

**TEXAS HIGH SCHOOL GYMNASTICS
COACHES ASSOCIATION**

CONSTITUTION

AND

MANUAL OF RULES

**Revised December 2008
Parliamentarian Craig Vogl**

**Published by the
Texas High School Gymnastics Coaches Association**

TABLE OF CONTENTS
CONSTITUTION

I.Name.....7

II.Purpose and Objectives.....7

III.Membership.....7

 1.General Membership..... 7

 2.Full Membership.....7

 3.Associate Membership.....8

 4.Guest Membership.....8

 5.Patron.....8

 6.Life Membership.....8

IV.Organization.....8

 1.General Policies.....8

 2.Executive Body.....9

 3.Membership Voting Privileges.....9

 4.Voting Ratification.....9

 5.Annual Meeting.....9

 6.Executive Body Authority.....9

V.Officers.....9

 1.Executive Body.....9

 2.President.....9

 3.Vice-President.....9

 4.Secretary.....9

 5.Treasurer.....10

 6.Executive Director.....10

 7.Historian.....10

 8.Parliamentarian.....10

 9.Webmaster.....10

VI.The Technical Committee..... 10

 1.Members..... 10

 2.Duties - Games Committee..... 10

 3.Duties - Review Board..... 11

 4.Duties - Rules Committee.....11

 5.Men's/Women's Voting.....11

 6.Confidentiality.....11

 7.Conflict of Interest.....11

 8.Disbursement of Money.....11

VII.By-Laws.....11

 1.Amendment Ratification.....11

 2.Mail Votes.....11

VIII.Finances.....11

 1.Income.....11

 2.Duties Finance Committee.....11

IX.Amendments.....12

 1.Proposals/Ratifications.....12

 2.One Year Rule.....12

BY-LAWS AND COMPETITION PLAN

I.The Gymnastic Code.....12
II.Application of Rules.....13
 1.Coverage.....13
 2.Judging Code.....14
 3.Games Committee.....14
 4.Regional Chairperson.....14
 5.Employment of Coaches.....14
 6.School Registration.....15
 7.Athletic Eligibility.....15
 8.Disputes and Violations.....16
 9.Penalties..17
 10.Required Number of Meets.....17
 11.School Authority Responsible...17
 12.Medical Certificates and Parental Permits...17
 13.Awards.....17
 14.Protest Procedures at All High School Meets...17

COMMUNICABLE DISEASE PROCEDURES18

**MANUAL OF RULES AND INSTRUCTIONS FOR CONDUCTING
THE TEXAS HIGH SCHOOL GYMNASTIC MEETS - BOYS**

I.Dual Meet Competition.....19
 1.Order of Competition.....19
 2.Number of Entries in Dual Meets.....19
 3.The All Around Competitors.....19
 4.Team Score.....19
 5.Lineup Changes.....19
 6.Judges and Officials.....19
 7.Judges' Duties.....19
 8.Judges' Two Year Rule.....19

RULES GOVERNING JUDGING SPECIFICATIONS FOR BOYS

All Men’s Rules found a THSGCA Website.....20
I.Evaluation of Optional Exercises.....20
II.Evaluation of Compulsory Exercises.....20
 1.Floor Exercise.....20
 2.Pommel Horse.....20
 3.Rings.....20
 4.Parellel Bars.....20
 5. Horizontal Bar.....20
 6. Recommended Apparatus Mat Specifications.....20

**MANUAL OF RULES AND INSTRUCTIONS FOR CONDUCTING
THE TEXAS HIGH SCHOOL GYMNASTIC MEETS - GIRLS**

I. Dual Meet Competition.....21
1. Order of Competition.....21
2. Number of Entries In Dual Meets.....21
3. The All Around Competitors.....21
4. Team Score.....21
5. Lineup Changes.....21
6. Judges and Officials.....21
7. Judges' Duties.....21
8. Uniforms.....22

**RULES GOVERNING JUDGING
SPECIFICATIONS FOR GIRLS**

I. Evaluation of Optional Exercises.....22
1. Difficulty.....22
2. Combination and Execution.....22
3. Bonus Points.....22
II. Vault Values.....23
III. Evaluation of Compulsory Exercises and Changes.....23

**RECOMMENDED APPARATUS AND MAT
SPECIFICATIONS FOR GIRLS**

I. Side Horse Vault.....24
II. Uneven Parallel Bars.....24
III. Balance Beam.....25
IV. Floor Exercise.....25

**REGIONAL AND STATE GYMNASTIC CHAMPIONSHIP
RULES & GUIDELINES**

I. Regional Championship Meet.....26
1. Regions.....26
2. Format for Regional Meet.....26
3. Order of Events.....26
4. Team Entries.....26
5. Lineup Changes.....26
6. Team Score.....27
7. All Around Score.....27
8. Individual Score.....27

9.Regional Qualifiers to State.....	27
10.Injury Petition to State.....	28
11.Judges.....	28
12.Inquiries and Protests.....	28
13.Awards.....	29
II.State Championships.....	29
1.Sanctions.....	29
2.Format for State Championships.....	29
3.Order of Events and Event Rotation.....	30
4.Team Entries.....	30
5.Lineup Changes.....	30
6.Team Score.....	30
7.All Around Score.....	30
8.Individual Score.....	30
9.Order of Competition.....	30
10.Inquires and Protests.....	31
11.Awards.....	31
III.Selection of Judges for State Championships..	31
1.Boys Competition.....	31
2.Girls Competition.....	31

NATIONAL HIGH SCHOOL GYMNASTIC CHAMPIONSHIP SELECTION GUIDELINES

I.Philosophical Objectives.....	33
II.National High School Meet Selection Process...	33
1.Team Selection.....	33
2.Coach Selection.....	33
III.Petitioning for Team Selection.....	33
1.Injury Petition.....	34
2.Petition to Compete at State Meet.....	34
IV.Funding.....	34

APPENDIX

A.Qualifying Scores for the State High School Gymnastics Championships.....	35
B.Official Boys & Girls Registration Form.....	36
C.THSGCA Meet Report Form.....	37
D.Johansen/Milan Scholarship Awards.....	38
E.National High School All American and Elite Score Requirements.....	39
F.Contract for Hosting the State Championships...	40

G.Inquiry Form.....42
H.Rule Change Proposal Form.....43
I.Texas High School Gymnastic Regions.....44
J.THSGCA Commitment Form.....45
K.THSGCA National Team Commitment Form.....46
L.THSGCA Officers.....47
M.THSGCA Tecnichal Directors.....48
N.THSGCA Directory.....49
O. THSGCA Regional Directory.....51

**TEXAS HIGH SCHOOL GYMNASTIC COACHES ASSOCIATION
CONSTITUTION**

I. NAME

The name of the organization shall be "Texas High School Gymnastic Coaches Association" (THSGCA).

II. PURPOSE AND OBJECTIVES

- 1.To perpetuate & improve the sport of gymnastics in all aspects.
- 2.To stimulate the interest of people, particularly the youth, in healthful sports participation through gymnastics.
- 3.To promote and encourage the acceptance of competitive gymnastics by the Texas University Interscholastic League as part of its program.
- 4.To supervise a continuing gymnastics program for interscholastic age groups for the purpose of stimulating interest and developing athletics through preparation and planning; this program to utilize existing facilities, resources and coaching.
- 5.To protect the gymnastic interest of Texas and the athletes representing this State in national gymnastic competition.
- 6.To maintain records and to disseminate information pertaining to all phases of gymnastics.
- 7.To establish an annual gymnastic clinic for the purpose of improving high school gymnastic coaching techniques.
- 8.To give prompt attention to valid suggestions of how to improve the conduct & administration of high school gymnastics in Texas.
- 9.To train and certify competent gymnastic officials.

III. MEMBERSHIP

1.GENERAL MEMBERSHIP - Membership in the Association shall be open to all qualified gymnastic coaches who are presently employed by an accredited junior or senior high school in the State of Texas and who are actively interested in advancing the sport of gymnastics. The membership year shall begin at the annual meeting of the THSGCA at the Gymnastic Association of Texas Convention each year and will end immediately before the meeting the following year.

2.FULL MEMBERSHIP - a high school coach who is a full time employee of the school board of the school which the team represents; a voice and a vote, annual due forty (40) dollars. "Full time" means full time for the whole scholastic or calendar year (Sept-May).

Teaching a full class load during the school day or acting as administrator and/or counselor. A full member from a school must be present for that school to participate in any THSGCA meet. Full members are allowed access to the floor at meets in meets.

3.ASSOCIATE MEMBERSHIP - a part-time or former Texas high school or junior high school coach, or school administrator, a voice, no vote, annual dues twenty five (25) dollars. Associate members are allowed access to the floor at meets only if they have a full member representing their school present at the meet as well.

4.GUEST MEMBERSHIP - interested persons are eligible, annual dues will be five (5) dollars, no voice, no vote

5.PATRON - any person who donates one hundred (100) dollars or more to the Association, no voice, no vote.

6.LIFE MEMBERSHIP -(voice, no vote) selected by the Technical Committee as persons of integrity who have given service and leadership to our organization. Each recipient shall receive a framed certificate. Any member of the THSGCA may make nominations in writing to the President who will submit the nominations to the Technical Committee.

IV. ORGANIZATION

1.GENERAL POLICIES - The Association is hereby empowered to establish and direct the general policies as they pertain to the conduct of dual, multi-school, regional, state and national high school competition until such time that this sport becomes a part of the Texas University Interscholastic League.

2.EXECUTIVE BODY - Members of the Executive Body (see Article V) shall be elected by the THSGCA members as defined in Article III.

3.MEMBERSHIP VOTING PRIVILEGES - Each full member of the Association is entitled to one vote and only the vote of members present at the Association meetings will be counted. No proxy votes will be counted.

4.VOTING RATIFICATION – All parts of this document may be altered, amended or increased by the votes of THSGCA members in the following numbers; (GAT 00’)
Constitution: 3/4 Vote of Members Present and Voting (7.I.–12.X.)
By-Laws & Competition Plan: 2/3 Vote of Members Present and Voting (12.I-19)
Manual of Rules: A Simple Majority of Members Present and Voting (pp. 20-58)

5.ANNUAL MEETING - The Association will have one (1) annual meeting; at the Gymnastic Association of Texas (GAT) convention in the fall of each year.

