



# CAAC Game Sheet

## Gymnastics

(Established: February 2022)

(Updated: November 2024)

### Start Times:

- Varsity competitions will be determined by the host school but 6:30 p.m. is recommended

### Pre-Game Warm-up:

- Equipment is to be available at least 60 minutes prior to the start of the competition
  - Any adjustment to the warm-up time must be mutually agreed upon by both schools
- Team warm-up is to take place prior to the start of competition; touches are permitted for each event
  - These touches may be a team touch or an in-the-hole touch

### Game Format:

- It is recommended that Olympic Order be used (Vault, Bars, Beam, Floor), this may vary by school based on facility and equipment restraints; any modifications to order shall be communicated to the visiting ADs and/or coaches no later than upon arrival
  - Rounds 1:
    - Home team starts on Vault; Visiting team starts on Bars
  - Round 2:
    - Home teams rotates to Bars; Visiting team rotates to Vault
  - Round 3:
    - Home team starts on Beam; Visiting teams starts on Floor
  - Round 4:
    - Home team rotates to Floor; Visiting team rotates to Beam
- Vault will consist of two passes
- Bars will consist of one routine
  - After a fall, competitors must remount equipment within 45 seconds; after that time, the routine will be considered complete
  - The elements completed will be scored and the appropriate deductions for any missing elements will be applied
- Beam will consist of one routine, to be less than 90 seconds
  - After a fall, competitors must remount equipment within 45 seconds; after that time, the routine will be considered complete
  - The elements completed will be scored and the appropriate deductions for any missing elements will be applied
- Floor will consist of one routine, to be longer than 60 seconds and shorter than 90 seconds
- Once the judge salutes, the competitor has 30 seconds to begin the event



# CAAC Event Management Policies & Procedures

## Gymnastics

(Established: February 2022)

(Updated: November 2024)

### General Procedures:

- When a host school conducts a special activity that will interrupt pregame or the competition, they shall be required to notify the visiting ADs and/or coaches no later than upon arrival
- No artificial noisemakers will be allowed
- Spectators will be prohibited from forming pep lines or tunnels
- **Playing Rules**
  - All MHSAA and National Federation rules will be followed
- **Officials**
  - At least two officials will be assigned for all competitions
- **Make Up Dates**
  - Postponed competitions will be made up on the next available date as determined by participating school ADs & coaches
  - Division competitions will take precedence over non-division competitions
- **Media**
  - Bona fide media shall be provided access to the facility and press areas
  - Photography restrictions will be established by the host school consistent with similar indoor events
- **Results**
  - Host school will report results to local media and/or post on social media
- **Host School Expectations**
  - Provide equipment necessary to run the meet
  - Water and ice for both teams
  - Locker room facilities for the visiting team
  - Certified athletic trainer or doctor (if possible)
  - Host school trainers will tape the visiting team (if asked), and as a courtesy, the visiting team should bring taping supplies
- **Weather Policies & Suspensions**
  - If a competition is to be cancelled in advance due to inclement weather the visiting teams shall be notified prior to 2:00 p.m.
  - Once a competition begins, the decision to suspend lies with officials; resumption of play will be determined by host school management
    - Play shall resume from the point of suspension
  - Delays for contests scheduled prior to 3:00 p.m. must not exceed 3 hours; delays for contests scheduled for 3:00 p.m. or later must not exceed 90 minutes
    - Delays on nights not followed by school from all the competing teams may be longer by mutual agreement of participating schools

## Division Championship Determination

- **Regular Season**
  - Will count as one-half toward the overall championship
  - A win is worth 2 points in the standings, a tie 1 point, and a loss 0 points
  - Regular season champion will get the same number of points as there are teams in the division
  - Points will be awarded to other teams in descending order of finish
- **Division Tournament**
  - Will count as one-half of the overall championship
  - Division Tournament champion will get the same number of points as there are teams in the division
  - Points will be awarded to the other teams in descending order of finish
- **Overall Champion**
  - Regular Season points will be added to Division Tournament points to determine overall finish
  - The team with the highest point total will be declared the champion; if 2 or more teams earn the same final number of points, they will be named co-champions

