link under the girls’ gymnastics options in the password protected online eligibility center.

7.0 **EXPENSES / TICKETS**

7.1 **Charges for admission to tournament games**

Children five (5) and under – Free
Military in uniform or with ID – Free
Senior Citizens (age 65 and older) and Students (grades 1-12) -- \$5.00
Adults (all others not in the above categories) -- \$10.00

All ticket sales for CIAC tournament games will be sold and redeemed via digital ticketing.

7.2 The following passes will be honored at all games where an admission is charged.

- a. Principal (or designee) of participating schools
 - b. Press Card
 - c. Athletic directors CAAD membership card
 - d. CIAC Gymnastics Officials membership card
- No other complimentary admissions will be permitted.

7.3 Schools will bear all traveling expenses.

8.0 **FORFEITS**

8.1 Member schools are required to submit a schedule of gymnastics meets. A forfeit meet shall count as a victory for the team declared the winner and as a loss for the team declared a loser in determining tournament qualifications and ratings. For tournament qualifications only the following reasons for a forfeit shall be accepted.

8.2 A team shall forfeit a meet or meets if through a violation it is required to do so under the CIAC Rules of Eligibility.

- 8.3 A team shall forfeit a meet if the meet official declares the meet a forfeit as a result of a National Federation rule violation, or a team refuses to participate after being instructed to do so by the meet official.
- 8.4 Forfeitures will be honored when there is mutual agreement between the principals of the two schools involved in the meet not held. Each principal must submit on the official CIAC Canceled Game/Forfeiture Form his/her decision and it must be received in the CIAC office within 72 hours following the time of the scheduled meet. On the eve of a tournament when there is not sufficient time for normal administrative procedures (72 hours) if a question of team forfeiture arises the Executive Director or his designee, in consultation with the Chairman of the sports committee affected and the principals of the two school will make an appropriate ad hoc decision in consideration of the best interests of the tournament as a whole.
- 8.5 All games listed on the original schedule and submitted to the CIAC which are not played and have not been forfeited in accordance with this policy will be considered by each sport committee as No Contest and shall not count for tournament qualification and ratings unless it affects the minimum number of meets required to qualify for tournament participation. In this instance the sport committee shall review the evidence submitted by the teams involved and may grant an exception from the minimum meet requirement.

9.0 **PROTESTS**

- 9.1 Each sports committee will establish a protest committee whose purpose will be to adjudicate all protests relating to the operation of the tournament, including the application and administration of tournament regulations. National Federation or CIAC meet rule interpretations and judgments by the meet officials cannot be protested. The Protest Committee for each sport shall consist of the Assistant Executive Director for CIAC, the Chairman of the Tournament Committee, an administrator member of the sports committee, the Tournament Director and the Coaches' Chairman on the sport committee. All Protest Committee decisions are appealable to the CIAC Board of Control as provided in the CIAC by-laws.
- 9.2 On the eve of a tournament when there is not sufficient time for normal administrative procedures and Board of Control hearings, if a question of interpretation of tournament regulations or the operation of the tournament arises, the Chairman of the CIAC Board of Control, the Executive Director of CIAC, and the Chairman of the Tournament Committee in question will make an appropriate ad hoc decision in consideration of the best interest of the tournament as a whole.
- 9.3 Decisions by Meet Judges – Protests arising from the decisions, interpretations and misapplication of the National Federation or CIAC meet rules by the judges during the meet will be considered upon a written inquiry. A \$5.00 fee must accompany the inquiry. The decisions and interpretations of the rules by the judges on the inquiry are final. The record of the official scorekeeper at the conclusion of the championship is final unless an error is discovered. Such error shall be corrected as covered by specific meet rules. Any team leaving the contest area before the conclusion of the contest because of dissatisfaction with the officiating will render the school liable to disciplinary action by the conference.

10.0 **SUPERVISION / SPORTSMANSHIP**

- 10.1 In the interest of crowd control and proper supervision the CIAC Board of Control has approved the tournament regulation requiring the principal of the participating schools or his/her designee to attend all tournament games. The school administrator should identify him/herself to the site director. DECORUM APPROPRIATE TO GYMNASTICS IS EXPECTED AT ALL CONTESTS.
- 10.2 When a member school's coach is ejected from a meet for an infraction as prescribed by the rules, the meet may not continue until the member school replaces the ejected coach with a certified coach. If this cannot be accomplished within 15 minutes after the ejection, the official in charge will declare the entire team disqualified.

- 10.3 Use of tobacco products or possession of alcoholic beverages of any kind, including champagne, are not permitted at a meet. The principal or his/her designee at the game shall see that this rule is enforced and adhered to by the teams.
- 10.4 **Sportsmanship** – Member schools are expected to conduct their relations with each other at all levels of competition in a spirit of good sportsmanship. Everyone involved has the obligation to see clearly his/her influence and act accordingly. The CIAC acknowledges that the school administration is responsible for the athletic program, including the making of broad and specific policies and procedures relating to sportsmanship and the conduct of activities in the school. To that end, the CIAC urges each school principal to adopt the following sportsmanship procedures and standards for their school and to champion the “Class Act” sportsmanship program as these standards will be used in all CIAC post-season contests.