6.EXECUTIVE BODY AUTHORITY - The Executive Body shall have the authority to establish any and all committees necessary for efficient operation of this Association.

V.OFFICERS

1.EXECUTIVE BODY - The Executive Body consists of a President, 2 Vice-Presidents, Secretary, Treasurer, Parliamentarian, Historian, Webmaster and Executive Director and shall be elected at the annual meeting of the THSGCA. The office terms shall be three (3) years, except for the Executive Director, whose term shall be five (5) years. Emil Milan was voted in as Executive Director for Life or retirement.

A.DUTIES - The Executive Body is empowered to act for the membership between meetings of the Association.(see pg 12 II 3)

B.MEETINGS - The Executive Body shall meet prior to the annual Association meeting.

C.ITEM RATIFICATION - On items requiring a vote, a simple majority is necessary.

D.PER DIEM – Executive Body members shall receive a \$100 per diem to help defray costs they incur throughout the year.

2.PRESIDENT - The President shall preside at all meetings of the Association and call special meetings of the Association. He/she shall also call meetings of the Executive Body and any standing committees. He/she shall appoint vacancies in the Executive Body that may occur until such vacancies can be voted on by election.

3.VICE-PRESIDENTS – There shall be two Vice-Presidents, one elected to serve the women’s coaches and another to serve the men’s coaches. The Vice-Presidents, in the absence of the President, shall take the place of the President, and assume their duties. The vice-presidents shall also be ready to assist the President at all times. The Vice-Presidents are responsible for compiling a list of regional and state senior all-around results to aid in the selection of the Texas team to compete at the National High School Gymnastic Championships. The VP’s can appoint two(2) program directors to send out the boys and girls skill evaluations that have been assigned a value and rule changes by the TGJA and NAWGJ approved by the high school technical committee.

4.SECRETARY - The Secretary shall:

A.keep all records of meetings of the Association and Executive Body including all committee meetings and conference calls.

B.take official minutes of all committee meetings and conference calls and distribute said minutes to the Technical Committee members or membership.

C.provide forms for school registrations.

D.distribute nominations and ballots for "Texas State Coach of the Year" to all THSGCA members. Voting for the Texas High Gymnastics Coach of the Year shall take place at the State Meet.

F.receive all proposed constitutional amendments at least 25 days prior to the regular meeting and distribute the proposed amendments to members of the Association at least 15 days prior to the regular meeting.

5.TREASURER

- A.receive dues & register all members for the THSGCA and/or the NMSGCA & NFICA.
- B.make an annual financial report.
- C.compile a list of Executive Body, Regional TC Chairpersons and General members addresses and phone numbers (home & school) to be distributed to the membership.
- D.investing THSGCA monies unilaterally must be approved by Executive Committee.

6.EXECUTIVE DIRECTOR - The Executive Director is a member of the Executive Body in an advisory capacity with no vote in executive sessions. The Executive Director will be an ex-officio member of all committees. The Executive Director will be chairman of the Games and Rules Committee and prepare all forms for regional and state meets. The Executive Director will act as an ambassador for our organization by helping to establish new gymnastic programs. They shall; appoint mentors to help new programs, insure that they know the rules and regulations, locate and distribute expendable equipment to new programs, and check the progress of new programs. The Executive Director will act as a coach and program locator to help find qualified coaches for programs and find interested schools.

7.HISTORIAN - The Historian will be appointed by the President and will be responsible for maintaining all Association, Regional and State records and all other pertinent information. The Historian will compile a list of meets to inform the Association of events to come. The Historian will compile scores that are made available by coaches to rank gymnasts and teams each week in the State.

8.PARLIAMENTARIAN - The Parliamentarian will see that the constitution is updated as needed. The Parliamentarian will see that all rule changes are distributed to the Executive Body and the membership. The Parliamentarian will work with all standing committees appointed by the President to update the Constitution.

9.WEBMASTER – The webmaster shall keep and update a THSGCA website. He/She shall keep this site current with news of the association, forms and other vital information. The webmaster will be reimbursed for costs accrued in this position.

VI. THE TECHNICAL COMMITTEE

1.MEMBERS - The Technical Committee shall consist of the Executive Body and the Men's and Women's Chairpersons for each region.

2.DUTIES - GAMES COMMITTEE - The Technical Committee shall serve as the Games Committee for the State Championships. The Technical Committee shall be responsible for adherence to all rules and regulations of this Association.

3.DUTIES - REVIEW BOARD - The Technical Committee shall serve as the Review Board in all rule violations. The President shall represent the technical committee's decisions and present said decisions in writing to the concerned parties.

4.DUTIES - RULES COMMITTEE - The Technical Committee shall serve as the Rules Committee, responsible for the review of all rules, and shall make recommendations and revisions when necessary.

5.MEN'S/WOMEN'S VOTING - Only Regional Chairpersons will vote on issues of the committee. On issues pertaining to women's issues, only women chairpersons will vote. On issues pertaining to men's issues, only men chairpersons will vote.

6.CONFIDENTIALITY - All Technical Committee meetings shall be kept confidential. The Secretary will distribute results of the Technical Committee.

7.CONFLICT OF INTEREST - A Technical Committee member may not participate in matters considered to be a conflict of interest.

8.DISBURSMENT OF MONEY - The T.C. has the authority to disperse money to selected committees or individuals to cover expenses for clinics etc. necessary to inform our association of changes and important issues when necessary.

VII. BY-LAWS

1.AMENDMENT RATIFICATION - The membership may adopt or amend any by-laws not inconsistent with the provisions of this Constitution by a two-thirds (2/3) vote of the members present and voting at any regularly scheduled meeting. (GAT 00')

-Only girls coaches vote on issues pertaining to girls; only boys coaches vote on issues pertaining to boys.

2.MAIL VOTES-When the Executive Body deems it necessary, a mail vote will be taken.

VIII. FINANCES

1.The income of the Association shall be derived from Association dues and from other sources determined by the membership.

2.Duties - Finance Committee: composed of the president & two other people, appointed to help give financial advice to the THSGCA. They shall make recommendations, while working with a professional money manager, to the Executive Committee for approval.(GAT 98').

IX. AMENDMENTS

1.PROPOSALS/RATIFICATION – This document may be amended at any regular meeting of the Association by a vote of the members present and voting as stated under section IV.4. of the Constitution The proposed amendment shall be submitted to the Secretary at least thirty (30) days preceding a regular meeting.

2.ONE YEAR RULE - Any constitutional issue or rule change that has been voted down cannot be resubmitted the following year unless approved by the Technical Committee.

BY-LAWS AND COMPETITION PLAN

I.THE GYMNASTIC CODE

The Gymnastic Code is set forth as a means of participation in the spirit of fairness, honesty, and clean sportsmanship, and to observe all rules of the Association. The Code means that one should accept decisions of officials without protest; see that judges are extended protection and courtesy by gymnasts, school personnel, and laymen; to treat opponents as your guests, and to put clean play and real sportsmanship above victories; to have the ability to win without boasting and to lose without grudge. "Victory is not a great matter. The important thing in gymnastics is the striving to excel and the good feeling it fosters between those who compete well and have no excuse when they lose."

Proper competition attire must be worn during all competition. Members of the same team must wear competition attire that is uniform and of the same color.

Boys - On Pommel Horse, Rings, Parallel Bars and High Bar all competitors must perform their exercise in long solid colored competition pants and footwear (gymnastics slippers and/or socks). On Floor Exercise and Vault, the gymnasts may wear short pants and perform without footwear.

The wearing of a competition shirt (jersey) is mandatory in all competition, including warmup (no bare-chest allowed in the gym)

Jewelry shall not be worn, with the exception of Religious or Medical medals that may be worn if taped to the body under the uniform. Jewelry is considered improper uniform. Tongue pierced jewelry of any kind cannot be worn. A 0.5 deduction shall be taken on the first event after following USAG guidelines. (GAT 04')

Verbally abusing or disrespectfully addressing a Judge/Meet official or using profanity may lead to meet disqualification or an unsportsmanlike conduct deduction.

Violations against the dress code, a deduction for unsportsmanlike conduct, will

be taken on the first event from the final score.

1)First offense for coach or gymnast - 0.5 points from team score.

2)Second offense for a coach - 3.0 points from team score.

3)A gymnast may be removed from the meet for their first protest of a score.

The gymnasts must present themselves at the start and at the end of the exercise.

Girls - Must wear correct athletic, nontransparent competition attire. Leotards with narrow shoulder straps are not allowed. The leg cut of the leotard may not extend above the hipbone (maximum) and must be long sleeve except in compulsory meets or when agreed upon by participating coaches.

The team leotards must be identical.

The wearing of gymnastic slippers and socks is optional.

Only chalk markings may be placed on the balance beam

The gymnasts must present themselves at the start and at the end of the exercise.

Jewelry shall not be worn, with the exception of Religious or Medical medals, which may be worn if, taped to the body under the uniform. Jewelry is considered improper uniform. A jewelry (only one small stud per ear) deduction will be a one time 0.5 deduction on the first event after following USAG guidelines (GAT 04'). The exposed bra deduction will be taken each time (0.1 per event). Tongue pierced jewelry of any kind cannot be worn.

Hair devices that are safe and reasonably secured may be worn to keep their hair away from the gymnast's eyes and face.

Verbally abusing or disrespectfully addressing a Judge/Meet official or using profanity may lead to disqualification from the meet or an unsportsmanlike conduct deduction.

Violations against the dress code, a deduction for unsportsmanlike conduct will be taken on their first event from the final score.

1)First offense for coach or gymnast - 0.5 points from team score.

2)Second offense for a coach - 3.0 points from team score.

3)A gymnast may be removed from the meet for their first protest of a score.

II.APPLICATION OF RULES

1.COVERAGE - The rules herein contained shall apply directly to and govern Texas High School dual meets, multi-school meets, district meets, regional meets, and the Texas High School Championship meet.

