



2013 VHSL GYMNASTICS CHAMPIONSHIPS

DATES Friday, February 15, 2013 (Team Competition)
 Saturday, February 16, 2013 (Individual Competition)

SITE Centreville High School
 6001 Union Mill Road
 Clifton, VA 20124-1128

MEET and SITE DIRECTORS Jimmy Sanabria, Director of Student Activities (703) 802-5416
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SCHEDULE

Friday, Feb. 15, 2013		Saturday, Feb. 16, 2013
<u>AAA Team Championships</u>		<u>Individual Open Championships</u>
12:00 PM	Registration	9:00 AM
12:45 PM	Coaches' Meeting	9:15 AM
1:00 PM	Timed Warm-ups	9:45 AM
1:30 PM	Judges' Meeting	10:45 AM
3:00 PM	Processional Lineup	11:50 AM
3:15 PM	Processional	12:05 PM
3:30 PM	Competition Begins	12:20 PM
	Awards Presentation*	
*Awards presentations will follow each day's competition. 6:30 PM on Friday and 4:00 PM on Saturday are approximate times.		

REGISTRATION (FRIDAY) – Registration on Friday will take place in the Gymnasium. Teams should enter the building via entrance #1 or #11. Designated team parking will be in the student parking lot.

REGISTRATION (SATURDAY) – Registration on Saturday will take place in the Cafeteria. Please enter through door/entrance #1. Parking will be available in front of the school in the Faculty and Student lots.

SPECTATOR ENTRANCE (FRIDAY) – Spectator entrance for Friday is Door #12.

SPECTATOR ENTRANCE (SATURDAY) – Doors #1 and #12 will be open for spectators on Saturday.

ADMISSION (EACH DAY)

- Adults and Students: \$10.00
- Children under 7 accompanied by a parent will be admitted free.
- All participating gymnasts and team coaches **as listed on the state meet entry form**, two team managers, and one bus driver (if the school provided a bus) will be admitted without charge. The team party must enter as a group at the gymnasts' entrance. All others traveling with the team will be



charged admission at the spectator's entrance.

- Current membership cards for VHSCA, VIAAA, VATA, and VSBA will be honored for the admission of the member, if presented with the member's driver's license or other ID. The VHSL State Event Pass will be honored for admission of the card owner. The VHSL Honored Guest Pass will be honored for admission of the card owner plus one guest. Individuals with any of the passes identified above must also provide proof of ID with a driver's license or other valid picture ID. ***District, Regional, Faculty, and VHSL officials' cards will not be honored.**

MEDIA – Credentialed members of the Media will be admitted without charge. Media must comply with event requirements with regard to flash photography and positioning.

ENTRY FORMS – Entry forms for both the team and individual competitions are available on the VHSL web site (www.vhsl.org) listed under "Entry Forms" in the forms section. Entry forms should be completed immediately following your regional competition.

ENTRY DEADLINE -- On the day of the regional competition, coaches should give their entry form(s) and four judges' sheets for each gymnast who qualifies to the State Competition to the Regional Meet Director. The Regional Meet Director will forward this paperwork to the State Meet Director. Please email or fax the entry forms to Jimmy Sanabria at jimmy.sanabria@fcps.edu or (703) 802-5597 by Monday, February 11, 2013.

ALTERNATES -- Alternates are permitted in the individual and team competition. Known scratches should be reported to the State Meet Director by **Thursday, February 14th at 3:00 pm**. Please include the name and school of the qualified replacement. The alternate shall be the next placing competitor for that event in the Regional/Qualifying Meet. Scratches may be emailed or faxed to Jimmy Sanabria at jimmy.sanabria@fcps.edu or (703) 502-5597.

CONCESSIONS – Will be provided by the Centreville Athletic Booster Club.

DRESS FACILITIES -- The girls' locker room will be available for participant use. Please do not leave any valuables in the locker room! Glass containers are not permitted in the locker room or in the gymnasium.