CIAC Sportsmanship Guidelines – The CIAC Standards for sportsmanship as defined in the Class Act program are found at http://ciacsports.com/site/?page_id=10438 .

11.0 **TOURNAMENT RULES / PROCEDURES**

- 11.1 At the Open Championship and the three Team Divisional Championships four (4) events will be run concurrently, with two judges per event.
- 11.2 **Regular Season Meet Guidelines:**
- a. Order of events if possible – vault, bars, beam and floor.
 - b. If two events run at once the order is vault and bars; beam and floor.
 - c. Maximum six (6) official gymnasts per event with the top four (4) scores added to determine the team score. Quadrangular meet – maximum six (6) official gymnasts per event, with two events going on at once and four (4) judges.
 - d. Provide ½ hour warm-up time to the competing teams in dual meets and 45 minutes warm-up time in tri and quadrangular meets. Start meets as scheduled.
 - e. **HOST SCHOOLS MUST BE CERTAIN THAT ALL EQUIPMENT CONFORMS TO NATIONAL FEDERATION SAFETY STANDARDS.** (Consult current National Federation Rule Book.)
 - f. A warm-up compete format is recommended.
- 11.3 All meets including tournaments shall be scored and governed by the current **National Federation Official High School Girls Gymnastics Rules.**
- 11.5 A rotational and timed warm-up will precede each event at the Team Championship and Open competition. Specifics of this rotation and warm-up period will be determined at the coaches meeting prior to the competition.
- 11.6 **Awards:**
- The Team Divisional Championship will award plaques and medals as follows:
 - The first place team will receive a plaque and individual gold medals
 - The second place team will receive a plaque and individual silver medals
 - The third team will receive individual bronze medals
 - The Open Championship will award medals to the top six gymnasts in each event, including the All Around. Additionally, the top two teams will receive plaques.

11.7 CIAC LATE ENTRY POLICY

- No tournament entries will be accepted after the established deadline except those approved by the CIAC Board of Control.
- Corrections requested by a school to an entry form that was submitted by the established deadline but prior to seeding/pairing data being published on the web site, will be assessed a fee of \$50 per correction to a maximum of \$250.
- All requests for corrections must be submitted on a support ticket via the online eligibility center. **No phone request will be considered.**

TOURNAMENT REGULATIONS VIOLATIONS -- If a school fails to comply with tournament regulations and such requires the CIAC tournament sports committee, central office staff, or the CIAC Board of Control to redo any portion of the tournament pairings or such non-compliance adversely impacts the management of the tournament, an administrative violation fee of \$50 will be imposed upon the school before entry into the tournament will be allowed.

2022-24 NFHS Girls Gymnastics Rules Changes

- Rule 1 Definition** Defines a dance passage in the rule book.
Rationale: Adds a definition to the rules book.
- 3-3-1** Uniform modifications reflect current trends within the sport and across society as well as being more inclusive of participants' cultural and religious beliefs without increased risk of injury.
- 5-1-5** Clarifies the procedure for the misapplication of rules and clerical errors.
Rationale: Addresses clerical errors and prohibits judges from changing gymnasts' scores after submission to the score system.
- 6-2-1, 7-2-2 and 8-2-1b** Specifies the procedures for administering the fall time on the vault, uneven bars and balance beam.
Rationale: The increased time is a risk minimization procedure which provides the athlete the opportunity to assess their condition before continuing.
- 8-6-2** Clarifies the value of elements on the Leaps/Jumps/Hops Chart
Rationale: Specifies that specific elements that land inside position (facing out) are more difficult and will be awarded a higher value.
- 9-2-3b 1 & 2** Clarifies the dance event requirement on floor exercise.
Rationale: Specifies the components of a dance passage in floor exercise event requirements.

2022-24 NFHS Girls Gymnastics Editorial Changes

Rule 1 Definitions, 7-1-3e, 8-1-3e, 7-1-3a, 8-1-3a, 7-3-3, 8-3-3, 9-3-3, Appendix B Dance Criteria / Technique Chart

2022-24 NFHS Girls Gymnastics Element Changes

8-6-2 Leaps / Jumps / Hops Chart, 8-6-5 (5.301), 9-6-1 (1.306)

2022-24 NFHS Girls Gymnastics Points of Emphasis

1. Sportsmanship
2. Awarding Credit
3. Composition
4. Event Requirements on Floor
5. Seven Ways to Break a Series
6. Uniforms
- 7.

APPENDIX A

GIRLS GYMNASTICS PETITION FOR NON-CIAC COMPETITION

This form must be submitted via the password-protected online eligibility center not later than Monday, February 19, 2024.

I understand that the above named gymnast may compete in a maximum of four (4) non-CIAC meets and must compete unattached from any team and her score may not be used for team scoring in a non-CIAC meet.