2.JUDGING CODE - The Federation of International Gymnastics (FIG) Code of Points & the National Federation H.S. rulebook will be used unless contradicted by rules listed in this manual, in which case the rules in this manual will supersede. All rule change proposals are due by Nov. 15th with clarification deadline by Jan 1st (GAT 03')

3.STATE CHAMPIOSHIPS GAMES COMMITTEE - For the Texas High School Championship Meet, the Games Committee shall consist of the Executive Director (chairman), the Meet Director, and the Technical Committee.

4.REGIONAL CHAIRPERSON (Technical Committee Member)

A.DUTIES - Each region shall elect a boy's & girl's chairperson. Regional Chairpersons shall serve as members of the Association Technical Committee. Each region shall elect an alternate chairperson for both the boys and girls. The alternates will not vote.

B.ELECTIONS - Regional Chairpersons and alternate chairpersons should be elected at the annual meeting every other year and their names and addresses sent to the President, Secretary, and Executive Director immediately.

C.REGIONAL MEETINGS - The Regional Chairperson shall call meetings of coaches in their respective regions prior to the State Association Technical Meetings and select the site of the Regional Meet.

D.REGIONAL MEET - Regional Chairpersons shall see that the Regional meet for their respective region is run by all rules of the Association.

E.STATE QUALIFIERS - Regional meet host will see that all entry forms & instructions for the State Meet are given to coaches of properly qualified teams and gymnasts. Regional Meet Host shall see that the forms for Regional Qualifiers are sent to the State Meet Director and to the Executive Director within three days of the Regional Meet.

F.NATIONAL QUALIFIERS - Regional Chairpersons (boys and girls) shall compile a list of senior all-around competitors (designated or otherwise) along with regional championship results (including a copy of score sheets) and forward them to the state association vice-president immediately following the Regional Meet to aid in determining the Texas representatives to the National High School Championships.

5.EMPLOYMENT OF COACHES

A.ELIGIBILITY - A team or individual is not eligible in Association competition whose head coach and/or assistant coach is not a full time employee of the school board of the school which the team or individual represents. "full-time" means full time for the whole scholastic or calendar year and employed for the normal school day, September through May, teaching at least four classes during the school day or equivalent or acting as administrator and/or counselor.

B.COMPETITION - In order for a team or individual to compete in high school competition, they must be chaperoned by a full time coach of the school district they represent.

C.Only eligible coaches will be allowed on the competition floor during Texas high school meets and the National High School Gymnastic Championships. An additional or assistant coach employed for the full calendar year by the school district may assist, but not replace the head coach when the head coach meets specifications listed in rule #5A. and must be an associate member of THSGCA. The head coach must be present at all competitions in which their team participates.

D. All high school coaches must be a member of THSGCA.

E. All coaches shall abide by the USA Gymnastics recommended dress code at all meets.

6.SCHOOL REGISTRATION

A.DEADLINE - Each high school must register their gymnastic team and coach with the Texas High School Gymnastic Coaches Association (THSGCA) by November 15th to be eligible to compete in the current high school gymnastic season. Those received postmarked after November 15th deadline will be assessed a \$50 late charge cumulative per month until March 15th. Those received postmarked after March 15th will pay a \$500 entry fee.

B.TEAM ROSTER - The school shall file with the Association a list of contestants representing that school with the eligibility of such contestant certified by the Principal or Superintendent. Additions to this roster may be added in writing up until two (2) weeks prior to the Regional meet. The Principal's signature is required. (See THSGCA.org)

C.REGISTRATION FEE - Each high school will pay a predetermined fee, as set by the Association, to register its team with the Association. The current registration fee as of 1999 is one hundred and twenty five (125) dollars per team. \$10 of the registration fee is to help defray the cost of the Texas High School National Team.

7.ATHLETIC ELIGIBILITY - According to University Interscholastic League standards and Texas State Law, students are eligible to represent their school in interscholastic activities if they:

A.are not nineteen (19) years or older by September 1 of the current scholastic year.

B.have not graduated from high school.

C.initially enrolled in the ninth grade not more than Four (4) years ago.

D.are academically eligible - all schools must stay in compliance with the current state,

and their district's, academic eligibility code. It is the responsibility of the principal and coach to enforce these standards. No one shall take part in any contest in this association who is not in compliance with these codes.

E.have not participated in training sessions or tryouts to demonstrate their athletic ability to colleges.

F.did not move for athletic purposes and the proper certification forms are completed at the new school.

G.live with their parents or legal guardian inside the school district attendance zone their first year of attendance.

H.have observed all provisions of the Amateur and Awards Rules.

I.did not repeat the seventh (7) or eighth (8) for athletic purposes.

J.were not recruited for high school competition.

K.have not competed under an assumed name.

L.have not taken a college course instructing in the activity which they are participating.

M.have been in regular attendance at the participant school since the sixth (6) day of the present school year or has been in regular attendance for fourteen (14) or more calendar days before the contest or competition.

N.Freshman, in concurrence with U.I.L. rules regarding 9th grade athletes, freshman gymnasts not attending a campus with grades 9-12 or a single feeder school (ie,9-10) to a High School with upperclassmen (ie,11-12) will be allowed to compete for their future High School, provided they meet the aforementioned eligibility criteria (see 7.A-M).

8.DISPUTES AND VIOLATIONS

A.DISPUTES - All disputes (except decisions of judges at gymnastic meets) must be presented in writing by the Principal or Superintendent to the Executive Director for presentation to the Violation Review Board.

B.VIOLATIONS - Upon report of violation of rules by a school coach or gymnast, the Violation Review Board, consisting of the Executive Body and Technical Committee, will meet to review violations and enforce the rules of the Association. (The representatives of school involved are disqualified from sitting as members of the panel in the adjudication of the dispute.)

C.BURDEN OF PROOF - If a violation is reported with supporting evidence, the burden of proof that a violation did not occur rests with the accused school and/or the employee.

9.PENALTIES - Any school that violates any eligibility rule or regulation in this Association may be put on probation or suspended from further participation in Regional or State competitions for a period of from one (1) to three (3) years, upon presentation of sufficient evidence of said infraction. See 8.C.

10.REQUIRED NUMBER OF MEETS

A.MEETS - Each high school registered with the THSGCA must compete a dual or multi-school meet schedule consisting of a minimum of five (5) meets.

B.MEET RESULTS - Results of the meets must be sent to the Regional Technical Chairperson of the THSGCA and the Regional Meet Host two (2) weeks prior to the regional meets. (See Appendix)

C.All gymnasts at the district, regional, or state meet must have competed in at least three school meets. Exceptions are legal move-ins to the district, injured gymnasts, moved up J.V. and three (3) week failures.

11.SCHOOL AUTHORITY RESPONSIBLE - By registering a team with the Association, the school officials and coach pledge themselves to act in the spirit of the "Gymnastic Code" and to foster this spirit among the gymnasts. Responsibility for the conduct of gymnastic meets in a high school system shall rest with the Superintendent or their designated administrator. All contracts, arrangements, and control of meets shall be under the supervision of the Superintendent or their designated administrator.

12.MEDICAL CERTIFICATE AND PARENTAL PERMITS - There shall be on file in each school a medical certificate and a permit from the pupil's parent or guardian, granting their permission for him/her to participate in any practice or meet.

13.AWARDS

A. When possible host school should provide awards at meets.

B.SERVICE AWARDS - will be presented as recognition to coaches for each 5 years of service. The Secretary should do this annually at GAT.

14.PROTEST PROCEDURES AT ALL HIGH SCHOOL MEETS

A.INQUIRY - When a coach wishes to make an inquiry (protest), such inquiry must be presented in writing to the Meet Director, who in turn will present the inquiry to the judge immediately following the event. The judges shall meet and discuss the inquiry. A written answer shall be presented to the Meet Director who will return said answer to the coach. The coach cannot sit in on an inquiry session. An inquiry must be written by the coach only. Inquiries need to be delivered to the meet director and returned back to the coach writing the inquiry in a timely manner. All inquiries that involve score adjustments need to be retained by the meet director (GAT 04')

B.IMPROPER INQUIRY - A deduction shall be given to a team whose gymnast, coach or spectator protests or questions a score verbally on the floor during an event or during the meet. Deductions are as follows:

- 1)First offense for coach or gymnast - 0.5 points from team score.
- 2)Second offense for a coach - 3.0 points from team score.
- 3)A gymnast may be removed from the meet for their first protest of a score.

C.NUMBER OF INQUIRES - two denied inquiries per team per meet are permitted. If a third or subsequent inquiries are denied a team score deduction of 0.3 points will be taken each time.

COMMUNICABLE DISEASE PROCEDURES

While risk of one athlete infecting another with the HIV/AIDS virus during competition is close to nonexistent, there is a remote risk that blood borne infectious diseases can be transmitted. For example, Hepatitis B can be present in blood as well as in other body fluids. Procedures for reducing the potential for transmission of these infectious agents should include but not be limited to, the following:

- 1.The bleeding must be stopped, the open wound covered and if there is an excessive amount of blood on the uniform it must be changed before the athlete may participate.
- 2.Routine use of gloves or other precautions to prevent skin and mucous membrane exposure when contact with blood or other body fluids is anticipated.
- 3.Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.
- 4.Clean all blood contaminated surfaces and equipment with a solution made from a proper dilution of household bleach (CDC recommends 1-100) or other disinfectants before competition resumes.
- 5.Practice proper disposal technique to prevent injuries from needles, scalpels and sharp instruments or other devices.
- 6.Although saliva has not been implicated in HIV transmission to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags or other ventilation devices should be available for use.
- 7.Athletic trainers/coaches with bleeding or oozing skin conditions should refrain from all direct athletic care until the condition resolves.
- 8.Contaminated towels should be properly disposed of/disinfected.
- 9.Follow acceptable guidelines in the immediate control of bleeding and when handling bloody dressings, mouth guards and other articles containing body fluids.

