



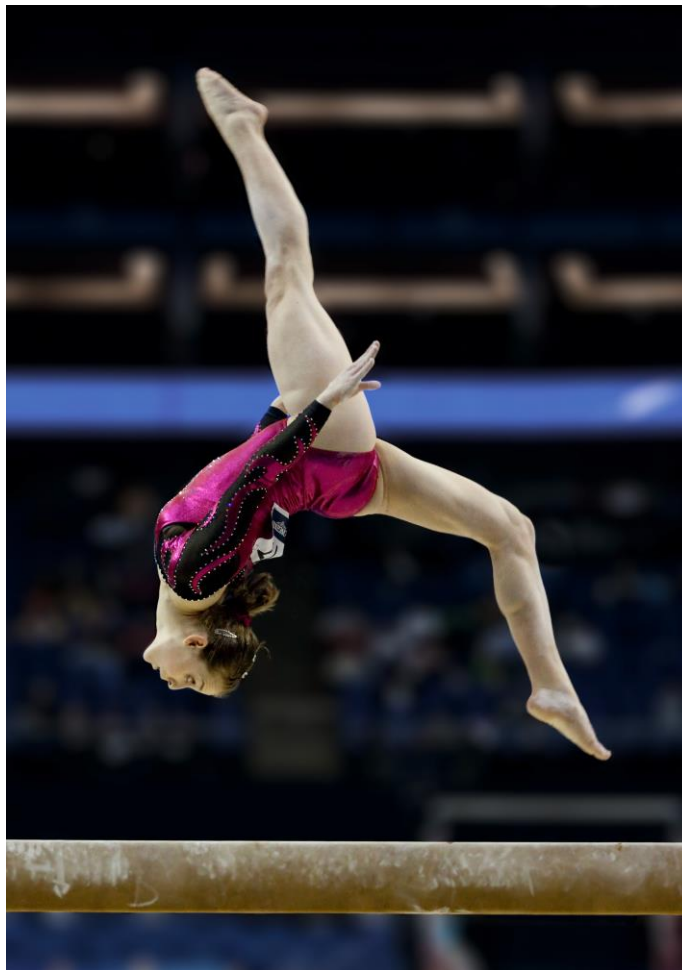
NEW HAMPSHIRE INTERSCHOLASTIC ATHLETIC ASSOCIATION

POLICY AND PROCEDURES

FOR

GYMNASTICS

2024-25



NHIAA GYMNASTICS COMMITTEE

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POINTS OF EMPHASIS

- **Regular Season Meet Results:** The host school shall submit all regular season meet results within 48 hours to rmisiaszek@nhiaa.org in order for scores to be posted on the NHIAA website. These scores will be posted on the gymnastics page. Improper submission of meet results may result in a disqualification.

- **Uniform**
The proper uniform shall be a one-piece leotard of moderate proportions with matching or skin-colored briefs. Bra shall not be exposed.

Additional acceptable attire:
Solid black Lycra shorts (small manufacturer’s branding allowed) with no embellishments. Must be worn over the leotard and length must be above the knee or shorter. Wearing of these shorts will not be subject to a deduction per USA Gymnastics scoring rubric.

- **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.

- **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 16, 2024). 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. It is recommended that Athletic Trainers arrive at regular season events one (1) hour and 15 minutes prior to the start of the event time.
- **State Meet Qualifiers:**
 - The state meet will be held in two (2) sessions (AM, PM) on the same day using the same judges.
 - The top eight (8) teams based on best three (3) team scores combined. Teams seeded 1-4 will compete in the PM session and teams seeded in 5-8 will compete in the AM session
 - Top 24 All-Around based on the best three (3) All-Around scores combined from Independents and athletes on non-qualified teams. AA seeded 1-12 will compete in the PM session and AA seeded 13-24 will compete in the AM session.
 - Top eight (8) individual event qualifiers based on the best three (3) scores combined from the remaining Independents and athletes on non-qualifying teams. The event qualifiers seeded 1-4 will compete in the PM session and the event qualifiers seeded 5-8 will compete in the AM session.
- **Forms to be Submitted:**
 1. Initial Team/Individual Declaration (Survey) – Due Tuesday, October 1, 2024
 2. Gymnastics Schedule – Due Sunday, December 1, 2024
 3. Independent Gymnast Meet Submission Form – Due Monday, December 16, 2024 to the Host School Athletic Director
 4. Gymnastics Roster – Due Monday, February 3, 2025
 5. Final Team/Individual Declaration – Due Monday, February 3, 2025
 6. Team Gymnastics Competition Form – Due Monday, February 10, 2025, at noon
 7. Independent Gymnastics Competition Form – Due Monday, February 10, 2025, at noon
 8. Gymnastics Official Line-Up Form – Due Monday, February 10, 2025, at noon
 9. Injury Petition Form (If applicable) – Due Monday, February 10, 2025, at noon

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 rmisiaszek@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: (36)**

2024-25 Gymnastics Divisional Alignment

One Division

Alvirne	Lin-Wood
Bedford	Londonderry
Bishop Brady	Man. Central
Bishop Guertin	Man. Memorial
Bow	Merrimack
Campbell	Nashua North
Coe-Brown	Nashua South
Concord	Oyster River
Derryfield	Pelham
Dover	Pembroke
Epping	Pinkerton
Exeter	Plymouth
Farmington	Salem
Goffstown	Souhegan
Hollis-Brookline	Spaulding
Inter-Lakes	Timberlane
John Stark	Trinity
Keene	Windham

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. **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 Monday, December 16, 2024 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; Only two individuals from each school may be designated as All-Arounds during regular season and the state 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 1st date to schedule.

