

SECTION VIII

NYSPHSAA

**MODIFIED
GYMNASTICS
HANDBOOK**

NASSAU BOCES – SECTION VIII

.Modified Gymnastics

Modified Athletic Council President

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Important Information

Sport Season- Spring 2022

Start Date: March 27th 2023

End Date: June 3rd 2023

Make Up Dates: None

Required Number or Practices:

Scrimmage or Contest: 10 Practices

Maximum Number of Contests: 8 Meets

Maximum Number of Scrimmages: 3 or 50% of Schedule

Nights Rest Required: Two (2) Nights

Sport Rules:

1. Five (5) Gymnasts per event.
2. Best three (3) scores count for team totals.
3. One (1) exhibition is allowed per school, per event.
4. Meets run straight through; there is no warm up break between events.
5. Visiting Team must have at least 30 minutes for warm up before the meet starts no matter when they arrive at the gym.

Nassau & Suffolk County

Junior High School Vault Table

For use at the Modified/J.H.S. Level Only!

If a Home Team can only provide a Horse for the Vault event:

- **The Coach must notify the opposing Teams in the preseason**
- **Only the starred (*) vaults may be performed on the Horse**

* Squat Vault 7.0

* Straddle Vault 7.5

* Handspring 9.0

Handspring – ½ twist off 9.1

½ Twist on – ½ Twist off 9.2

Handspring – Full Twist off 9.5

Tsukahara Tuck 9.8

Tsukahara Pike 10.0

Yurchenko – Repulsion off 7.5

Yurchenko – Repulsion ½ off 9.1

Yurchenko – Full Twist off 9.4

Yurchenko – Back Tuck 9.8

Yurchenko – Back Pike 10.0

Nassau & Suffolk Board of Women's Gymnastics Officials

Modified Rules

Rules in effect for the Nassau & Suffolk County Junior High/Modified Programs **Only**

Start Value = **10.0**

Value Parts = **4 A + 4 B**

Same difficulty values as listed in the N.Y.S.P.H.S.A.A. Technical Handbook
with one (1) exception: Flyaway dismount on Bars = **B** value

Vault See Modified Vault Sheet

SPECIAL REQUIREMENTS = @ .5 each

- Bars**
1. One bar change
 2. A "**B**" element from Group 3,6 or 7
 3. A second (2nd) "**B**" element from Group 3,6 or 7
(same or different)
-OR a "**B**" element with a direction change (NO dismount)
(Ex. Glide ½ turn glide kip as mount or in routine)
-OR a flight element
 4. A Salto dismount - (NOTE: Modified rules, flyaway dismount = (B))
- Beam**
1. **Acro series** of two (2) acro (Group 7 elements); that pass through the vertical :
(Ex. BWO + BWO)
(Ex. Front walkover + Cartwheel)
(Ex. Cartwheel (leg swings through) + Cartwheel)
-OR **one (1)** acro element with flight - ex. Flic-Flac (No Rolls)
NOTE: (Handstands are HOLDS - Group 5)
 2. 180° Leap
 3. 360° turn - (1/1) on one foot
 4. Aerial or Salto Dismount
- Floor**
1. Acro connection of fast-flight acro elements, one a Salto
 2. A 2nd different Salto
- OR a series of Flic-Flacs
 3. Dance **passage**, minimum of two different Group #1 elements; one element must be a leap with a 180° split
 4. Full turn (1/1) on one foot

BARS - J.H.S. Composition

- Choice of Elements ↑.30
- Variety of ele. & conn.
 - 'No ele. with a turn
 - No fwd./bwd.-circles /releases

One direction throughout routine .10

No kips in a routine .30

- Insuff. Distribution ↑.10
- Level of diff. not maintained
 - Diff. in one section

BEAM - J.H.S. Composition

- Lack of Variety of Acro ↑.2
- Direction of Acro
 - Level of Acro

No dance series .20

- >2 same shape dance:
- Tuck/wolf .10
 - Straddle .10

Bal. bet. Acro & Dance ↑.2

Distribution ↑.1

Insuff. Level changes ↑.1

Insuff. use of entire Beam ↑.1

FLOOR - J.H.S. Composition

Choice & Variety of Acro ↑.2

Bal. bet. Acro & Dance ↑.2

No flic-flacs .30
-in routine with no saltos

- >2 same shape dance:
- Tuck/wolf .10
 - Straddle .10

Distribution ↑.1

New York State Public School Athletic Association Apparatus Requirements for Girls Gymnastics

High School & Modified/Junior High School

NOTE: It is recommended that each school's apparatus and facility specifications be identified and distributed to all schools in their league/conference prior to the competitive season, ideally at the pre-season coaches meeting. Any concerns regarding apparatus or facility limitations should be addressed at this meeting and a solution worked out in favor of the gymnast(s).

GENERAL MATTING SPECIFICATIONS & APPARATUS PLACEMENT

1. For **VAULT, BARS** and **BEAM**:

A minimum of one 4 in. x 6 ft. x 12 ft. competition landing mat is required.

A second competition landing mat may be placed on top of the required mat.