Additional information is available from the UIL office.
Copied from the National High School Federation Book

**MANUAL OF RULES AND INSTRUCTIONS FOR
CONDUCTING THE TEXAS HIGH SCHOOL GYMNASTICS MEETS**

Boys Competition

I. DUAL MEET COMPETITION

1.ORDER OF COMPETITION

A.The events in order of competition for a dual meet shall be as follows:

- | | | |
|-----------------------|--------------------|----------------------|
| 1.Floor Exercise (FX) | 3.Still Rings (SR) | 5.Parallel Bars (PB) |
| 2.Pommel Horse (PH)) | 4.Vault (V) | 6.Horizontal Bar(HB) |

B.Gymnasts from both teams or the teams shall be alternated in the events. The visiting team shall compete last on Floor Exercise, Rings, and Parallel Bars. The host team shall compete last on Pommel Horse, Vault, and Horizontal Bar.

2.NUMBER OF ENTRIES IN DUAL MEETS - Each team shall be limited to a maximum of six (6) entries per event (GAT 2008). Before the meet begins, one boy must be designated as an All Around contestant. Exhibition Gymnasts may be allowed upon the agreement of the coaches.

3.THE ALL AROUND COMPETITORS - The All Around (AA) competitor's score shall be the summation of his scores in the six (6) events. If the designated all around boy fails to compete in any event, he may not be replaced. The sum of the scores in the events they competed will determine their All Around score.

4.TEAM SCORE - In all gymnastic meets, the sum of the best three (3) scores for each team in each event determines the team score for that event. The sum of the above mentioned event scores will determine the final team score.

5.LINEUP CHANGES - In dual meet competition, changes in the lineup shall be allowed in any event after the event begins if the substitution is first reported to the scoring table.

6.JUDGES AND OFFICIALS - When possible in all gymnastic meets, it is recommended that there be at least two (2) judges, one (1) of which shall be designated as the superior or head judge. In some cases, one (1) judge may be used provided the visiting coach approves him. The Association recommends that only judges from the TGJA be used.

7.JUDGES' DUTIES - Each judge shall be to have thorough knowledge of Association rules & regulations for the apparatus, competition, and scoring, and to score each exercise for each event separately without consultation unless ordered by the superior judge.

8.JUDGES TWO YEAR RULE - For two years after graduation a gymnast may only judge his/her ex-team if agreed upon by all teams in that meet and may not judge that team at or beyond the district level without the approval of the Games Committee.

RULES GOVERNING JUDGING SPECIFICATIONS FOR BOYS

-All rules, updates and changes can be found at our organizations website: THSGCA.org

-It is important that all coaches and judges check this site on a regular basis to keep informed of all changes.

I. EVALUATION OF OPTIONAL EXERCISES

The THSGCA has adopted the National Federation of State High Schools Associations (NF) gymnastic rulebook and the Federation of International Gymnastics (FIG) Code of Points as the standards for the evaluation of the optional exercise. The FIG Code of Points will be used for the interpretation of difficulty, modified combination, exercise presentation, risk, rights and duties of the judges, rules of conduct for the gymnast and coach, and compulsory rules. The NF rulebook will be used for its interpretation of difficulty, and equipment specifications with a base score of 9.7.

RECOMMENDED APPARATUS SPECIFICATIONS FOR BOYS

The THSGCA uses the NF Gymnastic RuleBook apparatus specifications for all meets. All mat specifications will come from the JO guidelines.

I.FLOOR EXERCISE It is recommended that a spring floor be used.

II.POMMEL HORSE The horse may be set at any height.

III. STILL RINGS The distance from the floor (top of the mat) to the outside edge of the ring shall be
104 inches +/- 3/8 inch (2650mm +/- 10) whenever possible.

IV.PARALLEL BARS The bars may be set at any height.

VI.HORIZONTAL BAR The distance from the floor (top of the mat) to the top of the bar shall be 104 inches +/- 3/8 inch (2650mm +/- 10) whenever possible.

VII. VAULT – Vaulting Tables will be used in all High School Meets (Effective Sept. 2002 – GAT 02')

VIII.RECOMMENDED APPARATUS MAT SPECIFICATIONS

- Follow JO and the THSGCA rules mentioned above for specifications on mats and skill cushions

**MANUAL OF RULES AND INSTRUCTIONS
FOR CONDUCTING THE TEXAS HIGH SCHOOL
GYMNASTIC MEETS**

Girls Competition

I. DUAL MEET COMPETITION

1. ORDER OF COMPETITION

A. The events in order of competition for a dual meet shall be as follows:

Vault (V)
Uneven Bars (UB)
Balance Beam (BB)
Floor Exercise (FX)

B. Gymnasts from both teams or teams shall be alternated in the events. The visiting team shall compete last in Vault and Balance Beam. The host team shall compete last on Uneven Bars and Floor Exercise.

2. NUMBER OF ENTRIES IN DUAL MEETS - Each team shall be limited to a maximum of six (6) entries per event (GAT 2008). Before the meet begins, one woman must be designated as an All Around contestant. Exhibition Gymnasts may be allowed upon the agreement of the coaches.

3. THE ALL AROUND COMPETITORS – The All Around (AA) competitor's score shall be the summation of her scores in the four (4) events. If the designated all around woman fails to compete in any event, she may not be replaced. The sum of the scores in the events competed will determine their All Around score.

4. TEAM SCORE - In dual gymnastic meets, the sum of the best three (3) scores for each team in each event determines the team score for that event. The sum of the above mentioned event scores will determine the final team score.

5. LINEUP CHANGES - In dual meet competition, changes in lineup are allowed in any event after the event has started, if the substitution is first reported to the scoring table.

6. JUDGES AND OFFICIALS - When possible in dual gymnastic meets, it is recommended that there be two (2) judges, one (1) of which shall be designated as the superior or head judge. In some cases, one (1) judge may be used provided the visiting coach approves them.

7. JUDGES DUTIES - The duties of each judge shall be to have a thorough knowledge of

the Association rules and regulations for the apparatus, competition, scoring, and to score each exercise for each event separately without consultation unless ordered by the superior judge. Flash Start Values whenever possible in meets and this is required at District, Regional and State Meets – *Only Flash the Highest Start Value (GAT 02’)*

8. JUDGES TWO YEAR RULE: See Boys Competition Sect. I.1.8.

9. UNIFORMS - Girls are permitted to wear tank leotards in place of long sleeve leotards during compulsory competitions prior to but not including District, Regional, and State meets. School team leotards must be worn during all THSGCA competitions.

RULES GOVERNING JUDGING SPECIFICATIONS FOR GIRLS
Check the THSGCA.org website for updates

Difficulty

- A. Value Parts: 4 A’s, 4 B’s, 0 C’s* and Optional Start Value will be 9.70+. 30 bonus = 10.00
 * (C’s and D’s may replace A & B Value Parts)
- B. Difficulty Bonus: “C” skills - .1 and “D” skills - .2 (maximum of .2 in difficulty bonus)
- C. Combination Bonus: .1 or .2 (use USAG connection bonus & HS Bar modifications below)
- D. Difficulty Restrictions: No restrictions on skill difficulty

Special Requirements (SR’s)

BARS (4 SR’s at .20 each) – NEW FOR 2007-2008 SEASON

- 1 – 1 Bar change
- 2 & 3 – 2 Elements same or different Minimum “B”
 - 1 with Flight OR LA Turn (not mt or dsmt) Flight is defined as: elements with flight from HB to LB or LB to HB, counter flight, vault, or salto on same bar, release hop grip of both hands in ascending phase & finish in different grip
 - 1 from Element Groups 3,6, or 7
- 4 – “A” salto/hecht Dismount

Bars Combination Bonus: Modified

- B+C = .1 (or reversed)
- C+C = .2 (or more)

High School Modified Values

- Layout Flyaway = B
- Full Twisting Flyaway = C

Flight of “B” & LA/180° turn of “B” = .1 (may be met in a single element or in two elements – elements not necessarily connected to each other – not as a mt or dsmt)

BEAM (4 SR’s at .50 each)

- 1 – Acro series (minimum of 2 elements - 1 with flight)
- 2 – Minimum of 360 degree turn on one foot (may be included in a series)
- 3 – 1 leap/jump with 180° split (isolated or in series) *Not a special requirement (.50) to have a dance series, but there is a .2 compositional deduction for lack of dance series with a minimum of 2 dance elements from groups 1,2 or 3*
- 4 – Aerial or salto dismount – minimum “A”

Beam Connection Values:

2 Acro Flight Elements
(not dsmt)

- B+D = .2
- C+C = .2
- B+E = .2
- C+D = .2
- D+D = .2

3 Acro Flight Elements
(mt/dsmt okay)

- B+B+C = .1
- B+C+C = .2
- B+B+D = .2
- C+C+C = .2
- B+C+D = .2

2 Dance or Dance/Acro
(mt okay/not dsmt)

- A+D = .1
- B+C = .1
- C+C = .1 (same dance)
- B+D = .2
- C+C = .2 (different dance)

FLOOR (4 SR’S at .50 each)

- 1 – Acro series with 2 saltos OR 2 directly connected saltos (same or different)
- 2 – 3 Different saltos within the exercise

3 – Dance Series (minimum 2 elements, 1 a leap with 180° split, cross or side)

4 – “A” salto performed as last isolated salto or within last salto connection

Floor Connection Values:

Indirect acro connections of 2 or more saltos or aerials:

C Salto Series:

A/+A/B+C = .1

C+C = .1

D Salto Series:

A/+A/B+D = .1

B+D = .1

A+D = .1

C+D = .2

Direct acro connection of 2 or more saltos or aerials:

A+C = .1

B+B = .1

A+A+C = .1

A+A+D = .2

B+C = .2

C+C = .2

A+D = .2

B+D = .2

Dance and Dance/Acro:

C+C = .1 (different dance)

B+D = .1

C+D = .2

OPTIONAL VAULT VALUES

Round-off entry vaults are allowed, but gymnast may either flip or twist, NOT both.