5. **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.

6. **Regular Season Meet Results:** The host school shall submit all regular season meet results within 48 hours to rmisiaszek@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.

7. **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. State Meet Qualifiers
 1. Top eight (8) teams based on best three (3) team scores combined
 2. Top 24 All-Around based on best three (3) All-Around scores combined from Independents and athletes on non-qualified teams
 3. Top eight (8) individual event qualifiers based on best three scores combined from Independents and athletes on non-qualified teams.
- e. State Meet Competition Order: The state meet will be held in two (2) sessions (AM, PM) on the same day using the same judges.
 1. The top eight (8) teams based on best three (3) team scores combined. Teams seeded 1-4 will compete in the PM session, and teams seeded in 5-8 will compete in the AM session.
 2. Top 24 All-Around (AA) based on the best three (3) AA scores combined from Independents and athletes on non-qualified teams. AA seeded 1-12 will compete in the PM session, and AA seeded 13-24 will compete in the AM session.
 3. Top eight (8) individual event qualifiers based on the best three (3) scores combined from the remaining Independents and athletes on non-qualifying teams. The event qualifiers seeded 1-4 will compete in the PM session, and the event qualifiers seeded 5-8 will compete in the AM session.
- f. **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.
- g. In the event of a tie for any place, the next place will be vacated, except 6th place. If there is a tie for 1st place, two 1st place medals will be awarded, and the next medal given would be 3rd place.
- h. 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.
- i. **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.

8. **Uniforms:**

The proper uniform shall be a one-piece leotard of moderate proportions with matching or skin-colored briefs. Bra shall not be exposed.

Additional acceptable attire: Solid black Lycra shorts (small manufacturer’s branding allowed) with no embellishments. Must be worn over the leotard and length must be above the knee or shorter. Wearing of these shorts will not be subject to a deduction per USA Gymnastics scoring rubric.

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; "What's New" to view the NFHS Guidelines for Management of Concussions and the New Hampshire SB402 and its language as written.

2024-25 GYMNASTICS ROSTER

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

Final Declaration of Team/Individual Status

School: _____

At the 2024-25 Championship Meet, our school will compete as (please choose one):

Team (five or more comprise a team)
 Independents

	NAME	GRADE	COMPETING at CHAMPIONSHIP (Y or N) if qualified
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.		<div style="border: 2px solid red; padding: 10px; color: red; font-weight: bold; font-size: 1.2em;"> SAMPLE FORM </div> <p style="color: black; font-weight: bold; font-size: 0.9em;"> Do not use. This form can be accessed on the NHIAA Website under the Athletic Directors' Administrative Log-in section. </p>	
10.			
11.			
12.			
13.			
14.			
15.			
16.			
17.			
18.			
19.			
20.			
21.			
22.			
23.			
24.			
25.			

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

Coach: _____
 Athletic Director: _____
 Principal: _____

Due via email to: rmisiaszek@nhiaa.org by **February 3, 2025**

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 16, 2024**. 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 will only be allowed to participate in meets where there are three (3) or fewer teams participating.
- 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
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Each Host School must receive this form by
December 16, 2024 with payment.**

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

2024-25 TEAM GYMNASTICS COMPETITION FORM

FINAL MEET RESULTS REPORT

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

School Name: _____

PLEASE LIST SCORES FROM ALL MEETS PARTICIPATED IN.

All schools must meet the 4-meet minimum.

	DATE	HOST SCHOOL	YOUR TEAM SCORE
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			

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 rmisiaszek@nhiaa.org by Monday, February 10, 2025 at noon

Handwritten forms will not be accepted.

2024-25 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.

School:					*Insert the scores for each event. This form must be submitted for each Independent			
Name of Gymnast:								
	Site/Vs. School	Date	*Vault	*Uneven Parallel Bars	*Balance Beam	*Floor Exercise	Total Score (required)	Judge's Signature
1.								
2.								
3.								
4.								
5.								
6.								
7.								
8.								

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

This form must be emailed to rmisiaszek@nhiaa.org by Monday, February 10, 2025 at noon

Handwritten forms will not be accepted.

2024-25 GYMNASTICS OFFICIAL LINE-UP FORM

School: _____

Principal: _____ Athletic Director: _____

- 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 (*).
- There should be only six “X’s” per event
- Please mark your alternates with “ALT” up to two per event and one in the All-Around.

#	Name	Grade	Vault	Uneven Parallel Bars	Balance Beam	Floor Exercise	All Around
1.							
2.							
3.							
4.							
5.							
6.							
7.							
8.							
9.							
10.							
11.							
12.							
13.							
14.							
15.							
16.							
17.							
18.							
19.							
20.							
21.							
22.							
23.							
24.							
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
rmisiaszek@nhiaa.org by
 Monday, February 10, 2025 at noon**

Handwritten forms will not be accepted.

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.

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

INJURY PETITION FORM

Must be submitted by the Athletic Director

DEADLINE: Monday, February 10, 2025 at noon

This petition form is for INJURY ONLY.

High School: _____

Gymnast's Name: _____ **Grade:** _____

Coach's Name: _____

SAMPLE FORM

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

Reason for this Injury Petition request:

PLEASE ENSURE *ALL ITEMS* BELOW ARE INCLUDED AT THE TIME OF SUBMISSION.

- Photocopy of High School Meets attended this year with Judges' Signatures.
- Written verification by a doctor of illness or injury including the date of injury.

Please email all documents to: rmisiaszek@nhiaa.org