



**2022 LHSAA  
GIRLS' GYMNASTICS**  
*State Championship Bulletin*

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## GIRLS' GYMNASTICS STATE MEET

### GENERAL INFORMATION

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#### CHAMPIONSHIP INFORMATION

Saturday, April 9, 2022  
Baton Rouge Magnet High School  
Tournament Director | Kristen Estorge, Baton Rouge Magnet High School  
LHSAA Director | Lee Sanders  
2021-22 USAG Rules will be followed

#### ENTRY BLANKS

Entry blanks must be sent by certified mail to Kristen Estorge with a postmarked date no later than Friday, March 25, 2022.

The entry blank must be accompanied by a school check made payable to the LHSAA in the amount of \$15 per student entered.

Mail to:

Kristen Estorge, Gymnastics Meet Director  
Baton Rouge Magnet High School  
2825 Government St | Baton Rouge, LA 70806

#### USAG COMPLIANCE

The meet director of the host school will be responsible for securing regulation USAG-approved equipment and such officials, scorers and other attendants as necessary for conducting the meet.

#### COACHES PROTOCOL

Coaches will be allowed to submit as many names as he/she desires on the school entry blank but contestants are limited to competition in only one division. All contestants must meet all LHSAA eligibility requirements.

Substitutions or additions after the deadline will not be permitted. If a contestant is ill, injured or unable to compete for any reason, she will be withdrawn from competition without a replacement.

Except in the case of the bullet point below, a school representative must be present at the coaches' meeting or that school's contestants will not be allowed to participate. The time of the coaches' meeting will be set by the meet director.

In order to compete, a team with three or more individuals must be accompanied by a faculty member of its school or a certified Non-Faculty coach. By mutual written agreement, two schools in the same area,

one school sending three or more individuals and the other school sending one or two individuals, may choose one faculty representative from either school to accompany these participants to any high school meet.

The conduct of coaches will be governed under the provisions of the USAG.

## UNIFORMS

In order to meet uniform requirements, contestants must be dressed in leotards.

## PROTESTS

Protests may be made only by a school representative and must be submitted to the meet director no later than thirty (30) minutes following the final event of the meet. The meet director will ensure that the protest is disposed of in accordance with USAG guidelines.

## PENALTIES

If the provisions of the Entry Blank Deadline and/or Certifications of Coaches are not met, the school and its contestants may be allowed to enter and compete in the tournament by paying a \$50 fine for one contestant or a \$100 fine for more than one contestant. The deadline for paying the delinquent fee in order to participate shall be 48 hours prior to the start of the first day of the meet. After the 48 hour deadline, no more entries shall be accepted. (Rule 16.3.7, page 136 of the LHSA Handbook)

## ADMISSION

The admission charges for each session will be as follows:

- Students - \$5.00 | Adults - \$10.00

## EQUIPMENT MEASUREMENTS

The equipment measurements for the state tournament must meet the following specifications:

- Floor Mat: 39'4-7/16" x 39'4-7/19"
- Balance Beam: 47-1/4" or 120 cm
- Vault: 47-1/4" or 120 cm
- Uneven Parallel Bars: High Bar- 90-9/16" or 230 cm  
Low Bar- 59-1/16" or 153 cm

(The low bar may not be lowered below 150 cm. Otherwise, either bar may be moved up or down to facilitate swinging by the gymnast.)

## DETERMINING THE OVERALL CHAMPION TEAM

<u>Division</u>	<u>Scores to Count</u>
I	High score in each of the 4 events
II	Top two scores in each of the 4 events
III	Top three scores in each of the 4 events

## AWARDS

Awards will be given to the team members of each division champion and runner up along with first, second and third place awards to the all-around gymnasts and first, second and third place winners in each event in each division.

Team trophies will be presented to the overall championship and runner-up team when considering the team scores of all three (3) divisions. Six (6) individual awards will be presented to the members of the overall championship and runner-up teams.

## DIVISIONS

### DIVISIONS

A. Gymnasts will compete in one of the following divisions:

- DIVISION I – Consists of competition in optionals with difficulty as defined in Level 8 optionals.
- DIVISION II – Consists of competition in compulsories only in Level 4 as written.
- DIVISION III – Consists of competition in compulsories only in Level 3 as written.

### DIFFICULTY LIMITATIONS ON LEVEL 8 OPTIONALS

Value Parts A = .10 B = .30 C = .50	4 A's 4 B's 0 C's
Start Value	10.0
Additive Value	Not eligible for Additive Value
Difficulty Restrictions for Bars, Beam and Floor	"C's" receive "B" Value Part credit. "D/E" BB/FX Acro elem. & UB mounts, dismounts & releases VOID exercise. All other "D/E's" receive 2.00 penalty & no Value Part credit is given.
Vaults Allowed	Group 1, 3, 4 & 5 Vaults indicated on the Lev. 8 chart (Handsprings, Tsukaharas & RO entry). All other vaults are not permitted & if performed, VOID the event.

