



This Bulletin was e-mailed to all member-schools on or about  
 April 15, 2016  
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**ATTENTION ATHLETIC DIRECTORS:**

Please route this bulletin to your HEAD VARSITY GYMNASTICS COACH, and make sure that you and your coach have read the [GYMNASTICS BYLAWS](#) which are posted on under the "Playoff Information & Bylaws" tab of the [Gymnastics webpage](#) of the [CCS website](#).

cc: League Commissioners, Site Directors, Executive Committee

<a href="#">MEETINGS</a>	<a href="#">WARM-UP PROCEDURES</a>	<a href="#">SPORTSMANSHIP</a>
<a href="#">CHAMPIONSHIP DATES / SITE</a>	<a href="#">COACHES' INFORMATION</a>	<a href="#">ADMISSION</a>
<a href="#">ENTRIES</a>	<a href="#">PRACTICE AT CHAMPIONSHIP SITE</a>	<a href="#">PARTICIPANT CERTIFICATES</a>
<a href="#">INJURY/ILLNESS TO LEAGUE QUALIFIERS</a>	<a href="#">IMPORTANT NOTICE</a>	<a href="#">RADIO/TV LICENSING &amp; MEDIA</a>
<a href="#">TIME SCHEDULE</a>	<a href="#">RESULTS</a>	<a href="#">PARKING</a>
<a href="#">MEET FORMAT</a>	<a href="#">COACHES</a>	<a href="#">COMMEMORATIVE T-SHIRTS &amp; PATCHES</a>

For additional information see: [CCS PLAYOFF POLICY](#)

**CCS STAFF LIAISON:** [STEVE FILIOS](#), Assistant Commissioner

**MEET DIRECTOR:** [BILL STROM](#), e-mail: [Bill@gymtowne.com](mailto:Bill@gymtowne.com)

**MEETINGS:**

**EVALUATION MEETING – TBA** (to be set up by Meet Director & CCS Office)

**CHAMPIONSHIP DATE / SITE:**

*The 2016 CCS Gymnastics Championships will be conducted:*  
**WEDNESDAY, MAY 18, 2016**  
**@ Gymtowne Gymnastics**  
**389 Oyster Pt. Blvd, Suite 5**  
**South San Francisco, CA 94080**

**TIME SCHEDULE:**

3:45-4:00 pm	Coaches Meeting
4:00-4:25 pm	Open Stretch
4:25 pm	Gymnasts change and line-up
4:30 pm	March in; Introductions; National Anthem
4:45 pm	Competition begins
Approx 8:00 pm	Recognition of graduating seniors & awards

*Note: The CCS Commissioner and/or staff shall be responsible for all contracts for sites used during the CCS Play-offs. The CCS Commissioner and/or staff have the final authority in any disputes over sites or times of play, and the decision of the CCS Commissioner is not subject to appeal, due to the immediacy of running the Meet for the good of the whole. Neutral sites are not a policy of the CCS and should not be expected. Sites will be assigned by CCS for the good of the Meet.*

**ENTRIES:**

See [CCS Gymnastics Bylaws: Section 5](#). for specific instructions

- *ENTRY FORMS*: Entry forms are available by clicking on the "Playoff Information & Bylaws" tab on the [Gymnastics webpage](#) of the [CCS website](#)
- *ENTRY DEADLINE*: **All Entry Forms must be submitted to the Meet Director NO LATER than 9:00am, three (3) days prior to the Section Meet (Sunday, MAY 17, 2015).**  
FAX entry forms to Bill Strom at: **650 589-3821**.

**INJURY / ILLNESS TO LEAGUE QUALIFIERS:**

For complete rules, see [CCS Gymnastics Bylaws: Section 8](#).

**MEET FORMAT:**

- Gymnasts from the same school will compete in the same group if possible.
- Several schools may be grouped together.
- Four (4) events will be conducted simultaneously. If the rotations do not balance a bye rotation will be added.
- Olympic rotation will be followed: VAULT --> BARS --> BEAM --> FLOOR-->BYE (if needed)
- Squads will rotate by "bumping" to the next event.

**WARM-UP PROCEDURES:**

Gymnasts will use the Capital Cup Warm-up Format.

- Vault: Warm-up 1st 1/2 of squad, with a maximum of 4 vaults per gymnast. Repeat procedure with 2nd half of squad after 1st 1/2 competes.
- Uneven Bars: Warm-up 1st 1/2 of squad, with a maximum of 90 seconds per gymnast. The 90-second period does not include bar settings. All gymnasts in their half of the squad may "block" (combine) time. Repeat procedure with 2nd half of the squad after 1st 1/2 competes. Teams do not have to split their team in half as long as they do not make up more than half of their squad.
- Balance Beam: 90 seconds per gymnast. First two gymnasts in the squad warm-up. All other the gymnasts will receive 90 seconds in between the competition routines
- Floor Exercise: The first half gymnasts will warm up for 5 minutes total then the remaining gymnasts in the squad will warm up between routines.
- Upon this posting, no changes will be allowed to the warm-up format.