HIGH SCHOOL VAULT VALUES

<u>VAULT</u>	<u>VALUE</u>	<u>VAULT</u>	<u>VALUE</u>
RO FF ON – PIKE OF LAYOUT	10*	YAMASHITA-FULL	9.8
ANY FLIP/TWIST	10	¼ - 1 ¼	9.8
HANDSPRING FRONT (T/P/S)	10	¼ ON ¾ OFF	9.2
TSUKAHARA (P/S)	10	½ ON ½ OFF	9.2
FULL ON – FULL OFF	10	HECHT ½	9.2
HALF ON – 2/1 OFF	10	HANDSPRING ½ OR ¾	9.1
HANDSPRING 2/1	10	YAMASHITA ½ OR ¾	9.1
RO FF ON – TUCK OFF	9.9*	HANDSPRING OR YAMI	9.0
TSUKARA (T)	9.9	¼ ON - ¼ OFF	9.0
FULL ON - ½ OFF	9.9	¼ ON HS OFF	9.0
½ ON – 1 1/2 OFF	9.9	½ ON HS OFF	9.0
HS 1 ½ OR 1 ¾	9.9	HECHT	9.0
FULL ON – HS OFF	9.8	STOOP OR STRADDLE	7.5
HDSPRG FULL or HALF – FULL	9.8	SQUAT	7.0

*ROUND OFF ENTRY VAULTS REQUIRE THE USE OF A SAFETY COLLAR

Any vault that is not on the current list should be submitted to the Women’s Technical Committee. The coach must have written confirmation from the president of THSGCA of the vault value to present to the judges prior to the meet.

LEVEL 6 COMPULSORIES

The THSGCA uses the USA Gymnastics Level 6 age group compulsories with the following modifications: Uneven Bars – Allow straddle swing between the rails in both directions.

Beam – Routine time limit is 1:15 (same as new 2007 USAG change).

New USAG changes -

1 - Uneven bars fall time for compulsory and optional competition increase to 45 seconds.

2 - Add a .30 deduction for a stop between elements in an acro series in a Compulsory Floor Ex.

3 - Signals, verbal cues for compulsory and optional competition – if the gymnast is competing on the apparatus and the coach instructs her by giving specific information on what to do during the routine, the deduction of .20 is taken from the average without warning.

Element Values

Bars - Back uprise with ½ turn in handstand from D to C

Bars -Weller kip to handstand with 1/1 turn after handstand (Healy) from E to D

Bars - Jaeger from LB to HB from D to C

Bars -Long swing forward with ½ turn and flight over LG to hang on LB to a “C” whenever it is

performed immediately following a D or E release element

Beam -Side aerial from C to D

Beam -1/1 turn w/ heel of free leg forward, at 45° through out the turn, forward leg extended = B

Beam - 1/1 turn on one leg, thigh of free leg backward upward at 45° throughout the turn = B

Floor - Salto forward tucked with ½ twist on floor from A to B

Beam – Tsukahara tucked dismount = C

Beam – Split jump with change of legs prior to split position landing on both feet = C

Beam – Switch-side leap with additional turn = E

Beam – From stand on one leg, swing through front aerial = D

Beam – Flic-flac with ¼ twist to side handstand to immediate 1/1 pirouette = D

Beam – From stand on one leg, swing through side salto = D

Bars – Clear hip on HB through HS, to reverse hecht in pike position = E

RECOMMENDED APPARATUS AND MAT SPECIFICATIONS FOR GIRLS

The THSGCA uses the NF Gymnastic Rule book apparatus specifications and modifications for all meets. All mat specifications will come from the USA Gymnastics.

I. VAULT

The height of the vault shall be between 120-125cm, measured from the floor to the top of the horse at the saddle. The vaulting horse should be placed on the floor. If the equipment does not meet the required height, the designated official will raise or lower the horse closest to regulation height. Vault height is legal between the 4-6 marks on “The Milan” Vault Table.

The Vault Table shall be used for all High School meets, effective September 2002 (GAT 02’). The vault board shall be placed on the gymnasium floor or on the run-up strip. Use of support under the vaulting board is not allowed. (GAT 98’)

There shall be a run-up strip, no more than 1 inch thick and a minimum of 60 feet long. It shall have a non-slip surface.

Mats - The landing area shall be a minimum of 18 feet by 6 feet and shall be padded with a minimum of one base mat (at least 18' x 6' x 1 1/4" +/- 1/4") and one landing mat (at least 12' x 6' x 3 3/4" +/- 1/2"). A single 5" - 10" landing mat that does not slip may be used without a base mat underneath it. The landing mat shall be secured to prevent slippage. The total padding shall not exceed 10 1/2 (+/- 3/4)inches.

II.UNEVEN PARALLEL BARS

Both bars may be raised or lowered to any height. The bar shall be placed on a level and stable foundation with fastenings to the floor or ground where possible. If fastening is not possible, the base shall be suitably weighted to prevent movement.

The rails shall be constructed of multi-laminated wood (unvarnished) or of fiberglass that is properly covered. Both rails shall be the same shape and of the same material. The rails shall not be altered by any foreign substance except water and gymnastic chalk.

A gymnast may mount from a vaulting board, but the board must be removed after the mount is completed. If the board is placed on a base mat, the board shall be removed and the landing mat placed on the base mat after the mount is completed. The board shall not be placed on any matting that exceeds 6 inches in thickness, or on the base frame of the uneven bars.

A gymnast may mount the apparatus from a maximum of 10 inches of padding when mounting without the aid of a board.

The board used in mounting shall meet the specs as outlined in the vault section.

Mats - The entire area underneath the bars, and at the mount and dismount area must be covered with 5 1/4" +/- 1/2" thick mats. Any combination of basic mats (various sizes) may be used without overlapping their sides. One additional 4" landing mat is allowed to be placed on top of the required base mats. The total thickness of all mats may not exceed 10 inches.

III. BALANCE BEAM

The height of the beam shall be 47 1/4 inches (1200mm) measured from the floor to the top of the beam. The length shall be 16 feet 4 inches (5000mm). The beam shall be covered with a cross section of: thickness at widest part, 5 1/8 inches (130mm) and 3 15/16 inches (100mm) at upper and lower margins; depth, 6 5/16 inches (160mm). The beam shall be placed on a level and stable foundation. The support should be constructed to provide maximum stability and not to interfere with the performer in any way.

The gymnast may mount from a board, but the board must be removed after the mount is completed.

The vaulting board shall not be placed on any mat(s) which exceeds 6 inches thick, or on the base frame of the beam.

The board used for mounting shall meet specifications used for vault.

Gymnasts may mount the apparatus from a maximum of 10 inches of padding when mounting without the aid of a board.

Mats - The entire area underneath the beam, between the bases, and at the ends of the beam must be covered with 5 1/4" +/- 1/2" thick mats. Any combination of basic mats (various sizes) may be used without overlapping their sides. The total thickness of all mats may not exceed 10 inches.

IV. FLOOR EXERCISE

The dimensions of the padded competitive area shall be between 39 feet 4 1/2 inches (12m) +/- 1 inch x 39 feet 4 1/2 inches (12m) +/- 1 inch and 40 feet by 40 feet, clearly marked with solid lines in an area of at least 45 feet 11 3/16 inches (14m) x 45 feet 11 3/16 inches (14m). The competitive area shall be a smooth surface. When new, the mat shall be at least 1 inch thick. If the mat is covered by another material, it shall be

taut in order to prevent wrinkles and uneven surfaces.

The surface of the floor exercise mat should be in one piece. If this is not possible, each of the individual sections shall be fastened together securely.

There shall be a competitive boundary marker at least 1 inch wide and in contrasting color to the floor exercise mat.
The floor exercise mat shall be measured from the outer edges of the boundary line.

REGIONAL AND STATE GYMNASTIC CHAMPIONSHIP RULES AND GUIDELINES

I. REGIONAL CHAMPIONSHIP MEET

1. REGIONS - There shall be four (4) Regional Meets in the State that will serve to qualify teams and individuals to compete in the State Championships. Each region shall select their respective meet sites and submit said site recommendation to the Executive Director of the Association at the Association meeting in the Fall of each year.

2. FORMAT FOR REGIONAL MEET - Compulsory routines shall be performed on the first day, and optional routines on the second day. If the number of entries is small, then the meet could be conducted on one (1) day. Reversal of format may be approved by a 3/4 vote of teams from the Region.

*Regional Meet Date - The Regional Meet must be held no less than two (2) weeks and no more than three (3) weeks before the State Meet. (88/89)

3. TEAM ENTRIES

- A. A team lineup must be presented to the Meet Director by the entry deadline.
- B. Each team entered in Regional and State gymnastic competition shall be limited to six (6) entries per event; Of which one must be designated as an All Around contestant.
- C. If the All Around gymnasts fail to compete in any event, they may not be replaced.
- D. If a gymnast does not compete in the compulsories in District, Regional or State but is listed on the team entry, they may compete in the optionals. They may not replace a gymnast who has competed in the compulsories.

5. LINEUP CHANGES

- A. Changes in the lineup during compulsory exercises shall be allowed in any event after the event has started if the substitution is first reported to the head scoring table.

- B. No substitutions are permitted after the compulsories are completed.
- C. All six (6) competitors from a team will compete in succession on each apparatus.
- D. Individuals not representing a team entry will be placed into one (1) or more groups.

6. TEAM SCORE - Team scores are computed with the three (3) highest compulsory scores in each event, and the three (3) highest optional scores in each event.

7. ALL AROUND SCORE - An individual's score in the six (6) events for boys and four (4) events for girls (compulsory and optional) shall be totaled to yield their All Around score.

8. INDIVIDUAL SCORE - An individual's event score in the compulsories is added to their optional event score to determine event placement.

