



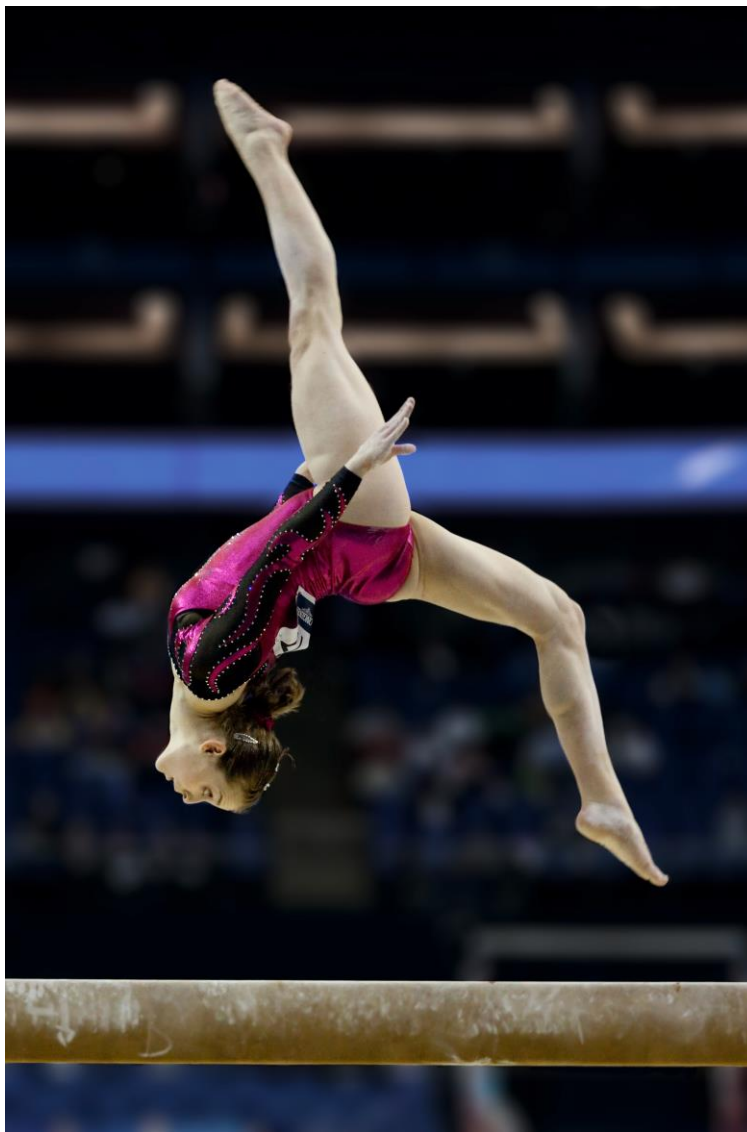
**NEW HAMPSHIRE INTERSCHOLASTIC ATHLETIC ASSOCIATION**

**POLICY AND PROCEDURES**

**FOR**

**GYMNASTICS**

**2017-18**



**NHIAA GYMNASTICS COMMITTEE**

Tim Powers, Pinkerton, Chair; Chelsie Burland, Pinkerton; Rae Ann Chrane, Rochester;  
Haven Milton, St. Thomas; Meg Norklun, Goffstown;  
Jeanne O'Brien, Asst. Chair, Nashua South; Howard Sobolov, Londonderry;  
Jackie Sullivan, Supervisor, Deerfield

**New Hampshire Interscholastic Athletic Association**  
**251 Clinton Street**  
**Concord, N.H. 03301-8432**  
**Phone 603-228-8671 Fax 603-225-7978 E-Mail [info@nhiaa.org](mailto:info@nhiaa.org)**