- The maximum allowable competition landing surface would be 20 to 24 cm.
 - **ONLY ONE 8" skill cushion** may be used on the landing surface.
- The use of 10-12 cm. (4 in. or 4 ¾ in.) x 8 ft. x 12 ft. mats is encouraged.

2. If only a 4 in. (10 cm.) competition landing mat is used, then a 1 ¼ in. base (panel) mat is required. It may be placed underneath or on top.

3. If a 12 cm. (4 ¾ in.) or a 20 cm (approx. 8 in.) landing mat is used, a 1 ¼ in. base (panel) mat is not required.

4. 20 cm. (approx. 8 in.) competition landing mats are allowed but not required.

5. Additional Matting:

a. Up to 9 in. of any combination of additional matting is allowed in addition to the maximum allowable competition landing surface of 24 cm.

- ONE (1) full skill cushion
- sling mat
- a 4" supplemental "throw" mat

b. When an 8 in. skill cushion is used, it must be a minimum of 5 ft. x 10 ft.

c. A 4" supplemental mat, "throw" mat, must be a minimum of 7 ft. x 10 ft.

6. When it is spatially possible; it is suggested that there be a clearance of 5 ft. to 6 ft. from one apparatus to any other. This includes corresponding mat areas, or any other obstruction, i.e., walls, pillars etc.

7. Basic Conversion 1 inch = 2.54 cm.

VAULT

1. The height of the TABLE may be set between:

- a. A minimum of 100 cm. (± 1 cm.) and [39 ¾"]
- b. A maximum of 135 cm. (± 1 cm.) [53 ½"]



2. The suggested height for **High School** is between **125 cm. to 135 cm.**
(49 1/4") to (53 1/8")
3. The height of the TABLE is determined by measuring the distance from the surface on which the board will be placed, to the center top of the table.
4. It is suggested that the Length of Runway be:
76 ft. to 80 ft. - measured from the front of the Table.
5. A minimum of a **65 ft.** runway length is necessary for SALTO TYPE vaults to be performed.
6. Use of the VAULTING BOARD SAFETY ZONE MAT is **REQUIRED** for ALL Round-off entry vaults. It may be used for all other vaults. It must be placed snugly around the board so that there is no space between the board and the safety zone.
7. Use of tape or excessive chalk is not permitted on the vault table.
8. A hand placement mat **MAY** be placed on the runway for Round-off entry vaults **ONLY!** It must be manufactured by a gymnastics equipment company and placed correctly on the runway (*velcro side down*).

UNEVEN BARS

1. Basic specifications: High Bar: 250 cm. (± 1 cm.); Low Bar: 170 cm. (± 1 cm.)
measured from the floor to the top of the rail.
Horizontal distance between the bars:
 - should close to minimum of 130 cm. and extend to maximum of 180 cm.
 - *spread is measured on the diagonal from inside of LB to inside of HB*
 - a. Based on the best interest of the gymnast's safety, it is permissible to adjust the High Bar and/or Low Bar to a height which exceeds (or is lower than) the listed specifications. Regardless of the measurement, the rails must be adjusted only to a position that locks-in with a dual locking mechanism that meets the manufacturer's recommended safety parameters.
 - b. The distance (spread) between the bars may be set to the preference of the athlete, provided that after such adjustment, the bars remain within the allowances identified by the manufacturer of the apparatus.
2. It is suggested that the Mount distance be at least 12 ft.
3. Matted area under the bars must be a minimum of 6 ft. x 24 ft.
 - a. Two (2) - 4 in. x 6 ft. x 12 ft. landing mats.
 - A 6 or 7 1/2 ft. x 36 ft. matted area is encouraged.
4. The board may **NOT** be placed on an 8 in. skill cushion, floor surface or have plywood placed under it. The board must be removed as soon as possible after the gymnast has mounted.
 - Illegal placement of the board will incur a penalty of - 0.30
 - Failure to remove the board after the gymnast has mounted will incur a penalty of -0.30

5. If a raised surface is needed to spot a release move, there is no penalty provided the device is removed immediately after the release is performed. It is suggested that a spotting block or folded mat be used. The use of a board will not incur a penalty.
6. NO substance beside chalk and water is allowed on the uneven bar rails.

BALANCE BEAM

1. Height for High School is 120 (47 ¼") or 125 cm. (49 ¼") (± 1 cm.)
2. Height for Junior High School/Modified is between 100 cm and 125 cm.
3. It is suggested that the Mount distance be at least 12 ft.
4. Mats: A minimum of a 6 ft. x 12 ft. matted area at each end of the beam. An 8 ft. x 15 ½ ft., or two (2) 6 ft. x 12 ft. mats under the beam.
5. The board may NOT be placed on an 8 in. skill cushion, floor surface or have plywood placed under it. The board must be removed as soon as possible after the gymnast has mounted.
 - Illegal placement of the board will incur a penalty of - 0.30
 - Failure to remove the board after the gymnast has mounted will incur a penalty of -0.30