EQUIPMENT -- The following equipment will be provided for the competition by Centreville H.S.:

- AAI Vault Table
AAI coil spring board
Round off entry safety zone mat
Sting mat
8 inch skill cushion
4 inch skill cushion
- AAI Elite Uneven Bars
Sting mat
8 inch skill cushion
4 inch skill cushion
chalk
- AAI Flex Beam
AAI coil spring board
Sting mat
8 inch skill cushion
4 inch skill cushion
- AAI Foam and Carpet Floor Exercise
CD, MP3 and iPod compatible stereo system for floor exercise music



Vaulting boards are the responsibility of individual teams. (Judges will check boards to make sure they meet specifications prior to the commencement of the meet.)

Practice equipment Practice equipment will be available in designated areas separate from the competition area. Practice equipment may not be identical to that used in the competition.

HOSPITALITY -- Refreshments will be available to meet workers, working judges and participating coaches (on the day/days of their participation), media with credentials, and special guests in the hospitality room located near the gymnasium. **Food must be consumed in the hospitality room. Gymnasts are not permitted in the hospitality room. Credentials/wrist bands will be REQUIRED to enter the hospitality room.**

NAME CARDS -- Each gymnast competing should have a name card to be used when scores are flashed. All name cards are to be 6" X 22". Please use contrasting colors and letters that are a minimum of 3" high. Please be sure that your school name is written on the back of the card.

FLOOR EXERCISE MUSIC -- Each team is responsible for its own floor exercise music and should label it clearly. The coach, a manager, or one gymnast will be allowed in the music area. A Music Coordinator will play your floor music for you and keep the volume at a reasonable level. Please test your music during your designated warm-up time. All CD's should be set prior to competition.

MEDICAL HELP -- A certified athletic trainer will be present during the meet. Team/individual competitors are responsible for providing their own training supplies (tape, pre-wrap, etc.).

PROCESSIONAL -- Participants should line up in the staging area immediately after warm-up times have ended. The team competition processional will include gymnasts, coaches, and managers on the competing Region teams. The individual competition processional will include ONLY those gymnasts who are competing and their coaches. Schools will line up by region, alphabetically by school. All gymnasts are to be in alphabetical order followed by manager, then coaches. After all teams are announced, the National Anthem will be performed, and the announcer will dismiss gymnasts.

Line 1	Line 2	Line 3	Line 4	Line 5 (Saturday only)
<u>Central</u>	<u>Eastern</u>	<u>Northwest</u>	<u>Northern</u>	<u>A/AA</u>
Champion	Champion	Champion	Champion	
Runner-up	Runner-up	Runner-up	Runner-up	

INCLEMENT WEATHER -- All teams and individuals should familiarize themselves with the VHSL postponement policy, which is posted on the VHSL web site. All competitors (teams and individuals) should obtain permission from their school division to participate on Sunday should the need arise.

MEET DYNAMICS -- All four events will run simultaneously following a forerunner at the beginning of the competition.

SCORING -- The method of team scoring will be the total of the best four scores in each event. Each team will be allowed to have 5 gymnasts compete per event. There will be **four** judges for each event; the Chief Judge's score determines the range.

MEET RESULTS -- Meet results will be available at the end of the awards ceremony at the score table and will be posted on the VHSL website. Score sheets will remain the property of VHSL. If in any case, an award winner or the coach is not present for the medal, the medal will be mailed directly to the school.

SOUVENIRS -- Programs and souvenir merchandise will be available for purchase. Programs are \$5.00.

TEAM WARM-UP AND PERFORMANCE ROTATION (FRIDAY) – The warm-up rotation/schedule for Friday's team competition is shown below. **COMPETITION ORDER IS THE SAME AS WARM-UP ROTATION.** Once formal warm-ups on the competition equipment are completed, no additional warm-ups on that equipment will be permitted. Extra practice equipment will be available in areas designated by the Meet Director. A coach



must accompany gymnasts to practice areas. Practice equipment is on first come, first serve basis. If another gymnast is waiting, please allow the next competitor to warm up after 2 ½ minutes.