9. REGIONAL QUALIFIERS TO STATE

A. INDIVIDUAL

- 1) Each region will qualify their ten (10) highest scoring individual event finishers and their eight (8) highest scoring All Around finishers. (GAT 04')
- 2) Individual and All Around event qualifiers must also meet or exceed the State qualifying scores.
- 3) Ties in the eighth and tenth positions shall not be broken.
- 4) If an individual event qualifier or all around qualifier from a region is unable to compete at the State Meet, he/she will be replaced by the next place gymnast from the region. The Regional Chairperson should be contacted immediately.
- 5) All gymnasts on the district, regional or state team must have competed in at least three (3) school meets. Exceptions are: legal Move-ins to the district, injured gymnasts, junior varsity gymnasts or academically ineligible gymnasts.
- 6) No gymnast may compete in the high school district meet unless he/she will commit to compete at the regional meet also. No gymnast may compete in the high school regional meet unless he/she will commit to compete at the state meet also. (see appendix - Commitment form)

B. TEAM

- 1) The top three (3) teams shall qualify from the Regionals to the Texas High School Gymnastic Championships.
- 2) At large teams - At the state meet a number of slots will be assigned for qualifying teams. If these slots are not filled by the designated regions, and space is available, the next highest scoring team may be invited to participate in the state meet
- 3) Each qualified team must also meet or exceed the state qualifying score.
- 4) Ties in the above positions shall not be broken.
- 5) Team members on a qualified team can be replaced to compete, provided the substitution is made before the compulsory routines are completed.

6) The State Meet Host shall be allowed automatic bids to the State Championships. This rule applies if the host school does not qualify both a boy and girl team to the State Championships. The host team may decide to enter a boy or girl team at their discretion. Both host teams and individuals will be eligible to place at state and the team will be attached to the smallest squad at the meet as determined by the State Meet host. (GAT 04' and 05'')

C. **ADDITIONAL AWARD QUALIFIERS** - Individuals that qualify to Regional and State with a team are eligible for individual and All Around awards. In all THSGCA meets, one all-arounder will be designated. However, all gymnasts competing in all events are eligible to enter the All Around competition. If more than two AA's in the top 8 are from the same team, then the next AA not on one of the state qualifying teams that meets the qualifying score, will be awarded and recognized on the stand and qualify to state (maximum of 2). These rules also apply in All Around qualifiers from Districts to Regionals. (GAT 01')

D. **QUALIFYING SCORES** - Qualifying scores for the State Meet will reflect the judging systems chosen for that year and will be adjusted by the Executive Committee before the Regional Meet. See Appendix for this years state qualifying scores.

10. INJURY PETITION TO STATE - If a gymnast is a worthy State competitor and becomes ill or is injured during the Regional Meet, the Coach may submit a petition to the Regional Meet Director who will forward said petition to the Executive Director to be evaluated by the Executive Committee and either approved or disapproved within twenty-four (24) hours after receipt of said petition and at the expense of the petitioner. The petition should include a medical report of a physician, meet results of the current competitive year, and a letter from the gymnast's coach. Athletes that are academically ineligible or otherwise ineligible (transfer) at the time of Regionals are not eligible to be petitioned to State.

11. JUDGES - At the Regional Meet, two (2) judges will be used per event.

A. Women judges will have a current NAWGJ rating of level 8 or higher.

B. Men judges will have a NGJA International, National, or State rating.

C. Women's judges shall rotate on events from the compulsories to the optionals.

D. It is recommended that the higher rated judge be the Head Judge.

E. **JUDGES TWO YEAR RULE** - See Boys Competition Sect. I.1.8. (p.19)

F. All Start Values will be flashed – See Girls Competition Sect. I.7. (p.27-28)

12. INQUIRIES AND PROTESTS

A. **INQUIRY** - When a coach wishes to make an inquiry (protest), such inquiry must be presented in writing to the Meet Director on an official inquiry form, who will present the inquiry to the judge immediately following the event. The judges shall meet and discuss the inquiry. A written answer shall be presented to the Meet Director who will return

said answer to the coach. The coach cannot sit in on an inquiry session. Inquiries must be written by the coach only.

B. IMPROPER INQUIRY - A deduction shall be given to a team whose gymnast or coach protests or questions a score verbally on the floor during an event or during the meet. Deductions are as follows:

- 1) First offense for a coach or gymnast - 0.5 points from the team score.
- 2) Second offense for a coach - 3.0 points from the team score
- 3) A gymnast may be removed from the meet for their first protest of a score.

C. NUMBER OF INQUIRES - Two (2) denied inquires per team per meet are permitted. If a third (3) or subsequent inquires are denied a team score deduction of 0.3 points will be taken each time.

13. AWARDS

A. INDIVIDUAL AND TEAM AWARDS - see II Application of Rules #14.

B. ATTIRE TO RECEIVE AWARDS - To receive awards or participate in the march in at the Regional or State Meet, gymnasts must be in uniform. It is suggested that these guidelines be used in all gymnastic meet settings.

II. STATE CHAMPIONSHIPS

1. SANCTION - There shall be one (1) Texas High School Gymnastics Championship Meet. The deadline for choosing the site for the State Meet will be the Fall GAT meeting.

2. FORMAT-STATE CHAMPIONSHIPS: The Capitol Cup format is recommended

A. MEET DATE - Recommended weekend is within two weeks, either before or after the first weekend in May. To be decided at each years GAT meeting.

B. REGIONAL ROTATION - The State Meet shall be rotated by regions in the order of Regions 1, 3, 4, 2; beginning in the year 2001. A region must host the meet in their turn unless someone else bids for the meet. The following year the meet will go to the next Region in the aforementioned order (GAT 00') *Region 3(2010) & Region 4 (2011)*

C. MEET LENGTH - The Championship Meet shall be conducted on two consecutive days. (GAT 2008)

- 1) Day One - Individual and team qualifiers will compete the current THSGCA adopted compulsory exercises.
- 2) Day Two - The individual and team qualifiers will compete optional exercises and will determine the placing of the All Around, Team, and the ten (10) individual event finishers.

D. **FORMAT ALTERATION** – the THSGCA body or the Games Committee may approve a format alteration.

3. ORDER OF EVENTS AND EVENT ROTATION

A. **BOYS** - The compulsory and optional routine sessions may be conducted so that six (6) events are run simultaneously; Floor Exercise, Pommel Horse, Still Rings, Vault, Parallel Bars, and Horizontal Bar, with one bye per team.

B. **GIRLS** - The compulsory and optional routine sessions may be conducted so that four (4) events are run simultaneously; Vault, Uneven Parallel Bars, Balance Beam, and Floor Exercise, with no more than three (3) byes per team. The format of three event rotation used at the 2004 State Meet shall be followed. (GAT 04')

4. **TEAM ENTRIES** - The rules that are outlined in Section I.4 of the Regional Championships shall also apply.

5. **ENTRY FEES** - Entry fees for the state meet are \$275 for a boys team, \$275 for a girls team and \$50 for an individual qualifier (one event or All-Around same fee) No team will pay more than \$275 for girls individual qualifiers or \$275 for boys individual qualifiers

6. **LINEUP CHANGES** - The rules that are outlined in Section I.5 of the Regional Championships shall also apply.

7. **TEAM SCORE** - The rules that are outlined in Section I.6 of the Regional Championships shall also apply.

8. **ALL AROUND SCORE** - The rules that are outlined in Section I.7 of the Regional Championships shall also apply.

9. INDIVIDUAL SCORE

A. An individual's score in the compulsory routine is added to the optional routine score to determine event placement. The top ten (10) scores on each event will place and ties will not be broken.

10. ORDER OF COMPETITION

A. **COMPULSORIES** - Teams will be grouped in the compulsory exercise as follows: Regional champion teams (including ties) will be placed in the last flight in Olympic order randomly and then the remaining schools will all be placed by random draw in the remaining flights. (GAT 06')

B. **OPTIONALS** - Teams will be grouped in the optional exercise according to the scores they receive in the compulsory portion of the State Meet, with the highest scoring team competing in Olympic order and the second highest team being positioned next until all

positions are filled. USAG tie-breaking criteria will be used for seeding teams tied.

C. INDIVIDUAL QUALIFIERS - Individual qualifiers will be positioned after the team groupings.

D. COMPETITION ORDER : Individuals - Individual qualifiers competing with a team shall compete first in compulsory and last in optionals in odd numbered years. In even numbered years, individual qualifiers competing with a team shall compete last in compulsory and first in optionals.

11. INQUIRES AND PROTESTS - The rules that are outlined in Section I.12 of the Regional Championships shall also apply.

12. AWARDS

A.INDIVIDUAL AWARDS - Regional and State awards shall consist of the official first through tenth place medals in each event and the all-around. First - Gold, Second - Silver, Third through Tenth - Bronze. In addition, members of the first, second, and third place teams will receive appropriate medals and certificates. Also more than two AA per team may place at state

B.TEAM AWARDS - State awards shall consist of the official 1st through 6th place trophies (Both boys and girls). Members of the 1st through 3rd place teams shall receive medals and 1st through 6th place teams will also receive an appropriate certificate. Regional 1st through 3rd place teams will receive trophies. (Both boys and girls).

C."FIRST TEAM" AND "SECOND TEAM ALL STATE" AWARDS - First through Fifth equals First Team All State. Sixth through Tenth equals Second Team All State.

D. Medals will be purchased by the THSGCA (GAT 06")

E. COACH OF THE YEAR – All coaches vote for both men and women.

III.SELECTION OF JUDGES FOR STATE CHAMPIONSHIPS

1.BOYS COMPETITION

A.The Texas Gymnastic Judges Association shall submit a list of certified judges to the Games Committee to be voted on. Ties to be broken by the President.

B.A judging panel of not less than twelve (12) shall be selected by the Games Committee.

C.It is recommended that no more than one (1) judge per region may serve on a judging panel for a particular event.

D.Out-of-State judges may be selected by the Games Committee if an insufficient

number of judges are secured by the Judges Association from each region.

E.It is recommended that college coaches not be used in the State Championship Meet.

F.Men's judges must have a current International, National, or State judging rating.

G.It is recommended that the higher rated judge act as the Head judge.

H.Judges may not judge their ex-team for two years after graduation at the state meet without the approval of the Games Committee and then, only if no other judges are available.

I.Interested judges should fill out the THSGCA application to judge at state (GAT 98')

J.State judges are to be selected by March 1st, with the TC's polling their regions

2.GIRLS COMPETITION

A.The Texas Women Gymnastic Judges Association shall submit a list of certified judges to the Games Committee to be voted on. Ties to be broken by the President.

B.A judging panel of not less than eight (8) shall be selected by the Games Committee.

C.It is recommended that no more than one (1) judge per region may serve on a judging panel for a particular event.