FLOOR EXERCISE

1. It is suggested that the Floor area be as close to 12 meters x 12 meters as possible (i.e. - 39 ft. 4 7/16 in. x 39 ft. 4 7/16 in.)
 - a. The measurement is from the outside of the tape.
 - b. The minimum surface thickness is 1 ¼ in. thick.
 - c. A resolite or wrestling mat type surface is permitted.
 - d. The top of the mat must be joined into one continuous and level surface.
2. Additional Matting: Up to two (2) manufactured skill cushions may be placed separately on the Floor Exercise area. A maximum thickness of 8 in. is allowed. If the skill cushion(s) is 8 in. thick, it must be a minimum of 5 ft. x 10 ft. A "sting" mat may also be placed on top of the 8 in. skill cushion.
 - Whenever additional matting is placed on the Floor Exercise area and covers a portion of the boundary line(s), the mat must be clearly marked with chalk or tape to indicate the actual boundary line(s).
 - Failure to mark boundary lines incurs a 0.10 penalty.
 - A coach may reach into the floor space to remove or place a mat, but may not step onto the floor area to do so. The penalty for a coach on the floor exercise mat is - 0.50.

GUIDELINES AND RECOMMENDATIONS FOR CODES OF BEHAVIOR FOR COACHES, PARTICIPANTS, SPECTATORS AND ADMINISTRATORS IN INTER-SCHOLASTIC COMPETITION

I. Introduction

It is the duty of all those concerned with high school athletics to emphasize the proper ideals of sportsmanship, ethical conduct, and fair play under all circumstances. The values to be derived from competing fairly should be stressed and any actions which tend to destroy those values should be discouraged. Courtesy should be shown toward opponents, officials, supervisors, spectators and administrators. Efforts must be made to achieve a thorough understanding and acceptance of the rules of the sport and the standards of eligibility and to respect the integrity and the judgment of the officials. It is important for all to recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual gymnasts. Most of all it is the duty of all concerned to remember that an athletic contest is only that, and should be kept in appropriate perspective.

II. The Coach is expected to:

1. Set a positive example at all times.
2. Be aware that he/she is representing a school and its student body. Impressions made are lasting.
3. Recognize that athletic competition is a means toward an end, not an end in itself. Specifically, athletics should lead to the development of healthy, well-adjusted young women.
4. Approach competition as a healthy and constructive exercise, not as a life and death struggle that requires victory at any price. It should be fun and enjoyable.
5. Recognize that the participants are young women with human frailties and limitations who are capable of making mistakes.
6. Be prepared to win or lose. Be positive. Encourage peak performance within the rules.
7. Command respect by personal attitude and behavior.
8. Be well-groomed. Wear appropriate attire be it casual or otherwise.
9. No use of crude or abusive language with players, opponents, officials or spectators.
10. Respect the judgment of the officials. Although it is reasonable for the coach to question officials' decisions, and even to disagree, the officials' decisions must be accepted graciously. Questionable decisions may be referred to the appropriate Section representatives.
11. Handle dissatisfaction with officiating quietly and efficiently through the use of the rating cards supplied by Section VIII.
12. Avoid behavior that will incite gymnasts, opponents or spectators.
13. Instruct athletes to respect officials. Questions concerning rules or interpretations should be made by the team captain as the team representative during the contest.
14. Encourage good sportsmanship and remove athletes from competition who demonstrate unacceptable behavior.
15. The athletic program is a total part of the educational opportunity provided for all students. It should be treated as just that.

III. The Athlete is expected to:

1. Understand and abide by the rules and regulations of the sport and, respect the integrity and judgment of the officials.
2. Conduct herself as a lady at all times.
3. Demonstrate self-control and mutual respect at all times. Uncontrolled emotion can be self-defeating.

New York State Safety Regulations

The following rules have been instituted for the safety of all gymnasts. Most have evolved from actual situations where a competitor has been injured. The No Jewelry rule is a State mandate and is for ALL sports in New York State.

1. NO JEWELRY is allowed. This includes during warm-ups. Visible body and tongue piercing objects/rings; braided/rope bracelets/anklets are included in this rule. Tape covering jewelry is prohibited.

Medical medals must be taped to the body and under the uniform.
Metal hair barrettes/fasteners are permissible.

- If an official observes a gymnast wearing jewelry during warm-ups, it should be reported to the coach. NO penalty will be applied.
- If an infraction is observed when the meet starts, the gymnast will receive a "0" on that event.
- After the gymnast has removed the jewelry, she may compete in any subsequent events she is entered in.
- Failure of the gymnast to remove the jewelry will result in disqualification from the competition.

2. FLOOR EXERCISE - NO "D" or "E" acrobatic elements may be performed unless a spring floor is used! The exercise will be voided!
(see page 9)

3. Round-Off entry vaults listed in the High School Table of Vaults may only be performed on the vault TABLE.
The Safety Collar must always be used.

4. The wearing of tights, pantyhose, over-large tee shirts, boxer shorts, loose sport shorts etc., and leotards hanging down by the waist are NOT PERMITTED at anytime -this includes warm-ups. The judge will first issue a "warning" concerning incorrect attire, if attire not adjusted apply deduction.

- Deduction of -0.20 P. (per gymnast) for incorrect attire from the TEAM SCORE