

SOSSA INC. GIRLS' GYMNASTICS

PLAYING REGULATIONS

1. Date and Location:
These will be determined at or before the SOSSA INC. Annual Meeting in June of the prior school year.
2. Eligibility:
As per Article VII and Article VIII of SOSSA INC. Constitution.
3. Structure and Procedure:
Two meets shall be held, the first of which shall be a TEAM Championship Meet and the second shall be an INDIVIDUAL Championship Meet. Each meet shall be optional exercises only.

A general warm-up session will be provided before the meet and an individual warm-up will precede competition. These may follow Option A, B or an adaptation considered appropriate by the convenor.

A formal March-In will precede the Meet and gymnasts must wear competitive attire.

A coaches meeting should be held at a time designated by the convenor.

Awards will be presented immediately following the competition.

4. Events:
The events in which competition will take place are:
 - 1) Artistic Gymnastics: Vault, Uneven Bars, Balance Beam, Floor Exercise.
 - 2) Sport Aerobics
5. A) Artistic Gymnastics
Competitive Divisions:

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

For Clarification Purposes: Levels 1-5 may enter 1 or more events

Level 6 gymnasts must compete in all 4 events

- i) Gymnasts and coaches should take note of the restricted moves in Levels 1, 2, 3, 4, 5, and 6 when selecting a competitive category.
- ii) A girl training 2 or more times a week outside of her regular school

program must compete in level 4 or higher.

- iii) A girl who has competed previously as an OGF registered gymnast in Regional or Provincial competition may NOT compete in Levels 1 or 2.
- iv) A girl with one year of regional competition PRIOR TO HIGH SCHOOL must compete in Level 3 or higher.
- v) A girl with one year of Provincial competition must compete in Level IV or higher.

Petition Procedures:

To petition the category of a gymnast the following procedure must be followed:

- i) The petition must be submitted in writing from the school coach through the Association convenor to the Chairperson of the OFSAA Sport Advisory Committee for Gymnastics;
 - ii) Petitions must be received no later than two weeks prior to the date of the SOSSA INC. Championship;
 - iii) A committee consisting of the Sport Advisory Committee Chairperson, the meet convenor and an additional member from the Sport Advisory Committee shall make decisions on any petitions submitted.
- 2) Sport Aerobics:
- (i) a team may be comprised of 4, 5 or 6 girls;
 - (ii) 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.
 - (iii) all sports aerobics teams must compete at their zone qualifying competition.
6. Entry:
Each school may enter up to six competitors per event, per division in Artistic Gymnastics and one team in Sport Gymnastics. Late entries will not be accepted. Substitutions will not be allowed for the second SOSSA INC. meet.
7. Scoring and Awards:
- i) The scoring of the meet will be as follows:

- a) For the all-around school team score the teams will count their 6 best scores on each apparatus (Levels 1 through 6).
 - b) For the level 1, 2, 3, 4, team results the top 3 scores on each apparatus at each level will be added.
 - c) For the individual results the raw scores from each of the two SOSSA INC. meet will be added. In case of a tie, the score from the individual (second) meet will be the tie breaker.
- ii) The awards will be as follows:
- a) At the SOSSA INC. team meet, the top three all-around teams will be awarded ribbons and the top team will be awarded the SOSSA INC. team championship trophy.
 - b) Category team champions (levels 1 through 4) will be awarded ribbons for the top 3 teams and the first place team for each category will receive a SOSSA INC. team plaque.
 - c) At the individual meet, the first place through sixth place finishers will be awarded a ribbon.

8. Ordering of Ribbons:

Team Meet: 40 X 1st place ribbons
 30 X 2nd ribbons
 30 X 3rd ribbons

Individual: 24 X 1st, 2nd, 3rd, 4th, 5th, 6th place ribbons.

(source: Al Howie - Trophies Unlimited - 892-6211)

Plaques exist for Level 1 through 4 category team champions.

A SOSSA INC. over-all team trophy exists.

9. OFSAA Representation:

The top four gymnasts per event per division Level 1, 2, 3, 4, and 5 categories and the top four all-around competitors in the Level 6 category will represent SOSSA INC. at OFSAA Artistic Gymnastic. In Sport Aerobic Competition SOSSA INC. will send the top two teams, with no more than one team from any school.

9. Fee Structure:

The fee structure for the meets will be as follows:

- 1) See Article IV, Section 1 of the SOSSA INC. Constitution
- b) The Zone IV fee will be based on a fee per entry.
- c) The SOSSA INC. individual meet fee will be based on a flat rate per team as determined

d) A financial report should be submitted to the SOSSA INC. Administrative

10. Uniform:

Club leotards and warm-up suits will NOT be allowed.
Sleeveless leotards will not be allowed for competition.

11. Rules:

Eligibility and composition, restricted moves and difficulty requirements must follow current OFSAA specification. (See OFSAA constitution or updated OFSAA Gymnastics package available annually)

Note: A convenor's package is available from Zone IV policy manual.

12. Medical:

It is recommended that qualified First Aid personnel and equipment be available at the Championship site(s). Coaches shall provide all consumable medical supplies (ie. tape, bandaids, etc.) for their athletes.

13. Appeals and Protests:

See Article IX.