**COACHES' INFORMATION**

- *RULES*: 2015-16 **National Federation** Gymnastics Rules and "clarifications" will be followed.
- Participants are responsible for bringing their own first-aid supplies (e.g., tape, pre-wrap, etc.).
- **An athletic trainer will be on duty during warm-ups and throughout the competition.**
- Floor Exercise Music: A CD player will be provided as well as access to connect an iPod type device to the sound system.
- A locker room is **not** available.
- Only the official coaches, gymnasts, judges and Meet officials will be allowed on the main floor.

**PRACTICE AT CHAMPIONSHIP SITE:**

No arrangements for practice at competition sites are allowed by the CCS once the site of the Tournament has been announced by CCS. See the ["General Tournament Information"](#) Section of the CCS General CCS Playoff Bylaws for the specific policy.

**IMPORTANT NOTICE TO ALL PARTICIPANTS AND COACHES:**

The CIF-Central Coast Section is well aware that many other school and non-school activities (AP tests, SAT/ACT tests, proms, plays, holidays, senior trips, religious days, etc.) may occur during CCS Playoffs. The CCS tries to avoid as many conflicts as possible; however, with so many activities available for today's student-athlete, it is not reasonable to assume that all such activities can be taken into account, and thus, CCS Play-off events will go on as originally scheduled. Participants and coaches are therefore expected to plan in advance for such possible scheduling conflicts and make those difficult choices as to which events will take precedence for that individual. Generally, although it is ultimately the personal choice of the student-athlete and/or his/her parent(s), an academic activity should take precedence over an extra-curricular event.

**RESULTS**

Live results will be available at [meetscoresonline.com](#). Final results will also be posted under the "Brackets & Results" tab of [Gymnastics page](#) on the CCS web-site.

**COACHES:**

All student-athletes competing in any CCS contest must be accompanied by a coach that meets the criteria addressed in CCS By-Laws, Article VI-3. and CIF Bylaws 308 and 506:

- MUST BE THE "REGULAR COACH".
- The coach of either a public or private school team or athlete must be the coach of record for that school for the current season and must comply with all requirements of CIF Bylaw 506.
- PUBLIC SCHOOLS - All public school teams must be coached by a person who meets the requirements of the California Education Code and the California Administrative Code Title V.
- NON-PUBLIC SCHOOLS - In the case of a non-public school, a person engaged by that school on a yearly contract basis as a regular member of the school coaching or teaching staff and certified by the administrator for that school as competent for the position held.
- EMERGENCY SITUATIONS: In the case of an emergency ONLY, the Principal of the school may designate an alternate coach, as long as it is done in writing prior to the contest and submitted the CCS Commissioner for CCS Play-off contests. Any alternate coach MUST be an individual who meets all the conditions required in 3.-A.(1) above in the case of a public school; and 3.-A.(2) above in the case of a non-public school.
- Coaches are expected to remain at the meet throughout the competition.
- NO COACH PRESENT = STUDENT INELIGIBLE TO PARTICIPATE.

**SPORTSMANSHIP:**

It is essential that all competition be completely within the bounds of good sportsmanship.

- Each Principal is required by the CCS Board of Managers to meet with any team from his/her school participating in the CCS Tournament to review CCS Sportsmanship Information. See the [REQUIRED PRE-GAME SPORTSMANSHIP MEETING INFORMATION SHEET](#) which can be found under the "Playoff Information & Bylaws" tab on the [Gymnastics page](#) of the CCS web-site.
- Coaches and Captains will meet with the Meet Director and game officials 45 minutes prior to the start of the meet to review the importance of good sportsmanship and to make certain their Administrator has reviewed this information with them in the past week.
- *Any player or coach who is ejected from a CCS Tournament contest for FLAGRANT MISCONDUCT or UNSPORTSMANLIKE BEHAVIOR will be disqualified from all remaining events.*

**ADMISSION:**

No admission will be charged for this event.

**PARKING:**

There are plenty of parking spaces available at 389 Oyster Point Blvd. **PLEASE DO NOT PARK IN THE PARKING LOTS AT: 395 Oyster Point Blvd. or 400 Oyster Point Blvd.**

**PARTICIPANT CERTIFICATES**

Participant Certificates are available for athletes and coaches which can be found under the "Playoff Information & Bylaws" tab of the [Gymnastics page](#) of the CCS web-site.

**COMMEMORATIVE T-SHIRTS & PATCHES**

CCS Championship T-Shirts (\$15 each) may be ordered through May 10, 2016 using the [T-Shirt Order/Patch Order Form](#) which can be found under the "Playoff Information & Bylaws" tab on the [Gymnastics page](#) of the CCS web-site. While supplies last, CCS Championships Patches will be available at the Meet or may be ordered online using the [T-Shirt Order/Patch Order Form](#). No other merchandise may be sold without CCS approval.

**RADIO/TV LICENSING & MEDIA POLICIES**

CCS owns the broadcasting rights for all championship contests. Licensing is required. Play-On Sports will be providing selected coverage of the Meet on the [CCS/Play-On Sports Portal](#) On-Demand after the completion of the Meet.

*Unauthorized selling of photographs taken at CCS events is strictly prohibited. In accordance with CIF and CCS contractual agreements, at no time may photographs be sold to the general public, participating schools, or families of student-athletes.*