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**POINTS OF EMPHASIS**

- **Regular Season Meet Results:** Please submit all regular season meet results to [jscott@nhiaa.org](mailto:jscott@nhiaa.org) in order for scores to be posted on the NHIAA website. These scores will be posted under “Additional Sports.”
- **Jewelry And Body Piercing Rule:**  
No jewelry, which includes body-piercing objects or earrings of ANY KIND shall be worn. Religious or medical alert medals must be properly secured under the uniform. Glitter is considered jewelry and is not permitted. All visible tattoos MUST be covered at all times.
- **Coaches Rules Review:**  
There will be a coach’s rules review meeting for the 2017-18 season. Rules Review will be held on Wednesday, November 15, 2017 at Pinkerton Academy at 4:30 p.m. Please check the NHIAA for more information.
- **Coaching Guidelines:**
  - A coach may only represent one (1) team or multiple independents. If a coach is coaching more than one (1) team, an approved assistant coach must be available at all meets to represent a team if necessary.
  - All independent gymnasts must be represented by their own approved coach. An independent coach may not coach more than six (6) independents at a time. All athletes from a school, individual or team, must be coached by the same enrolled coaching staff from that school and follow the same schedule.
  - It is highly recommended that new and beginning coaches take the USAG Safety Course
- **Payment of officials During Regular Season Meets:**
  - If you are sending an independent gymnast to a meet, you must fill out and submit the “Independent Gymnast Meet Submission Form” with payment in the amount of \$4.00 per event or \$16 per all-around athlete.
  - This form must be submitted for approval to the host school of each meet the independent gymnast wishes to attend by the First Day to Play for Gymnastics (December 11, 2017). Payment must be submitted with the form.
  - Independent Gymnasts must indicate what events they will be participating in at the desired meet.
  - In the event of injury or illness preventing participation in a scheduled meet, the host school must be notified that the independent gymnast will not be attending. Any rescheduling of a meet for an independent must be approved by the host school prior to attending.
- Independent competitors must be accompanied by an NHIAA Eligible coach as outlined in By-Law Article I: Policy; Sect. 32: Coaches Eligibility. The accompanying representative must be present on the floor when the gymnast is competing.

- For reasons of safety, the use of cell phones by competitors in the competition area is strictly forbidden per NFHS Rules 2-1-5 and 5-1-6c
- NFHS Rule 6-2-2,  
On a round off-entry vault:
  - a. A coach shall be present as a spotter before the gymnast may vault.
  - b. A manufactured board safety mat shall be placed around the front and sides of the board.
- All forms must be emailed by the athletic director to the NHIAA office by the due dates. Judges' signatures are not required on emailed forms. The athletic director must also maintain and possess a hard copy of the same, with judges' signatures, in case the Committee needs verification at a later time.
- ATHLETIC TRAINERS – Schools requesting medical services are to provide the necessary supplies for the trainer at all regular season and tournament events.
- **State Meet Format:**
  - The state meet will be held in two sessions on the same day using the same judges.
  - Teams will be divided in half based on the average of their top three meet scores.
  - The teams that averaged in the lower half of the team score range would compete in the morning.
  - The teams that scored in the higher half of the team score range would compete in the afternoon
  - Independents would be divided in half using the same criteria for teams. Their all-around scores (even if they did not compete in an event during the season) would be averaged.
  - Independents whose all-around scores fell in the bottom half of the independent's score range will compete in the morning
  - Independents whose all-around scores fell in the top half of the range will compete in the afternoon.
- **Forms to be Submitted:**
  1. 2017-18 Gymnastics Schedule – Due December 1, 2017
  2. 2017-18 Gymnastics Roster – Due December 1, 2017
  3. 2017-18 Independent Gymnast Meet Submission Form – Due December 11, 2017 to the Host School Athletic Director
  4. Team Gymnastics Competition Form – Due February 5, 2018
  5. Independent Gymnastics Competition Form – Due February 5, 2018
  6. Gymnastics Official Line-Up Form – Due February 5, 2018
  7. Injury Petition Form (If applicable) – Due February 5, 2018

*All forms can be accessed through a “Forms” link in the athletic director’s administration area of the NHIAA website. Once accessed and filled out, please email the forms to [jscott@nhiaa.org](mailto:jscott@nhiaa.org)*

***DO NOT FOLLOW UP WITH HARD COPIES! You will receive confirmation of receipt of your forms. If you do not receive confirmation please contact the NHIAA.***