## All-Conference Selection Format

- Each division or combination division will select All-Conference Teams for CAAC recognized sports
- Players will be selected to the CAAC Divisional All-Conference Team
- There will not be a designation of first team or second team
- The athletic director/manager of the Division tournament will provide coaches with medals and the school honoring the student will provide a completed certificate using the supply of certificates annually provided by the CAAC Commissioner, for the athletes placed on the All-Conference Team
- Each school will properly complete certificates for their school and distribute them to the proper student(s)
- The CAAC Commissioner will release All-Conference results to the media when CAAC teams are no longer competing in MHSAA tournaments

## All-Conference Awards Determination

- All-Conference: Top 3 in each event & all-around
  - 1<sup>st</sup> place – gold medal and certificate
  - 2<sup>nd</sup> place – silver medal and certificate
  - 3<sup>rd</sup> place – bronze medal and certificate
- Honorable Mention: 4<sup>th</sup> place in each event & all-around
  - Certificate

## Academic All-Conference Award Criteria

- Award will be presented at the end of each season
- Athlete must have a 3.5 cumulative grade point average
- Athlete must have been awarded a Varsity Letter

## MHSAA Handbook Regulations

- A student who, after practicing with (including tryouts) or participating in an interscholastic scrimmage or contest as a member of a high school athletic team, participates in any athletic competition not sponsored by his or her school in the same sport during the same season, shall become ineligible for a minimum of the next three (3) days of competition and maximum of the remainder of that sport season in that school year
  - Gymnastics shall apply the limited team membership rule from the point of a student's first participation in an interscholastic scrimmage or contest, rather than practice (p. 55)
- During the high school season in gymnastics, a member of the school team in that sport may participate in a maximum of two non-school contests in that sport while not representing his or her school; an event held on not more than three consecutive calendar days is considered a single meet
  - Times or records established shall not count toward any qualifying requirement for MHSAA meets (p. 55)
  - Meets entered under the above provision shall not affect the number of games, contests, or days of competition specified for each school team and individual (p. 55)
- A student shall participate in no more than four interscholastic scrimmages and in no more than 15 days of competition, exclusive of the MHSAA tournament (p. 67)
- Many high school coaches of gymnastics work with gymnasts who also take lessons and participate in Club Gymnastics; therefore, high school coaches and the school administration must make decisions regarding the amount of time a club gymnast spends in high school practice during the high school season
  - The MHSAA Gymnastics Committee developed, and the Representative Council approved, the following guideline regarding this concern: "The school administration should determine the amount of practice time each gymnast must participate with the high school team. In addition, the school administration should determine a reasonable date in the season when no more athletes may become part of the team. This suggestion is based on the philosophy that steps should be taken to keep the team concept intact." (p. 113)
- Requirements for Regular-Season Meets Dual Meets (p. 113):
  - Dual Meets:
    - Exhibition performances are prohibited
    - There can be no more than 6 competitors per team event when 2 judges are contracted to judge the events
    - There can be no more than 7 competitors per team per event when 4 judges are contracted and 2 events are conducted simultaneously
  - Double Dual Meets or Quad Meets:
    - Exhibition performances are prohibited
    - No more than 6 competitors per team can compete in each event when 2 judges are contracted to judge the events
    - There can be no more than 28 competitors in a Double Dual or Quad Meet, with a total of 7 gymnasts per team per event allowed when 4 judges are contracted to judge the events
  - Tri Meets:
    - Exhibition performances are prohibited
    - There can be no more than five competitors per team per event when two judges are contracted to judge each event
    - There can be no more than seven competitors per team per event when four judges are contracted and two events are conducted simultaneously