



GYMNASTICS BY-LAWS

Article I

Gymnastics Committee

- Section 1 The chairperson of the Gymnastics Committee shall be voted on by the League coaches each year and shall be responsible for calling a pre and post season meeting each year.
- Section 2 The Gymnastics Committee shall be responsible for by-law review and presenting revisions to the Athletic directors and approved by SCVAL Board of Managers.
- Section 3 Proposed schedules shall be presented to the Athletic Directors as schools are established.

Article II

Classification

- Section 1 There shall be official competition in Varsity and Junior Varsity.
- Section 2 All gymnasts must enter all events on the same team level.
- Section 3 The school's best team shall be Varsity.
- 3.1 The Varsity team shall compete in optional routines.
 - 3.2 A gymnast who competes at the Varsity level in more than 1 meet may not compete at the JV level for the rest of the season.
 - 3.3 If a gymnast competes at a Varsity League Final she can compete on the JV team the following year.
- Section 4 The JV team shall consist of gymnasts with experience limited through Level 5 club competition.
- 4.1 The JV team shall compete in modified Level 3 & 4 routines.
 - 4.2 A gymnast who has competed above Level 4 or *Xcel Gold* within the past 2 years or has scored above 32 or above at a *USA Gymnastics* Level 4 meet may not compete at the JV level.
 - 4.3 A JV gymnast may compete at the Varsity level at League Finals and also CCS if they qualify at League Finals. They may also fill in the unfilled slots in the 10 slot allowance for participation.

Article III

Governing Rules

- Section 1 The current National Federation Rules and “rule clarifications” shall be the governing rules.
- Section 2 For SCVAL competition the following special rulings shall apply:
- 2.1 Balance Beam routines shall be timed and penalized in all league competition. JV beam time shall be 1:20 and Varsity shall be 1:30. There is no minimum time requirement.
 - 2.2 The JV will execute a *handspring vault over a stack of 5' X 10' skill cushions turned sideways (so they vault over the 5' distance of the mat stack). The vault must be a minimum of 32 inches and a maximum of 54 inches. Vault value starts from a 10.0. The vault shall be judged with the USA Gymnastics Xcel Silver Deductions.*
 - 2.3 JV bars will start at a 10.0 for a kip mount otherwise a 2 ft. mount with a start at 9.7. JV will receive up to a .3 deduction each time they are spotted on bars up to the value of the element.
 - 2.4 Varsity and JV shall be scored separately.
 - 2.5 Varsity and JV Floor have no time minimum but JV maximum is 1:20 and Varsity is 1:30. JV may compose their own routines but must include required elements. Floor music with vocals will receive a 1.0 deduction
 - 2.6 The top 4 scores of each school in each of the 4 events shall count for Varsity team score. The top 5 scores of each school in each of the 4 events shall count toward JV team score.
 - 2.7 Warm-ups will occur in the *Modified Capital Cup format. Block time will be used for bars, beam, floor and vault* (On vault, each gymnast will be allowed to warm-up three handspring vaults or four of a vault with a start value of 9.5 or greater, including timers).
 - 2.8 In the event that the visiting team arrives after the open stretch period (30 min. max.) a Capitol Cup procedure will take place whereby each event will warm up prior to that competition. Each varsity gymnast gets 1-1/2 mins. per event. Each JV gymnast- 1 min. per event.
 - 2.9 Rule 3, Section2, Article 7 of the National Federation Gymnastics Rules shall be considered and decided upon by host Varsity coaches prior to each meet. Host school must notify visit school as to warm-up format and start time 1 week prior to meet.
 - 2.10 Each team is responsible for providing score cards for each meet.
- Section 3 A Varsity and JV gymnast must compete in 1 meet prior to League Finals. This is subject to a petition to the League Commission.
- Section 4 All league meet results must be sent to the League Chairperson by the host School.
- Section 5 Gymnasts may wear biker shorts (black or matching their leotard) at League meets. Leg length can be no longer than 3 inches from inseam.

- Section 6 A gymnast must wear her team uniform on the podium.
Section 7 All team rosters must be submitted to the Gymnastic Chairperson prior to the first League meet.

Article IV Practice and Meet Limitations

- Section 1 Gymnastics teams are limited to CCS established meets and scrimmages.
Section 2 Official start date of practice will coincide with the start dates determined by the CCS Board of Managers.

Article V Meet Management

- Section 1 At League meets there shall be a minimum of 2 judges.
Section 2 League Finals shall be rotated each year to the next school in alphabetical order.
- 2.1 The host school shall provide beam and floor times, scorecards for all teams, and light refreshments for the judges.
 - 2.2 The host school is responsible for reasonable clean-up of the venue.
 - 2.3 Start value for each varsity routine must be written on every gymnast's scorecard.
 - 2.4 Host school is responsible for paying judges.

Article VI League Finals

- Section 1 10 team members can represent a Varsity & JV team in each event at League Finals.
- 1.1 Other Varsity may also qualify for League Finals by obtaining any of the following scores during the season's competition: Vault – 7.8, Bars – 7.8, Beam – 8.0, Floor – 8.3, AA – 30.0. Meet records must be on file with the Chairperson.
- Section 2 League champion will be determined at League Finals.
Section 3 League Finals must be held on contemporary equipment.
Section 4 Recognition will be given for 10 places in all events and all-around at JV and Varsity League Finals.

Article VII CCS Qualification

- Section 1 A team scoring 128 points during League Finals will qualify for team and individual competition.

- Section 2 Individuals who finish in the top 10 in an event during League Finals will qualify for that particular event.
2.1 Individuals may also qualify for CCS by achieving the CCS minimum scores as follows: Vault – 8.3, Bars – 8.4, Beam – 8.4, Floor – 8.6, All-around – 33.7
- Section 3 All qualifying teams may enter 6 team members for team score with the top 4 scores being used in final scoring.

Article VIII

Petitions

- Section 1 The Petition Committee shall consist of the League Chairperson and 1 Representative from each division (North and South) as selected by the League Chairperson.
- Section 2 Petitions will be accepted for the following reasons: injuries, illness, extreme hardship, and recent move to a school (providing eligibility requirements have been met).
- Section 3 Petitions must be submitted in writing in a timely manner with attached documentation to the League Chairperson and SCVAL Commissioner.