## **POLICY AND PROCEDURES:**

1. Teams and independents will be allowed to compete.

2. **Divisional Alignment Of Schools: (27)**

### **2017-18 Gymnastics Divisional Alignment**

#### **One Division - 27 Schools**

Pinkerton	3167	Goffstown	1106
Manchester Central	1688	Manchester West	949
Nashua South	1875	Milford	857
Nashua North	1748	Windham	851
Exeter	1741	Pembroke	840
Concord	1714	Souhegan	828
Londonderry	1579	Hollis Brookline	815
Bedford	1484	Bishop Guertin	743
Spaulding	1416	Plymouth	686
Keene	1388	Pelham	628
Dover	1349	Campbell	509
Alvirne	1315	Farmington	299
Merrimack	1231	Derryfield	263
Salem	1215		

3. **Payment Of Officials During Regular Season Meets:**

If you are sending an independent gymnast to a meet, you must submit the Independent Gymnast Meet Submission Form in advance with payment in the amount of \$4.00 per event or \$16 per all-around athlete. Independent gymnasts' Athletic Directors must contact all schools where they plan on attending meets at least one week in advance and if the gymnast then does not show up at the meet, she will still be responsible for the payment of officials.

4. **Teams:**

A team shall be defined as a group of five (5) or more competitors from one school competing as a unit and where the following conditions are met:

- a. There shall be a minimum of four (4) different competitors in each of the four (4) events.
- b. Only two (2) of the team members may be designated as "all-around" competitors.
- c. All teams must have competed or attended as a team in four (4) meet dates during the regular season.
- d. Teams are required to send in "Team Gymnastics Competition Form/Final Meet Results" (see attached sheet).
- e. Teams are required to send in "Gymnastics Official Line-Up Form" (see attached sheet).
- f. Schools adding the sport of gymnastics after the season has begun are REQUIRED to submit a schedule of meets they plan to attend for the season.

## 5. **Independents:**

A group of less than five (5) competitors from one school must compete as independents. This refers to regular season meets as well as the state meet. Member schools who wish to enter independents in regular season meets should follow these procedures:

### **Call the host school athletic director for confirmation.**

- a. Submit an "Independent Gymnast Meet Submission Form" by December 11, 2017 with payment in the amount of \$4.00 per event or \$16 per athlete to the athletic director of the host school for approval. Payment must be submitted with the form.
- b. Independent Gymnasts must indicate what events they will be participating in at the desired meet.
- c. In the event of injury or illness preventing participation in a scheduled meet, the host school must be notified that the independent gymnast will not be attending. Any rescheduling of a meet for an independent must be approved by the host school prior to attending.
- d. A schedule of meets shall be submitted to the NHIAA prior to the 1<sup>st</sup> date to schedule.

### **Independents shall be allowed to enter the State Tournament provided that the following criteria are met:**

- a. The independent gymnast is designated eligible by the school principal.
- b. The independent's school must be registered with the NHIAA.
- c. A schedule of meets shall be submitted to the NHIAA prior to the 1<sup>st</sup> date to schedule.
- d. The independent has competed in a minimum of four (4) interscholastic meets between member schools during the season.
- e. Independents that wish to participate in any event, including all around must have a minimum of three judgments in each of these events.
- f. An "Independent Gymnastics Competition form," which gives evidence of scores attained during the meets in # (3) above, is completed on the day of these meets by the head official and the meet director and must be submitted to the NHIAA Office with your state entry form.

## 6. **Regular Season Competition Start Times:**

Teams are expected to arrive at the host school **at least one hour before** the scheduled start time. Competitions will start promptly at their scheduled times. All regular season meets should have timed warm-ups.

7. **Regular Season Meet Results:** Please submit all regular season meet results to [jscott@nhiaa.org](mailto:jscott@nhiaa.org) in order for scores to be posted on the NHIAA website. These scores will be posted under "Gymnastics". It is highly recommended that schools use the Event Scoresheet located on the NHIAA Gymnastics page when submitting regular season results.