I also understand that the above named gymnast must maintain the CIAC rule of two (2) meets per week with Sunday as the first day of the week and no more than fourteen (14) meets during her high school schedule which starts with the first high school meet. **The four unattached meets are in addition to the 14 regular season meets.**

APPENDIX B

WORKSHEET

2023-24 CIAC GIRLS GYMNASTICS SCORESHEET

Team _____
Site _____

Team _____
Date _____

Vaulting			Total			Vaulting			Total		
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____

Bars			Total			Bars			Total		
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____

Beam			Total			Beam			Total		
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____

Floor			Total			Floor			Total		
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____

Final Score _____

Coach Signature _____

Judge Signature _____

All Around	Vault	Bars	Beam	Floor	Total	All Around	Vault	Bars	Beam	Floor	Total
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____

		BARS	
		Event Requirements-1.0	
		1. Sup release/flight(exclude dismt)	(0.2) __
		2. 1 Direction change (exclude mt/dismt)	(0.2) __
		3. Kip	(0.2) __
		4. Inverted stretched vert. element (handstand)	(0.2) __
		5. Superior dismount	(0.2) __
		Difficulty	(3.0) __
		Bonus-0.8	
		1. (max.4) AHS-2 diff, no fall/spot	(0.2 ea)
		2. (0.2) HL BBS	__ __ (0.2) __
		3. (max .2) LL BBS(0.1 ea, Up to 0.2)	__ __
		2nd HL BBS	(0.2) __
		3rd AHS-diff, no fall/spot	(0.2) __
		Neutral Ded. ____	
		SCORE: _____	
VAULT			
SCORE: _____			
BEAM		FLOOR	
Event Requirements-1.0		Event Requirements-1.0	
1. 360 turn on 1 foot	(0.2) __	1. Salto with minimum of 180	(0.2) __
2. 1 acro flight element on beam	(0.2) __	2. 3 acro passes	(0.2) __
3. Acro series of diff on beam	(0.2) __	3. Sup acro elem -in 3rd acro pass or as Last acro element	(0.2) __
4. Dance series of diff on beam	(0.2) __	4. One turn on one foot of at least S difficulty	(0.2) __
5. Superior dismt	(0.2) __	5. Dance series of 2 diff Grp 1 elements. The passage must include both a superior and a leap	(0.2) __
Difficulty	(3.0) __	Difficulty	(3.0) __
Bonus-0.8		Bonus-0.8	
1. (max.4) AHS-2 diff, no fall/spot	(0.2 ea)	1. (max.4) AHS-2 diff, no fall/spot	(0.2 ea)
2. (0.2) HL BBS	__ __ (0.2) __	2. (0.2) HL BBS	__ __ (0.2) __
3. (max .2) LL BBS(0.1 ea, Up to 0.2)	__ __	3. (max .2) LL BBS(0.1 ea, Up to 0.2)	__ __
2nd HL BBS	(0.2) __	2nd HL BBS	(0.2) __
3rd AHS-diff, no fall/spot	(0.2) __	3rd AHS-diff, no fall/spot	(0.2) __
Neutral Ded. ____		Neutral Ded. ____	
SCORE: _____		SCORE: _____	

APPENDIX C

CERTIFICATIONS/COACHING CERTIFICATIONS

- Coaching Education Overview: Required coaching certifications, including medical certifications, can be found at this link: <http://www.ctcoachinged.org/>
- Information on Coaching Permit Renewal for the State of Connecticut can be found at: <https://portal.ct.gov/SDE/Certification/Coaching-Permit-First-Time-Issuance>
- Temporary coaching permit application can be found at this link: https://portal.ct.gov/-/media/SDE/Certification/Forms/ed_186.pdf
- 5 Year coaching permit application can be found at this link: https://portal.ct.gov/-/media/SDE/Certification/Forms/ed_185.pdf
- Coaching Course Registration: <http://www.ctcoachinged.org/>
- Sudden Cardiac Arrest Renewal: https://portal.ct.gov/-/media/SDE/Certification/Coaching/coaches_sudden_cardiac_arrest_awareness_annual_review.pdf?la=en
- Information on concussion training and certification can be found at this link: <http://www.ctcoachinged.org/concussionpage.html>
- Concussion Renewal Form for Coaches: <https://caadinc.org/2023-24ConAnnRev.pdf>
- Mandated Reporter Training: <https://portal.ct.gov/DCF/Mandated-Reporter-Training/Home>
- EpiPen Training: <https://cprtrainpro.com/epi-pen-training>
- Coaches Guide to Dehydration and Other Heat Illnesses: <https://www.nata.org/sites/default/files/heat-illness-parent-coach-guide.pdf>
- Heat Illness Legislation for Coaches, Parents and Students: <https://www.cga.ct.gov/2021/ACT/PA/PDF/2021PA-00087-R00HB-06492-PA.PDF>
- Exertional Heat Illness Review for Coaches: <http://www.caadinc.org/23-24HeatRev.docx>

Volunteer Coaches: The State of Connecticut Department of Education does not distinguish between volunteer or paid coaches when considering certifications or responsibilities. All coaches who are responsible for, or instruct students in any way must follow Connecticut State Law for certifications and responsibilities. Therefore, volunteer coaches are required to obtain the same certifications as all other coaches.