

1. Girls' - WINTER Sport		GYMNASTICS		2. ZONE/SOSSA/OFSAA	
<p>Many of the Policies in this sport specific section make a direct reference to a specific ARTICLE or SECTION in the NRHSAA CONSTITUTION/ POLICY MANUAL. Where relevant, you will find direct reference(s) to the ARTICLE and/or SECTION of the NRHSAA CONSTITUTION/ POLICY MANUAL. If you want to refer to the NRHSAA CONSTITUTION log on to <a href="http://www.dsb.edu.on.ca">http://www.dsb.edu.on.ca</a> and then click on "schools link". Or, use <a href="http://www.dsb.edu.on.ca/schools.htm">http://www.dsb.edu.on.ca/schools.htm</a>. The policies that follow are specific to this sport and should be adhered to, by every member of the NRHSAA.</p>					
<p><b>3. N.R.H.S.A.A. Zone members' phone/fax numbers - See Appendix A</b></p>					
<p>4. Executive; Board of Reference - GENERAL (Responsibilities; Procedures);</p>					
<p>5. Athletic Convenors</p>					
6. Soliciting	7. Insurance	8. Personal Property	9. Team Selection	10. Safety	11. Supervision of Interschool Teams
12. Eligibility for...					
a) a School:	b) an Individual; c) Special Considerations;	<p>13. Transfers:</p> <ul style="list-style-type: none"> <li>-Sect.2, Board of Reference -TRANSFER (Procedures):</li> <li>-Sect. 1, Transfer Policy,;</li> <li>-Transfer Form; (Appendix);</li> <li>-Transfer Meeting Dates;</li> <li>-Sect.2, Ineligible Ruling;</li> <li>-Sect.3, SOSSA Appeal Process;</li> </ul>		<p>14. Scheduling:</p> <ul style="list-style-type: none"> <li>-Sect.1, Declaration of play;</li> <li>-Sect.2, School Classification;</li> <li>-Sect. 3, League and Play-off format;</li> <li>-Sect.4, Stages of Scheduling.</li> </ul>	
<p>Sport Specific Policies that may or may not be in the NRHSAA Constitution and Policy Manual.</p>					
15. Eligibility sheets; 16. Meet time; 17. Events; 18. Sport Aerobics;	19. Artistic Gymn. Competitive Divisions; 20. Equipment Specifications for Artistic gymnastics;	<p>21. School Resp. -Medical Consumables; 22. Payment of Officials; 23. Officials;</p> <p>24. Suspensions; - Ejection; - Physical or verbal altercation.</p>		<p>25. Board of Reference - SANCTIONS And PROTESTS:</p> <p>Sanctions: Procedures, <b>Penalties,</b> Protests: Procedures.</p>	
26. Zone Invitational Meet Format:		27. Scoring & Award Format;		28. Entry Format for SOSSA and OFSAA	
29. SOSSA Girls' Gymnastics;			30. Convening SOSSA Championships		
31. SOSSA "HOST" TEAM FOR OFSAA CHAMPIONSHIPS:					

**IMPORTANT:**

The policies that follow are specific to this sport and must be adhered to by every member of the NRHSAA.

Each sport policy is numbered. Many of the Policies in this sport specific section make a direct reference to a specific ARTICLE or SECTION in the NRHSAA CONSTITUTION/ POLICY MANUAL. Where relevant, you will find direct reference(s) to the ARTICLE and/or SECTION of the NRHSAA CONSTITUTION/ POLICY MANUAL. If you want to refer to the NRHSAA CONSTITUTION log on to <http://www.dsb.edu.on.ca> and then click on "schools link". Or, use <http://www.dsb.edu.on.ca/schools.htm>. Make sure that you are familiar with each one.

- |     |  |                              |
|-----|--|------------------------------|
| 1.  | Season of Play:                          | Girls = Winter Season        |
| 2.  | Levels of Competition                    |                              |
|     | Girls                                    | ZONE; S.O.S.S.A.; O.F.S.A.A. |
| 3.  | Members:                                 | Appendix A                   |
| 4.  | Executive:                               |                              |
|     | EXECUTIVE COMMITTEE                      | ARTICLE VI                   |
|     | ROLES OF THE EXECUTIVE                   | ARTICLE VII                  |
|     | STANDING COMMITTEES                      | ARTICLE IX                   |
|     | Section 1 - Board of Reference - GENERAL |                              |
| 5.  | CONVENORSHIPS                            | ARTICLE XIV                  |
|     | Section 1 - Athletic Convenors           |                              |
|     | Section 2 - Athletic Convenor Packages   |                              |
| 6.  | SOLICITING STUDENTS                      | ARTICLE XVIII                |
| 7.  | INSURANCE                                | ARTICLE XIX                  |
| 8.  | PERSONAL PROPERTY                        | ARTICLE XX                   |
| 9.  | TEAM SELECTION                           | ARTICLE XXII                 |
| 10. | SAFETY                                   | ARTICLE XXIII                |
| 11. | SUPERVISION OF INTERSCHOOL TEAMS         | ARTICLE XXIV                 |
| 12. | ELIGIBILITY                              | ARTICLE XI                   |
|     | Section 1 - School                       |                              |