## SPECIAL REQUIREMENTS

Deduct 0.50 for each missing SR for all levels

### BARS:

1. Minimum of One (1) Bar Change.
2. / 3. Two (2) B Elements, Same or Different:
  - a. One B Element with Flight, excluding Dismount, OR one B Long Axis (LA) Turn with Minimum of 180 degrees, excluding Mount/ Dismount.
  - b. One B Element 360 degree Clear Circling Element from Groups 3, 6, or 7, excluding the Dismount.
4. Salto Dismount, Minimum of an A.

### BEAM:

1. Acro series-min. of 2 elements, 1 with flight. (Both must start & finish on beam.)
2. One leap/jump requiring 180 degree split.
3. Minimum of 360 degree turn on one foot.
4. Aerial or salto dismount, min A.

### FLOOR:

1. One Acro series w/2 saltos, same or different.
2. Three different saltos within the exercise.
3. Dance series with a min. of 2 elements, one a leap (one foot take-off) requiring 180 degree cross or side split.
4. Min. of A salto as last salto or in last connection of saltos.

## DIVISIONS CONT.

- B. High school gymnasts who registered USAG competitors must compete in the high school division comparable to her level; however, she may compete higher than her level.

USAG SCALE:           Level 8 or Above .....LHSAA Division I  
                                  Level 6 or 7 .....LHSAA Discretion of Coach  
                                  Level 4 .....LHSAA Division II  
                                  Level 3 .....LHSAA Division III

Compulsories or optionals will be conducted in the following four events:

1. Vault
2. Uneven Parallel Bars
3. Balance Beam
4. Floor Exercise

Schools will not be limited to the number of entries in each division. Gymnasts may compete in only one division.

Only the scores of the top three (3) gymnasts in each event will count toward their team score in each division.

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## GIRLS' GYMNASTICS ENTRY FORM

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***Deadline: Friday, March 25, 2022 (Postmarked)***

*Entries should not be sent to the LHSAA. Send by certified mail to Kristen Estorge, Baton Rouge Magnet High School, Baton Rouge, LA 70806*

*Each entry must be accompanied with a school check made payable to the LHSAA in the amount of \$15 per contestant entered.*

*Schools shall have unlimited entries per event.*

NAME OF SCHOOL:	
NAME OF COACH:	
EMAIL OF COACH:	
SIGNATURE OF COACH:	
SIGNATURE OF PRINCIPAL:	
DATE:	

DIVISION I			
USAG Level 8 or Higher Competition			
VAULT	BARS	BEAM	FLOOR
1.	1.	1.	1.
2.	2.	2.	2.
3.	3.	3.	3.
4.	4.	4.	4.
5.	5.	5.	5.
6.	6.	6.	6.
7.	7.	7.	7.
8.	8.	8.	8.
9.	9.	9.	9.
10.	10.	10.	10.
11.	11.	11.	11.
12.	12.	12.	12.



<div>DIVISION II</div> <div>USAG Level 4 Competition</div>			
VAULT	BARS	BEAM	FLOOR
1.	1.	1.	1.
2.	2.	2.	2.
3.	3.	3.	3.
4.	4.	4.	4.
5.	5.	5.	5.
6.	6.	6.	6.
7.	7.	7.	7.
8.	8.	8.	8.
9.	9.	9.	9.
10.	10.	10.	10.
11.	11.	11.	11.
12.	12.	12.	12.

<div>DIVISION III</div> <div>USAG Level 3 Competition</div>			
VAULT	BARS	BEAM	FLOOR
1.	1.	1.	1.
2.	2.	2.	2.
3.	3.	3.	3.
4.	4.	4.	4.
5.	5.	5.	5.
6.	6.	6.	6.
7.	7.	7.	7.
8.	8.	8.	8.
9.	9.	9.	9.
10.	10.	10.	10.
11.	11.	11.	11.
12.	12.	12.	12.

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**GIRLS' GYMNASTICS STATE MEET**  
*TENTATIVE SCHEDULE*

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Saturday, April 9, 2022

ALL GIRLS	
LEVEL 3 – SESSION 1	
8:00 AM	OPEN STRETCH
8:15 AM	WARM-UP/ COMPETITION
10:15 AM	FINISH COMPETITION
LEVEL 3 – SESSION 2	
10:45 AM	OPEN STRETCH
11:00 AM	WARM-UP/ COMPETITION
1:15 PM	AWARDS (SESSION I & II)
LEVEL 4 – SESSION 3	
1:30 PM	OPEN STRETCH
1:45 PM	WARM-UP/ COMPETITION
4:00 PM	AWARDS
LEVEL 8 – SESSION 4	
4:15 PM	OPEN STRETCH
4:30 PM	WARM-UP/COMPETITION
6:45 PM	AWARDS



## LHSAA CORPORATE PARTNERS

THE LHSAA WOULD LIKE TO THANK THE FOLLOWING 2021-2022  
PARTNERS FOR THEIR CONTINUED DEDICATION & SUPPORT  
OF HIGH SCHOOL ATHLETICS IN LOUISIANA



### LHSAA TITLE PARTNER



### TEAM LHSAA



### LHSAA STATEWIDE PARTNERS



### LHSAA TEAMMATES