## 8. **State Tournaments:**

- a. The State Tournament shall be administered by the NHIAA Gymnastics Committee.
- b. Member schools must have competed on an interscholastic basis to be eligible to participate, each athlete on a team must compete in at least four (4) meets in order to be eligible to participate in the State Meet.
- c. If a team member is ineligible for state competition because of an injury and has not met the four (4) meet requirement, the coach may complete an Injury Petition Form and submit it to the Committee.
- d. Tournament Format
  - The state meet will be held in two sessions on the same day using the same judges.
  - Teams will be divided in half based on the average of their top three meet scores.

- The teams that averaged in the lower half of the team score range will compete in the morning.
- The teams that scored in the higher half of the team score range will compete in the afternoon
- Independents would be divided in half using the same criteria for teams. Their all-around scores (even if they did not compete in an event during the season) will be averaged.
- Independents whose all-around scores fell in the bottom half of the independent's score range will compete in the morning
- Independents whose all-around scores fell in the top half of the range will compete in the afternoon.

e. **Awards:** Official NHIAA championship and runner-up plaques, in addition to twenty (20) team medals, will be awarded to the respective champion and runner-up teams. Individual medals will be awarded to:

1. Top six (6) competitors per event.
2. Top six (6) all-around competitors.

f. In the event of a tie for any place, the next place will be vacated, except 6<sup>th</sup> place. If there is a tie for 1<sup>st</sup> place, two 1<sup>st</sup> place medals will be awarded, and the next medal given would be 3<sup>rd</sup> place.

g. If there are more than two independent gymnasts from one school, the school will designate two independents for the all around competition. The other gymnast from that school may only compete in **three (3)** events of their choosing.

h. **Protest Procedure At State Tournaments:**

During State Tournament play, there shall be no appeals of protests to the Executive Director. All protests shall be resolved at the game site at the time of the protest.

9. **Fifty/Fifty (50/50) Raffles:** Fifty/Fifty drawings are permitted by the New Hampshire Interscholastic Athletic Association (NHIAA); at the site of an NHIAA member school hosting any round of an NHIAA tournament event (s). Fifty-fifty raffles will not be permitted at "neutral sites" that are not NHIAA Member School sites.

#### 10. **Blood Spillage And Body Fluids:**

The NHIAA Sports Medicine Committee suggests that each school develop a local policy in cooperation with their local medical personnel, on how to handle blood spillage.

##### **Housekeeping Procedures for Blood and Body Fluids**

Disposable latex gloves should be worn to avoid contamination of the hands of the person cleaning spillages involving blood or other body fluids and secretions. Persons involved in cleaning contaminated surfaces should avoid exposure of open skin lesions or mucous membranes to blood or body fluids. A freshly prepared solution of dilute household bleach (one quarter cup of bleach diluted in one gallon of water) or other disinfectant labeled as *virucidal*, *Tuberculocidal*, *staphylocidal* is useful. Allow the disinfectant to stand wet for a minimum of one minute to start killing pathogens and disinfecting the area (10 minutes of disinfection time guarantees surface sterility). Whenever possible, disposable towels, tissues, and gloves should be used and properly discarded and mops should be rinsed in disinfectant.

##### **Interpretation Of Excessive Bleeding:**

National Federation Rules call for a player, who is bleeding, has an open wound or excessive blood on the uniform, to leave the court/field.

The NHIAA interprets "excessive blood on the uniform" to mean that part of the uniform is saturated

with blood. Saturated does not mean a wet spot. Saturated means a major portion of the garment is covered and soaked with blood. For this to occur, significant bleeding would have had to take place. For any blood on uniform less than "saturated", the uniform does not have to be changed. School personnel have the responsibility of treating the blood area with the appropriate disinfecting solution before the athlete may participate.

If the uniform is "saturated" with blood, the uniform must be changed before the athlete may participate. This interpretation is to be followed in the conduct of all NHIAA athletic events.

#### 11. NHIAA Site Selection Criteria Policy:

NHIAA Sports Committees will make every effort to provide sites with the following criteria in mind. The criteria are not listed in order of priority.