D.Out-of-State judges may be selected by the Games Committee if an insufficient number of judges are secured by the Judges Association from each region.

E.It is recommended that college coaches not be used in the State Championship Meet.

F.Women judges will have a current Level 8 rating or higher.

G.Women judges will be rotated on events from the compulsories to the optionals.

H.It is recommended that the higher rated judge be the Head judge.

I.Judges may not judge their ex-teams for two years after graduation at the state meet without the approval of the Games Committee and then, only if no other judges are available.

J.Interested judges should fill out the THSGCA application to judge at state (GAT 98').

K. All Start Values will be flashed – See Girls Competition Sect. I.7. (p.27-28)

L.State judges are to be selected by March 1st, with the TC's polling their regions

**NATIONAL HIGH SCHOOL
GYMNASTICS CHAMPIONSHIP SELECTION GUIDELINES**

I. PHILOSOPHICAL OBJECTIVES

It is the goal of the Association to select the best team to represent the Texas High School Gymnastic Coaches Association. The primary objective of our Association is to achieve the highest possible national ranking; therefore the Association has the responsibility to choose the strongest competitive individuals to meet this goal.

II. NATIONAL HIGH SCHOOL MEET SELECTION PROCESS

1.TEAM SELECTION - The Technical Committee will meet after the team competition at the State Meet to consider gymnasts to compete in the National High School Gymnastics Meet. The selection will be based on 100% of his/her state all around and individual event score (GAT 04'). Only optional scores will be used and only High School seniors that have competed in Texas High School Gymnastics for two (2) years are eligible.

GAT 95 National Team Selection - Top two all arounders and the top two individuals on each event, not to exceed number allowed by NHSGCA.

Seniors eligible to be considered for the National Team must submit a commitment form signed by the gymnast and his/her parent to the Vice-President by State Meet entry deadline as part of the application process. The Vice-president will produce the form.

Competition uniforms (except for warm-up) provided to National Team members must be returned to the association.

2.COACH SELECTION - The National Meet requires one coach for each team. The selection of the designated coach to represent Texas at the National High School Gymnastic Championship Meet will be made by the Technical Committee at the same time the team is chosen. A Technical Committee member who has a gymnast on the team shall be excluded from the selection process (voting). The selection of the designated coach shall be based on: 1) having a gymnast chosen to represent Texas at the National High School Meet and 2) on the coach's qualifications.

III. PETITIONING FOR TEAM SELECTION

In keeping with our primary goal, to achieve the highest possible national ranking, all senior all around gymnasts need to be considered. There may be times when a gymnast, due to circumstances beyond their control, will not be able to compete in the regional and/or state championships but would like to be considered for selection to the National Team. Listed below are the procedures for the petition process to the National

Team; if the Technical Committee believes the petitioned athlete can help improve the "competitive edge" of the team he/she may be chosen.

1.INJURY PETITION - If a gymnast is a worthy National Team competitor and becomes ill or is injured prior to the Regional Meet, the coach may submit a petition to the Regional Technical Director who will submit the petition to the entire Technical Committee for consideration. The petition should include: a medical report by physician, 5 score sheets (as for the All American process with the average scores replacing the missing meet) and a letter from the gymnast's coach. Athletes that are academically ineligible or otherwise ineligible at the time of Regional Championships are not eligible to be petitioned to the National Meet.

2.PETITION TO COMPETE AT STATE MEET – The top three senior girls (that are NOT on a state qualifying team) on an event at their regional championships may petition to the State Meet. This will allow the gymnast to compete for a score in the Optional competition only, and for the purpose of qualifying for the National Team only. **This petition must be in the hands of the President of the THSGCA no later than 5 days after the completion of that gymnast's Regional Championships.**

IV.FUNDING

The head/lead coaches will have their warm-ups and entry fees provided for the National High School Meet by the Association (GAT 00'). It will be the responsibility of the coach/athlete to provide for their own travel expenses until such time that the Association can provide for funding. At this time, the THSGCA is seeking outside funding to help defray expenses for coaches/athletes to the National Championships.

APPENDIX A

**QUALIFYING SCORES FOR THE STATE HIGH SCHOOL GYMNASTIC
CHAMPIONSHIPS**

BOYS

FLOOR EXERCISE	16.00
POMMEL HORSE	14.50
RINGS	15.50
VAULT	17.50
PARALLEL BARS	16.00
HORIZONTAL BAR	16.00
ALL AROUND	95.00
TEAM	305.00

GIRLS

VAULT	17.00
UNEVEN BARS	16.00
BEAM	16.00
FLOOR EXERCISE	16.50
ALL AROUND	64.00
TEAM	215.00

APPENDIX B

Texas High School Gymnastics Coaches Association

YEARLY OFFICIAL REGISTRATION FORM

Due November 15th

**THIS FORM IS AVAILABLE AT
THE THSGCA WEBSITE:**

WWW.THSGCA.ORG

APPENDIX C

TEXAS HIGH SCHOOL GYMNASTIC COACHES ASSOCIATION MEET REPORT

Each high school registered with the Texas High School Gymnastic Coaches Association must compete a meet schedule consisting of a minimum of five meets, this form must be completed and copies sent to the Regional Technical Director and the Regional Meet Host

SCHOOL REPORTING: _____ DATE: _____

BOYS REPORT

<u>REPORTING SCHOOL</u>	<u>DATE</u>	<u>OPPONENT</u>	<u>DATE</u>
1. _____		VS _____	
2. _____		VS _____	
3. _____		VS _____	
4. _____		VS _____	
5. _____		VS _____	

GIRLS REPORT

<u>REPORTING SCHOOL</u>	<u>DATE</u>	<u>OPPONENT</u>	<u>DATE</u>
1. _____		VS _____	
2. _____		VS _____	
3. _____		VS _____	
4. _____		VS _____	
5. _____		VS _____	

COACH _____
(PRINT)

COACH SIGNATURE _____

APPENDIX D

DEBBIE ISENBERG JOHANSEN SCHOLARSHIP AWARD

Requirements:

1. Grade average A - B
2. Letter of merit from coach, principal, and student
3. Financial need?
4. College bound and continuing in gymnastics
5. Resume' of gymnastics experience and future plans
6. Picture

A check will be sent to the Financial Aid Department of the college on recipient's request.

Amount of scholarship is \$500.00

Nominations - each coach may nominate up to three senior girls.

Plaque with recipient's name on it to stay at Boswell (permanently).

Individual will receive plaque at State Meet.

Nominations are due in prior to the State Meet each year.

Send nominations to: President

EMIL J. MILAN SCHOLARSHIP AWARD

Requirements:

1. Grade average A - B
2. Letter of merit from coach, principal, and student
3. Financial need?
4. College bound and continuing in gymnastics
5. Resume' of gymnastics experience and future plans
6. Picture

A check will be sent to the Financial Aid Department of the college on recipient's request.

Amount of scholarship is \$500.00

Nomination - each coach may nominate up to three senior boys.

Plaque with recipient's names on it will stay at L.D. Bell.

The individuals will receive a plaque at the State Meet.

Nominations are due prior to the State Meet each year.

Send nominations to: President

Scholarship committee will have five members. The President of the THSGCA will be chairman.

APPENDIX E

NATIONAL HIGH SCHOOL ALL-AMERICAN AND ELITE SCORES

BOYS

	ALL-AMERICAN SCORES	ELITE SCORES
FLOOR EXERCISE	8.50	9.30
POMMEL HORSE	7.90	9.00
RINGS	8.30	9.10
VAULT	8.50	9.20
PARALLEL BARS	8.20	9.10
HORIZONTAL BAR	8.20	9.00
ALL-AROUND	7.70	8.90 (53.40)
TEAM	127.50	150.00

GIRLS

	ALL-AMERICAN SCORES	ELITE SCORES
VAULT	8.70	9.40
UNEVEN BARS	8.50	9.40
BEAM	8.50	9.35
FLOOR EXERCISE	8.80	9.50
ALL-AROUND	8.40	9.30 (37.20)
TEAM	97.50	110.00

APPENDIX F

CONTRACT OF AGREEMENT

Texas State High School Gymnastics Championship

This agreement is entered into between the Host School and the Texas High School Gymnastic Coaches Association (THSGCA), a nonprofit organization organized under the laws of the State of Texas.

The parties agree as follows:

1. _____ High School shall provide and perform such duties and services necessary to the technical conduct of the Texas High School Gymnastics Championship to include:
 - a. personnel (at least 12) to help set up, move, & take down gymnastic equipment.
 - b. selection and assignment of all personnel necessary to the conduct of the meet, such as scorekeepers, runners, flashers, squad leaders, ticket takers, ticket sellers, custodial, security, maintenance and utility personnel, etc. All such workers should be of a voluntary nature.
 - c. to prepare score sheets for the order of competition.
 - d. to provide pencil score pads and scratch paper, stop watches, national and state flags, Star Spangle Banner and march music.
 - e. provide lodging for 12 men judges and 8 women judges. Every effort should be made to get 10 complementary rooms from the official state meet hotel.
 - f. to provide pay and travel for 12 men judges and 8 women judges out of meet income.
 - g. provide transportation for judges from meet to motel and back if necessary.
 - h. it is recommended the host provide a hospitality room for coaches and judges.
 - i. to provide an awards stand for 10 places for finals.
 - j. it is recommended the host provide dignitaries to present the awards at the finals.
 - k. post copies of results after compulsories and provide copies at end of meet to each coach who has gymnasts competing in the meet.
 - l. it is recommended that the host send meet results to Gymnast magazine.
 - m. provide credentials for coaches, team members and managers.
 - n. provide state equipment supplier with a full page ad in program
 - o. purchase all medals and twelve team trophies

The cost of such services shall be considered event expenses. Substitute teacher's pay for host school cannot be considered as part of the meet expenses.

2. The technical committee shall make selections on all of the following items.

- a. All gymnastic equipment necessary for the conduct of the competition. This includes all landing mats, floor exercise mats and equipment for each event.

- b. Select and assign judges necessary for the conduct of the meet.
- c. All rulings on technical decisions at the meet.

