

GYMNASTICS GIRLS

Revised February 2024

I. RULES

A. CIAC Regulations

All rules, eligibility, game limitations, and practice dates as directed by the CIAC shall be followed.

1. All Sports Teams and individual athletes must have a minimum of 10 physical exertional school practice days before the date of the first scheduled competition
2. No team/athlete shall practice/compete with their school more than 6 consecutive days to provide a day of rest. Saturdays, Sundays, and holidays may be used unless prohibited by local board policy.

B. FCIAC Regulations

1. Capable spotters should be used.
2. Safe, secure equipment should be procured.
3. A safety check of equipment should be made prior to its use.
4. Adequate mat protection should surround all apparatus.
5. Extended safety space, free of spectators, walls, or protruding equipment should totally surround the floor exercise mat.
6. There should be in existence pre-determined policies and procedures on medical injuries so that no time will be wasted in aiding an injured athlete.
7. A well-supplied first aid kit should be part of each team's equipment and brought to every meet.
8. Coaches are permitted to spot between the uneven bars.
9. A minimum of one-half hour of warm-up time must be provided to each team prior to starting a competition.
10. The coach shall supervise all team members.

C. Scheduling

- A. Makeup of the divisions will be as determined as written in the FCIAC League Operations; 3. Scheduling; e. Establishment of divisions.
- B. All make-ups are to be played on the next mutually open date with facility availability taken into consideration. Saturdays are mandated make-up days during the last two weeks of the regular season. Sunday's can be used by mutual consent.

II. ORDER OF EVENTS

- A. The order of events shall include the four international events followed in order with no break required between events.

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

III. SCORING

- A. Rules of competition shall be based on the National High School Federation Rules system of scoring in Women's Gymnastics.
- B. Only optional routines are required.
- C. A gymnast may compete in any number of events. A gymnast participating in all four events is considered to be competing in a fifth category, All-Around.
- D. A maximum of six (6) gymnasts from each team may participate in each event, with the top four (4) scores counting toward the team score.
- E. Securing judges is the task of the judging assigner.

- F. Two rated judges are recommended, and they shall adhere to the NFHS Federation Rules.
 - 3.0 Difficulty
 - 1.2 Event Requirements
 - 1.0 Composition
 - 4.0 Execution and Amplitude
 - 0.8 Bonus
 - 10.0
- G. The judges should get together after judging the first performer in each event to see if their scores are in line, only if necessary.
- H. A judges' conference is called for whenever the range between scores is greater than one full point.
- I. The average of the judges' scores is the actual score recorded for the performer.

IV. FCIAC LEAGUE CHAMPIONSHIP

- A. FCIAC Championship
 - 1. The rules, regulations, and events for the FCIAC Championship meet will be identical to the CIAC State Individual Championships with the following exceptions:
 - a. The scores of the top four gymnasts of each team in each event will be added so that team scores, and therefore the FCIAC Team Champion, may be determined. (Besides the top individual scores and/or champions)
 - b. The top seven teams will qualify for the FCIAC Championship based on season averages against all FCIAC opponents. Teams that do not qualify may select two individuals to compete in the FCIAC Championship meet.
 - c. A maximum of six participants per event, including any All-Around gymnasts, is allowed.
 - d. Coaches may only protest difficulty.

V. AWARDS

- A. Medals shall be awarded to competitors who placed 1st through 6th in each event.
- B. The All-Around Award will be determined by the total score earned in the four optional routines.
- C. A team trophy shall be awarded to the championship team and runner-up.