Each school may enter up to 6 competitors per event, per division in Artistic Gymnastics;

For Sports Aerobics, a school may send at least one team that may be comprised of 4, 5, or 6 girls.

The number of teams that a school can send to the Meet will be decided by the Convenor.

#### Section 2 - Individual

the individual's birth certificate indicates that she has not reached her 19<sup>th</sup>. birthday by January 1<sup>st</sup>. prior to the start of the school year in which the competition is held;

13. TRANSFERS ARTICLE XII  
STANDING COMMITTEE(S) ARTICLE IX  
Section 2 - Board of Reference - TRANSFER  
Transfer meeting dates will be published the first week in Sept. of the current school year.  
Section 1 - Transfer Policy  
Section 2 - Ineligible Ruling  
Section 3 - S.O.S.S.A. Appeal Process

14. SCHEDULING ARTICLE XV  
Section 1 - Declaration of Play  
Section 2 - School Classification  
Section 3 - League and Play-off Format  
Section 4 - Stages of Scheduling

SPORT SPECIFIC POLICIES:

MEET DAY AND SCHOOL RESPONSIBILITIES:

15. ELIGIBILITY SHEETS ARTICLE XII  
Eligibility sheets must be to the Convenor of the host school 5 school days before the Meet.

16. MEET TIME: ARTICLE XV; Section 4  
The starting time for the day Meet will be determined at an October meeting by the coaches.

17. EVENTS:  
The events in which competition will take place are: Sport Aerobics and Artistic Gymnastics.

**NOTE: REFER TO THE APPENDED MATERIAL FOR EVENT REGULATIONS**

18. Sport Aerobics:
1. A team may be comprised of 4, 5, or 6 girls; The number of teams that a school can send to the Meet will be decided by the Convenor.
  2. Each member of a school's sports aerobics team must have competed as a member of the school's artistic gymnastics team in at least one artistic gymnastics competition during the current competitive season. Members of the school's sports aerobics team do not have to qualify for an SOSSA INC. artistic gymnastics event to qualify for the SOSSA INC. sports aerobics team.

19. ARTISTIC Gymnastics (Vault, Uneven bars, Balance Beam, Floor Exercise) Competitive Divisions:

Each school may enter up to 6 competitors per event per division.

The competitive divisions shall be named Levels 1, 2, 3, 4, 5, 6.

For Clarification Purposes:

- i) Gymnasts and coaches should take note of the restricted moves in Levels 1, 2, 3, 4 and 5 when selecting a competitive category.
- ii) Any gymnast who has competed or is currently competing at OCP Level 2 must compete in high school Level 2 or higher.
- iii) Any gymnast who has competed or is currently competing at OCP Level 3 must compete in high school Level 3 or higher.
- iv) Any gymnast who has competed or is currently competing at OCP Level 4 must compete in high school Level 4 or higher.
- v) Any gymnast who has competed or is currently competing at OCP Level 5 must compete in high school Level 5 or higher.
- vi) Any gymnast who has competed or is currently competing at OCP Level 6 or higher must compete in high school Level 6.
- vii) Any gymnast who has competed or is currently competing at Interclub Power Tumbling (Levels C, B or A) or Provincial Level D Tumbling must compete in high school Level 2 or higher.
- viii) Any gymnast who has competed or is currently competing at Provincial Level C or B Tumbling must compete in high school Level 3 or higher.
- ix) Any gymnast who has competed or is currently competing at Provincial level A or National Tumbling must compete in high school Level 5 or higher.