<u>FRIDAY</u>	<u>NORTHERN</u>	<u>NORTHWEST</u>	<u>CENTRAL</u>	<u>EASTERN</u>
1:00 – 1:28	Vault	Bars	Beam	Floor
1:30 – 1:58	Bars	Beam	Floor	Vault
2:00 – 2:28	Beam	Floor	Vault	Bars
2:30 – 2:58	Floor	Vault	Bars	Beam
3:00	All teams report to the processional staging area.			

INDIVIDUAL & ALL-AROUND ORDER OF WARM-UP & COMPETITION (SATURDAY)

The warm-up rotation/schedule for Saturday’s individual competition is listed below. Each individual competitor is limited to a 2 ½-minute warm up. Feel free to block time as needed. Coaches and competitors must work together to ensure that each gymnast has the opportunity to warm-up. **COMPETITION ORDER IS THE SAME AS WARM-UP ROTATION.**

<u>SATURDAY</u>	<u>NORTHERN</u>	<u>NORTHWEST</u>	<u>CENTRAL</u>	<u>EASTERN</u>	<u>A/AA</u>
9:45 – 10:08	Vault	Bars	Beam	Floor	Out
10:10 – 10:33	Bars	Beam	Floor	Out	Vault
10:35 – 10:58	Beam	Floor	Out	Vault	Bars
11:00 – 11:23	Floor	Out	Vault	Bars	Beam
11:25 – 11:48	Out	Vault	Bars	Beam	Floor
11:50	All gymnasts report to the processional staging area.				

PARTICIPANTS IN THE STATE MEET

Team Competition - Region Champion and runner-up teams from the VHSL Group AAA Central, Eastern, Northern and Northwest Regions.

Individual Competition -

- Top eight finalists per event (inclusive of all-around) and **top four all-around finalists** from each of the four Group AAA regional competitions;
- Top eight finalists per event (inclusive of all-around) and **top four all-around finalists** from the Group A/AA VHSL-sanctioned post-season meet.
- Gymnasts not among the top eight event scores or **top four all-around finalists** at their regional meet (for Group AAA) or VHSL-sanctioned post-season meet (for Groups A & AA), who score a state-qualifying event score or all-around score at that meet.

45-SECOND TOUCH RULE -- This will be used. Please make sure each gymnast begins while the judges are judging the previous routine.



45-SECOND TOUCH RULE

The purpose of the 45-second touch rule is to provide the gymnast with an additional opportunity to warm up just before she competes.

1. The 45-second touch rule is optional. District or Regional Councils may adopt it for their meets. This rule will be used at the VHSL State Meet.
2. The timer for the touch should sit next to and be supervised by the Chief Judge. The watch should be started when the gymnast actually touches the apparatus (i.e. allow for board setting, bar adjusting, chalking).
3. The watch should run continuously for 45 seconds even if the gymnast gets up and down from the apparatus.
4. If the gymnast prefers to use the mat in front of the beam instead of actually getting on the beam, simply start the watch at the first move.
5. The timer announces "time" at the end of 45 seconds.
6. Vault: up to 2 warm up vaults



VHSL Gymnastics Championships



We have secured a group discount at the below hotel over February 14th – 17th. Please secure prior to February 11th at 5:00 PM

SpringHill Suites by Marriott Centreville Chantilly
\$78.00 Doubles Suite with Sleeper Sofa
– Includes Hot Deluxe Breakfast –
5920 Trinity Parkway
Centreville, VA 20120
(703) 815-7800

To secure reservations, please call the hotel directly at (703) 815-7800 prior to February 11th at 5:00 PM and request the VHSL Gymnastics Block to receive the discounted rate. You may also secure your reservation online by clicking the hotel name below:

[SpringHill Suites Centreville Chantilly >>](#)





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