- a. If the home team cannot fulfill all criteria necessary to host a tournament game, including charging an admission fee for the preliminary or quarterfinal games, the school shall locate another site or forfeit the home advantage.
- b. Health and safety of participants. (**See Safety Regulations for Hosting a Gymnastics Meet**)
- c. Comfort and safety of spectators (including adequate seating and parking, and restrooms).
- c. Handicapped accessible for spectators.
- d. Relative travel requirements of participating schools.
- e. The ability to sell, collect and account for ticket sales.
- f. Playing surfaces must meet the requirements as established for that sport.
- g. Facility rental charge (if applicable).
- i. Sufficient parking.
- j. Other costs associated with running the event.
  - Public Safety – Approximate costs
  - Custodial
- k. Receptivity and cooperativeness of personnel working at site.
- l. Provide concessions (Facility keeps all sales).
- m. Provide area for NHIAA memorabilia sales.
- n. **SAFETY REGULATIONS FOR HOSTING GYMNASTICS MEETS**

In order to insure the safety of the gymnast, a member school must meet the following criteria to host a gymnastics meet:

**VAULT:** Runway – 78' Landing – Base mat (1 ½ - 2''), Landing mat (3 ½ - 4 or Single 5 –10'' base landing mat) Minimum 6' x 18' Padded landing area

NFHS Rule 6-1-3 NOTE, Specifies that the landing area on vault shall be a minimum of 18 feet by 8 feet and meet all other matting requirements beginning July 1, 2012.

**BARS:** Extender arm should measure 126 cm.

Ceiling Height – 19'

Matting under bars – (12' x 6') x 2 strip

**BEAM:** Landing area – 6' x 12' on each end

Minimum of 6' x 15' matted area under beam

NFHS Rule 8-1-3, Specifies that the landing area on balance beam shall be a minimum of 12 feet by 8 feet beginning July 1, 2012.

**FLOOR:** 12m X 12m floor mat: Spring, foam block or resolute are acceptable.

If you do not meet the above requirements you must contact the visiting schools in advance. If the visiting school cannot compete under these conditions they may choose not to compete or request a site change. There should be adequate space provided between event equipment, runways, dismount areas and walls.

12. **Jewelry And Body Piercing Rule:**

No jewelry, which includes body-piercing objects or earrings of ANY KIND shall be worn. Religious or medical alert medals must be properly secured under the uniform. Glitter is considered jewelry and is not permitted. All visible tattoos MUST be covered at all times.

13. **Event/Team Rotation For State Meet Competition:**

In order to guarantee that a team or independent is not put at a disadvantage in competition from one year to the next, the independent Team /Event rotation for the State Gymnastics Meet shall be as follows;

- a. The order of events shall be Olympic Order: Vault, Uneven Parallel Bars, Balance Beam and Floor Exercise.
- b. Teams and independents shall be divided evenly between all four events. Independents will be placed so that the events are balanced.
- c. Teams will be seeded for at the state meet based on an average of the top three team regular season scores\*.

\*The committee will review the top three (3) scores of each team. Scores will be taken from the team competition form submitted by the schools.

14. **Process for Dealing with Disqualified Athletes At All Athletic Events:** A disqualified athlete is not to be sent to the locker room or off the field unsupervised. If no supervision is available the disqualified athlete shall remain on the bench and become the coach's responsibility to supervise.

**NFHS Guidelines for Management of Concussions:** The NHIAA mandates the following of the NFHS guidelines for management of Concussions.

Concussions: Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional.

Please visit [www.nhcaa.org](http://www.nhcaa.org); "What's New" to view the NFHS Guidelines for Management of Concussions and the New Hampshire SB402 and its language as written.



New Hampshire Interscholastic Athletic Association  
 251 Clinton Street  
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## 2017-18 GYMNASTICS ROSTER

All schools must submit a roster regardless of team or independent status.

DUE VIA EMAIL TO [jscott@nhiaa.org](mailto:jscott@nhiaa.org) by December 1, 2017.

School: \_\_\_\_\_  
 Coach: \_\_\_\_\_  
 Athletic Director: \_\_\_\_\_  
 Principal: \_\_\_\_\_

	<i>NAME</i>	<i>GRADE</i>
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25.		