3. The THSGCA will provide \$2000 to state meet hosts, earmarked as a judges signing incentive.

Use of Gymnasiums

Days and times necessary for all warm-up in warm-up gym.
Days and times necessary for all competition.
Days and times necessary for equipment breakdown.

This agreement is executed on behalf of the parties hereto by their duly authorized representatives, who warrant that they are empowered to execute this agreement.

ATTEST: Texas State High School Gymnastics Association

Date _____ BY _____
President

Date _____ BY _____
Treasurer

High School

Date _____ BY _____
Superintendent or Principal

Date _____ BY _____
Gymnastics Coach

APPENDIX G

THSGCA GYMNASTICS INQUIRY FORM

Gymnast: _____ Team: _____
Order on event: _____ Event: _____

ROUTINE

	Skill	Diff		Skill	Diff
1	_____	_____	7	_____	_____
2	_____	_____	8	_____	_____
3	_____	_____	9	_____	_____
4	_____	_____	10	_____	_____
5	_____	_____	11	_____	_____
6	_____	_____	12	_____	_____

Score Received: _____ Additional Comments: _____

Coach's Signature _____ Date: _____

JUDGE'S RESPONSE: Score adjusted to: _____
Score not adjusted: _____

Time Inquiry Received: _____ Time Event Ended: _____
Difficulty: A's - _____ B's - _____ C's - _____ D's - _____ Start Value: _____
Special Requirements(specify areas not met):

Special performance deductions:

Neutral deductions:

(Signature of Head Judge or Technical Director)

Inquiries must be submitted to the Head Judge within five minutes of the conclusion of the event. Two denied inquires per team per meet are permitted. Subsequent inquires, if not upheld, will incur a 0.3 team deduction. Inquires must be submitted to the Head Judge by the Head Coach, Meet Director or Games Committee Member. Unless Questioned, Coaches are not to be involved in the judging discussion.

APPENDIX H

THSGCA RULE CHANGE PROPOSAL FORM

Submitted by:

School:

This proposal would amend Section _____ of the THSGCA Constitution and Manual of Rules.

Brief synopsis of the proposal:

Reason for desiring change:

Use the space below to show precise wording of changes proposed. Use the back or other pages as necessary. (please type or print)

This proposal has the support of the following people: (Give names and addresses)

1)

2)

3)

Please send this form to the President and Secretary at least two weeks prior to the Technical Committee summer meeting or 30 days prior to the fall GAT meeting

APPENDIX I

TEXAS HIGH SCHOOL GYMNASTIC REGIONS

Alphabetical Listing of Counties
Updated - 1998

REGION I (NORTHEAST TEXAS):

Camp, Cass, Collin, Dallas, Delta, Denton (Only Carrollton and The Colony), Ellis, Falls, Fannin, Franklin, Grayson, Gregg, Harrison, Henderson, Hopkins, Hunt, Kaufman, Lamar, Marion, Morris, Navarro, Panola, Raines, Red River, Rockwall, Rusk, Shelby, Smith, Titus, Upshur, Van Zandt, Wood.

REGION II (SOUTH/SOUTHEAST TEXAS):

Anderson, Angelina, Aransas, Atascosa, Austin, Bandera, Bastrop, Bee, Bell, Bexar, Blanco, Brooks, Brozoria, Brazo, Burleson, Burnet, Caldwell, Calhoun, Cameron, Chambers, Cherokee, Comal, Colorado, Coryell, Dewitt, Dimmit, Duval, Edwards, Fayette, Fort Bend, Freestone, Frio, Galveston, Gillespie, Goliad, Gonzales, Grimes, Guadalupe, Hardin, Harris, Hayes, Hidalgo, Houston, Jackson, Jasper, Jefferson, Jim Hogg, Jim Wells, Karnes, Kendall, Kenedy, Kenne, Kerr, Kimble, Kleberg, La Salle, Lavaca, Lee, Leon, Liberty, Live Oak, Llano, Madison, Mason, Matagorda, Maverick, McMullen, Medina, Milam, Mills, Montgomery, Nacogdoches, Newton, Nueces, Orange, Polk, Real, Refugio, Robertsons, Sabine, San Augustine, San Jacinto, San Patricio, San Saba, Starr, Sutton, Travis, Trinity, Tyler, Uvalde, Victoria, Walker, Waller, Washington, Webb, Wharton, Willacy, Williamson, Wilson, Zapata, Zavala.

REGION III (WEST/NORTHWEST TEXAS):

Andrews, Armstrong, Bailey, Baylor, Borden, Brewster, Briscoe, Brown, Callahan, Carson, Castro, Childress, Cochran, Coke, Collingsworth, Concho, Cottle, Crockett, Crosby, Dallam, Dawson, Deaf Smith, Dickens, Donley, Ector, El Paso, Fisher, Floyd, Foard, Gains, Garza, Glasscock, Gray, Hale, Hall, Hansford, Hardeman, Hartley, Haskell, Hemphill, Hockley, Howard, Hudspeth, Hutchinson, Irion, Jeff Davis, Jones, Kent, Knox, Lamb, Lipscomb, Loving, Lubbock, Martin, Menard, Midland, Mitchell, Moore, Motley, Nolan, Ochiltrie, Oldham, Parmer, Pecos, Potter, Presidio, Randall, Regan, Reeves, Roberts, Runnels, Scheicher, Scurry, Shackelford, Sherman, Sterling, Stonewall, Swisher, Taylor, Terrell, Terry, Throckmorton, Tom Green, Upton, Val Verde, Ward, Wheeler, Wilbarger, Winkler, Yoakum.

REGION IV (NORTH CENTRAL TEXAS):

Archer, Bosque, Bowie, Clay, Comanche, Cooke, Denton (Except Carrollton and The Colony), Eastland, Erath, Hamilton, Hill, Hood, Jack, Johnson, Limestone, McLennan, Mantaque, Palo Pinto, Parker, Somervell, Stephens, Tarrant, Wichita, Wise, Young.

Texas High School Gymnastics Coaches Association

2008-2009 OFFICERS

CO-PRESIDENTS:

Debbie Williams	1205 Schumac, Bedford 76022	817-540-1619	Region IV
School: L. D. Bell	1601 Brown Trail, Bedford 76054	817-282-2551	
williadd@hebisd.edu			

Mark Williams	1205 Schumac, Bedford 76022	817-540-1619	Region IV
School: Trinity	500 N. Industrial, Euless 76039	817-571-0271	
williamm@hebisd.edu			

MEN'S VICE-PRESIDENT:

Kevin Muenz	4010 Silktree Dr., Garland 75043	972-203-0716	MEN
School: Lakeview Cent.	3505 Hyman Dr., Garland 75043	972-240-3740	214-457-6429
Kmuenz123@cs.com			

WOMEN'S VICE-PRESIDENT:

Tony Walker	21 N. Washington, San Angelo 76901	915-655-5986	WOMEN
School: Central High	100 Cotton, San Angelo 76901	915-659-3462	
Taw76901@yahoo.com			

TREASURER:

J. T. Fletcher	3251 Austin's Colony Pkwy, Bryan 77802	972-209-7929	Region II
School: Bryan	3401 E. 29 th , Bryan 77802	979-731-7494	919-731-7422
fletcher@bryanisd.org			

SECRETARY:

Janet Cochran	4511 Indian Oaks Tr., Arlington 76017	817-478-1769	Region I
School: MacArthur	3700 MacArthur, Irving 75062	972-261-2100	
Jannc56@hotmail.com			

PARLIAMENTARIAN:

Craig Vogl	6513 Crane, N. Richland Hills 76180	817-428-8520	Region IV
School: Arlington ISD	1200 N. Cooper, Arlington 76011	817-801-4313	817-271-3544
vogl13@airmail.net			

HISTORIAN:

WEBMASTER:

Mark Sherman	5607 Merrimac, Dallas 75206	214-827-0155	Region I
School: Highland Park	4220 Emerson, Dallas 75205	214-523-1842	214-523-180
mslexus1@airmail.net		THSGCA Website: www.thsgca.org	

EXECUTIVE DIRECTOR:

Emil Milan	524 Circleview Dr., Hurst 76053	817-268-3230
------------	---------------------------------	--------------

Texas High School Gymnastics Coaches Association

2008-2009 TECHNICAL DIRECTORS

REGION I

Janet Cochran	4511 Indian Oaks Tr., Arlington 76017	817-478-1769	WOMEN
School: MacArthur	3700 MacArthur, Irving 75062	972-261-2100	
<u>JCochran@irvingisd.net</u>			

Cameron Sweny	354 Henry Chandler, Rockwall	(817)721-9801	MEN
School: Rockwall	901 Yellowjacket Lane, Rockwall 75087	(972)771-7339	
<u>csweny@rockwallisd.org</u>			

REGION II

Cali Currie	1309 Barak Ln., Bryan 77802	979-691-8506	WOMEN
School: Bryan	3401 E. 29 th , Bryan 77802	979-209-2623	979-209-2572
<u>calicurrie@hotmail.com</u>			

J. T. Fletcher	3201 Sandpiper, Bryan 77802	979-776-0342	MEN
School: Bryan	3401 E. 29 th , Bryan 77802	979-731-7494	919-731-7422
<u>fletcher@bryanisd.org</u>			

REGION III

Tony Walker	21 N. Washington, San Angelo 76901	915-655-5986	WOMEN
School: Central High	100 Cotton, San Angelo 76901	915-659-3462	
<u>Taw76901@yahoo.com</u>			

Kern Arrott	2714 W. Ave. M 76901	915-676-4126	MEN
School: Central High	100 Cotton, San Angelo 76901	915-659-3462	915-659-3413
<u>ksarrott@aol.com</u>			

REGION IV

Craig Vogl	6513 Crane, N. Richland Hills 76180	817-428-8520	WOMEN
School: Arlington ISD	1200 N. Cooper, Arlington 76011	817-801-4313	817-271-3544
<u>vogl13@airmail.net</u>			

Jimmy Averitte	5936 Bridal Trail, Fort Worth 76179	817-284-8551	MEN
School: Boswell	5805 Bailey Boswell, Fort Worth 76179	817-237-3314	
<u>javeritte@emsisd.com</u>			