NOTE: a) A gymnast who has been medically petitioned through OGF meet(s) is considered as having competed in that meet (for the purpose of determining the correct Zone category);

20. EQUIPMENT SPECIFICATIONS FOR ARTISTIC GYMNASTICS:

- a) Olympic order for the 4 events in which competition will take place are: Vault, Uneven Bars, Balance Beam & Floor Exercise
- b) Equipment and Event Specifications:
  - Vault - Height 120 cm
  - Uneven Bars - Low Bar 155cm, High Bar 235cm
    - Bars may be moved in or out.
    - In all categories girls taller than 165cm may move both bars up one notch.
    - Wide bar extenders must and cable bars will be provided
  - Balance Beam - 120cm padded beam only;
    - time 0:30 - 1:30 seconds
  - Floor Exercise - floor area 12m X 12m.
  - Time 0:30 - 1:30 all divisions :
    - Music must be recorded at the beginning of a new cassette tape or CD for each gymnast.
    - \*A .5 penalty will be imposed on the gymnast final score if a gymnast appears without a cassette or if the music is not recorded at the beginning of the tape.

An interruption of 10 seconds is possible due to a fall on or from the beam and 30 sec. due to a fall from the bars. This will be timed separately. Exceeding the time limit on the fall will mean the routine is finished.

Landing pits a minimum of 12cm thickness will be provided for each apparatus. Additional landing mats will not be permitted under beat boards for mounting beam or bars.

21. SCHOOL RESPONSIBILITIES:

MEDICAL PERSONNEL:

Every attempt will be made by the Convenor to have an Athletic Trainer in attendance or readily available. Coaches shall provide all consumable medical supplies (e.g. tape, band-aids) for their athletes.

22. PAYMENT OF OFFICIALS ARTICLE XXVI

The hosting school will charge each participating school an amount to compete. The amount will be determined at the October meeting.

23. OFFICIALS:

Officials will be procured as soon as the Invitational date is established. The host school and/or the Convenor will get the Officials.

24. SUSPENSIONS ARTICLE XXV  
Section 1 - Ejection from competition  
Section 2 - Physical or Verbal Altercation

25. STANDING COMMITTEE(S) ARTICLE IX  
Section 3 - Board of Reference - SANCTIONS AND PROTESTS  
Procedures  
Penalties  
Protests  
Procedures

26. ZONE INVITATIONAL MEET FORMAT:

The format for a Zone Invitational Meet will be determined at the Convenors Individual Sport Body Meeting. All schools participating are to send a representative to the Convenors Individual Sport Body Meeting otherwise forfeit all **rights for input into** the Invitational Meet.

MEET FORMAT SUGGESTIONS:

- The date of the Zone Invitational Meet will be set in October of the competing school year. It is usually approximately 2 weeks prior to SOSSA; and SOSSA is approximately 2 weeks prior to OFSAA Meet.
- Dates are available from the minutes of the SOSSA INC. Annual Meeting in June of each school year;
- Hosting and Assisting Schools will be decided in October;
- Meet will consist of March-In, Opening Ceremonies, General Warm-up, Timed Warm-up, Competition & Presentation of Awards

Suggested Warm-up Sessions may be provided as follows:

Either option A or B may be selected for the warm-up.

Option A-Twenty (20) minute general warm-up (non-apparatus)

- each competitor receives a one minute and 30-second warm-up

Option B-General stretch (no tumbling) -1/2 hour event warm up -beam 2 min., bars 2 1/2 min., floor/vault - 90 sec.

27. SCORING AND AWARD FORMAT:

The individual gymnast will receive a raw score out of 10 for each event.

Ribbons will be given for the top 6 scores per event per level 1,2,3,4,5, and for the top 6 overall gymnasts level 6.

28. ENTRY FORMAT FOR S.O.S.S.A. & O.F.S.A.A.:

- a) S.O.S.S.A. entry allows 6 artistic competitors per event per school;
  - b) O.F.S.A.A. entry allows the top 4 artistic competitors per event for Levels 1,2,3,4,& 5 and top 4 all round artistic competitors for Level 6.
3. In Sport Aerobic Competition, SOSSA INC. will send the top 2 teams.

29. SOSSA INC. GIRLS' GYMNASTICS:

Constitution and By-Laws: pages 1 to 25 of the SOSSA handbook;

GIRLS' GYMNASTICS: pages 45 to 48 of the SOSSA handbook.

1 champion from each Zone will go to SOSSA. The championship will held in the fall at least one week prior to the OFSAA. Check ofsa.com for that date.

30. CONVENING S.O.S.S.A. CHAMPIONSHIPS

ARTICLE XXIX

31. SOSSA "HOST" TEAM FOR OFSAA CHAMPIONSHIPS:

If a school hosts an OFSAA Championship, the school has the first right of acceptance or refusal of the SOSSA Championship for that activity, in the same school year, as the OFSAA Championship