**SAMPLE FORM**

**Do not use. This form can be accessed on the NHIAA Website under the Athletic Directors' Administrative Log-in section.**

**Any changes to a roster must be in accordance with By-Law Article I, Section 11: Tournament Rosters**

**This form MUST be emailed to [jscott@nhiaa.org](mailto:jscott@nhiaa.org) by  
 Friday, December 1, 2017.**

**NEW HAMPSHIRE INTERSCHOLASTIC ATHLETIC ASSOCIATION  
251 CLINTON STREET  
CONCORD, NEW HAMPSHIRE 03301  
OFFICE # (603) 228-8671 FAX # (603) 225-7978**

**Independent Gymnast Meet Submission Form**

- This form must be submitted for approval to the host school of each meet the independent gymnast wishes to attend **by the First Day to Play for Gymnastics, December 11, 2017 (M W24)**. Payment must be submitted with the form in the amount of \$4.00 per event or \$16 per athlete if they are participating in all around.
- Independent Gymnasts must indicate what events they will be participating in at the desired meet.
- If a school has more than one (1) independent gymnast, individual forms for each athlete must be submitted.
- In the event of injury or illness preventing participation in a scheduled meet, the host school must be notified that the independent gymnast will not be attending. Any rescheduling of a meet for an independent must be approved by the host school prior to attending and the NHIAA must be notified.

Athlete Name: \_\_\_\_\_

School: \_\_\_\_\_

AD: \_\_\_\_\_

Principal: \_\_\_\_\_

Coach: \_\_\_\_\_

**SAMPLE FORM**

**Do not use. This form can be accessed on the NHIAA Website under the Athletic Directors' Administrative Log-in section.**

Date of Desired Meet: \_\_\_\_\_

Host School: \_\_\_\_\_

Host School AD: \_\_\_\_\_

**EVENTS:**

Please mark which events the Independent Gymnast will be participating in.

Bars	Beam	Floor	Vault	All Around

**Each Host School must receive this form by  
December 11, 2017 with payment.**

A Gymnastics Schedule **MUST** be submitted to the NHIAA by December 1, 2017 listing all meets the Independent Gymnast(s) is participating in.

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 251 Clinton Street  
 Concord, N.H. 03301-8432  
 Phone 603-228-8671 Fax 603-225-7978 E-Mail info@nhiaa.org

**2017-18 TEAM GYMNASTICS COMPETITION FORM**

**FINAL MEET RESULTS REPORT  
 PLEASE LIST SCORES FROM ALL MEETS PARTICIPATED IN.**

**All schools must meet the 4 meet minimum.**

**Each School is responsible for turning this form in to the NHIAA at the completion of their season for meet verification.**

School Name \_\_\_\_\_

	Date:	Opponent(s):	Team Scores:
<b>1.</b>			
<b>2.</b>			
<b>3.</b>			
<b>4.</b>			
<b>5.</b>			
<b>6.</b>			
<b>7.</b>			
<b>8.</b>			

**SAMPLE FORM**  
 Do not use. This form can be accessed on the NHIAA Website under the Athletic Directors' Administrative Log-in section.

Coach: \_\_\_\_\_

Asst. Coach: \_\_\_\_\_

Athletic Director: \_\_\_\_\_

**This form MUST be emailed to [jscott@nhiaa.org](mailto:jscott@nhiaa.org) by  
 Monday, February 5, 2018!**

**NO FAXES! HANDWRITTEN FORMS WILL NOT BE ACCEPTED.**

New Hampshire Interscholastic Athletic Association 251 Clinton Street  
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**2017-18 INDEPENDENT GYMNASTICS COMPETITION FORM**

If you have an independent gymnast who is going to represent your school, this form must be filled out, signed, and returned to the NHIAA Gymnastics Committee with your tournament line-up form for the state meet.

A competitor must have participated in a **minimum of four (4) meets** between NHIAA member schools to be eligible for the State Tournament. Independents that wish to participate in any event, including “all around” must have a minimum of three judgments in each of these events.

<b>School:</b>					<b>*Insert the scores for each event.</b>			
<b>Name of Gymnast:</b>					<b>This form is must be submitted for each Independent</b>			
	<b>Site/ Vs. School</b>	<b>Date</b>	<b>* Vault</b>	<b>* Uneven Parallel Bars</b>	<b>* Balance Beam</b>	<b>* Floor Exercise</b>	<b>Total Score (required)</b>	<b>Judge's Signature</b>
1.								
2.								
3.			<p><b>SAMPLE FORM</b></p> <p>Do not use. This form can be accessed on the NHIAA Website under the Athletic Directors' Administrative Log-in section.</p>					
4.								
5.								
6.								
7.								
8.								

Coach: \_\_\_\_\_

Asst. Coach: \_\_\_\_\_

Athletic Director: \_\_\_\_\_

\*\*This form must be emailed by the athletic director to the NHIAA office by the due dates. Judges' signatures are not required on emailed forms. The athletic director must also maintain and possess a hard copy of the same, with judges' signatures, in case the Committee needs verification at a later time.

**This form MUST be emailed to jscott@nhiaa.org by Monday, February 5, 2018!**

**A hard copy with judges' signatures must be kept on file with the school. NO FAXES! HANDWRITTEN FORMS WILL NOT BE ACCEPTED.**

**2017-18 NHIAA GYMNASTICS OFFICIAL LINE-UP FORM**

SCHOOL: \_\_\_\_\_  
 PRINCIPAL: \_\_\_\_\_ A.D.: \_\_\_\_\_

Please list your All Around Athletes in the #1 and #2 spots. Please note the grade of each gymnast and team captains with an asterisk (\*). Mark with an “X” the events in which your athletes will be competing.

**This form MUST be emailed to [jscott@nhiaa.org](mailto:jscott@nhiaa.org) by Monday, February 5, 2018**  
**NO FAXES! HANDWRITTEN FORMS WILL NOT BE ACCEPTED.**

	<i>Name</i>	<i>Grade</i>	<i>Vault</i>	<i>Uneven Parallel Bars</i>	<i>Balance Beam</i>	<i>Floor Exercise</i>	<i>All Around</i>
1.							
2.							
3.							
4.							
5.							
6.							
7.							
8.							
9.							
10.							
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25.							

**SAMPLE FORM**  
 Do not use. This form can be accessed on the NHIAA Website under the Athletic Directors’ Administrative Log-in section.

**COACH:** \_\_\_\_\_  
**ASST. COACH:** \_\_\_\_\_  
**MANAGERS:** \_\_\_\_\_

**This form MUST be emailed to**  
**[jscott@nhiaa.org](mailto:jscott@nhiaa.org) by**  
**Monday, February 5, 2018!**

- NOTE:**
- All athletes eligible for the state meet are to be listed on this form, including alternates.
  - There shall be a minimum of four (4) different competitors in each of the four events.
  - Only two (2) of the team and school members may be designated as “all-round” competitors.
  - If there are more than two (2) independent gymnasts from one school the school will designate two independents for the all-around competition. The other gymnast from that school may only compete in three (3) events of their choosing.

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Phone 603-228-8671 Fax 603-225-7978 E-Mail info@nhiaa.org

**INJURY PETITION FORM**

**(DEADLINE: ONE (1) WEEK PRIOR TO STATE MEET)  
Monday, February 5, 2018**

GYMNAST'S NAME: \_\_\_\_\_

GRADE: \_\_\_\_\_ COACH'S NAME: \_\_\_\_\_

SCHOOL NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

\_\_\_\_\_

PHONE: \_\_\_\_\_

<p style="text-align: center;"><b>SAMPLE FORM</b></p> <p><b>Do not use. This form can be accessed on the NHIAA Website under the Athletic Directors' Administrative Log-in section.</b></p>
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1. Photocopy of High School Meets attended this year with Judges' Signatures.
2. Written verification by a doctor of illness or injury including the date of injury.  
(Attach if necessary)

PLEASE SEND TO: **NHIAA**  
**251 Clinton Street**  
**Concord, NH 03301-8432**