

**CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
30 Realty Drive, Cheshire, Connecticut 06410**

2011-12 CIAC GIRLS GYMNASTICS TOURNAMENT



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THE GIRLS GYMNASTICS TOURNAMENT INFORMATION IS ARRANGED IN NINE (9) SECTIONS.

1.0 DIVISIONS

2.0 DATES/SITES/MEET DIRECTORS/TIMES

3.0 ENTRY PROCEDURES

4.0 EXPENSES/TICKETS

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REQUIREMENTS**

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
30 Realty Drive, Cheshire, CT 06410
Telephone (203) 250-1111 / Fax (203) 250-1345

2011-12 ANNUAL CIAC GIRLS GYMNASTICS TOURNAMENT

ALERT

- **Tournament Team Format** – The top four (4) scoring teams in the divisional meets will qualify to compete in the Open Meet to determine an Open team champion as well as a runner-up team. The top two teams in the Open Meet will represent Connecticut in team competition at the New England Gymnastics Tournament.
 - Meet scores **MUST** be submitted on a weekly basis.
 - Only individual qualifying girls will be eligible to medal in each event and the all-around as determined under section 6.0 of the tournament packet. Also, the top 20 all-around scorers from the regular season will qualify for the all-around.
 - Individuals competing in a non-school meet as unattached may not have their scores count for an outside team.
 - January 14, 2012 is the final date for scheduling new meets that will count for the tournament.
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CIAC TOURNAMENT

1.0 DIVISIONS

Only institutional members of the Conference may enter this tournament which will be in three (3) divisions: Division L, Division M, Division S.

Divisions will be determined at the seeding meeting in February based upon the top 24 team averages. Enrollment figures of the previous school year will be used (dividing them into three equal groups (divisions)).

2.0 DATES

2.1 Practice may commence on, but not before, **Monday, November 28, 2011.**

2.2 Competition may commence on, but not before, **Wednesday, December 14, 2011.**

2.3 The last date for meets to count for the 2012 Gymnastics Tournament will be **Monday, February 20, 2012.**

3.0 TOURNAMENT DATES

3.1 The **Team Division Championship Tournament** will be held on Saturday, February 25, 2012 (snow date February 26). Dates and times for the three divisions will be announced after the seed meeting on Wednesday, February 22, 2012 -- Information will be available on the CIAC web site.

DIVISION L TEAM CHAMPIONSHIP

POMPERAUG HIGH SCHOOL, SOUTHBURY

Meet Director - Bethany Mihaly - New Milford High School

Telephone - C - (203) 482-6224 / E-mail: coachbe1@aol.com

DIVISION M TEAM CHAMPIONSHIP

POMPERAUG HIGH SCHOOL, SOUTHBURY

Meet Director - Hal Rettstadt - Pomperaug High School, Southbury

Telephone - W - (203) 598-0403 / H - (203) 405-2348 / C - (203) 565-9845

E-mail: kinetickids@earthlink.net

DIVISION S TEAM CHAMPIONSHIP

POMPERAUG HIGH SCHOOL, SOUTHBURY

Meet Director - Kim Longobucco - Fairfield Ludlowe High School

C - (860) 309-5318 / E-mail: klongobucco@fairfield.k12.ct.us

- 3.2 The **OPEN INDIVIDUAL CHAMPIONSHIP** will be held on Saturday, March 3, 2012 (snow date March 4)

NEW MILFORD HIGH SCHOOL

Meet Director - Pat Simon - Jonathan Law High School

Telephone - C - (203) 215-5015 / H - (203) 874-2260 / E-mail: patrick.simon@snet.net

Coaches Meeting 11:00 a.m. / Warm-up 11:45 a.m. / Competition 12:00 p.m.

- 3.3 **NEW ENGLAND TOURNAMENT - SATURDAY, MARCH 10, 2012**

Site – NEW MILFORD HIGH SCHOOL

New England Gymnastics Coordinator - Pat Simon

E-mail: patrick.simon@snet.net

4.0 QUALIFYING

- 4.1 To be eligible for consideration for the **Team Divisional Championship Tournament**, a team must have participated in a minimum of six (6) meets during the regular season. Only the first two meets with any single full team will count for tournament purposes.
- 4.2 Dual, tri, quad meets shall count. Each score from these meets shall count as ONE SCORE toward championship meet qualification. Do not, for example, count your score from a tri-meet two times.
- 4.3 Individual and team scores must be submitted after each meet using the CIAC password protected eligibility center. Failure to have all updated scores submitted by February 20 will result in that school being fined \$50.
- 4.4 All meet scores to be considered for team and individual tournament qualification shall have at least one rated official per event. (If more than one event is going on at one time, use at least one rated official at each event.)
- 4.5 Gymnasts, including members of One Person teams must have been members of their school team for a minimum of six meets during the regular season to be eligible for participation in the Division Team Tournament or in the Individual Open Tournament.
- 4.6 Gymnasts who have been approved to participate as One Person Teams shall only compete for CIAC tournament qualification in CIAC regular season competitions that are scheduled by the “receiving school” with which the one person team gymnast(s) participates. (A receiving school is the school that accepts the approved participation of the “one person” team.) **The final date to apply for one person team status is December 13, 2011.**

- 4.7 **All schools, including one person teams and co-op teams are responsible for submitting all CIAC information and must ensure supervision by Connecticut certified coaches for their athletes at all meets and tournaments.** One person teams may enter their league championship meet scores under their host team's league championship meet.
- 4.8 Gymnastics teams of CIAC member schools may compete for qualifying purposes with schools in these categories:
- * Schools which are members of CIAC.
 - * Out-of-state schools which are members of their state association
 - * The American School for the Deaf

NOTE: Girl gymnasts on CIAC member school teams are permitted to participate in a maximum of four (4) USAG-sanctioned meets during the course of the interscholastic girls' gymnastics season as unattached participants. (See "unattached" definition in CIAC Handbook.) Requests for permission to participate must be made to CIAC through the individual gymnast's school principal. CIAC weekly and seasonal limitations must be observed. Failure to receive permission violates Rule II.E. of the CIAC Code of Eligibility.

5.0 TEAM DIVISIONAL CHAMPIONSHIP TOURNAMENT

- 5.1 Twenty-four school teams are invited to participate in the Team Divisional Championship Tournament. Athletes who are members of one person teams are eligible to qualify for the Open Individual Championship throughout the regular competition season. The Team Divisional Championship Tournament is for school teams with 4 or more members.
- 5.2 Process used by the committee at the end of season seeding meeting to determine qualifying teams for the Team Division Championship tournament:
- * Team averages are listed from highest to lowest, based on the top six (6) team scores achieved during the regular season.
 - * School teams with the top 24 averages are identified.
 - * This list is then divided into three divisions of eight (8) schools each, based on enrollment (girls grades 9-12) from the previous year.
- 5.3 During the Team Divisional Championship tournament the top four (4) scores per apparatus for each team will count toward the team score. Each team may compete a maximum of six (6) gymnasts per event. Competitors must be designated prior to the seeding meeting.
- 5.4 The team divisional championship tournament will be run as a team meet with no more than six (6) gymnasts from one school competing as a team at each event.

6.0 INDIVIDUAL QUALIFICATION -- OPEN INDIVIDUAL TOURNAMENT

- 6.1 **Tournament Format** -- For 2012, the top 40 girls overall will be accepted into the Open Meet in each of the four competitive events. In the event of a tie for 40th place, those girls tying for the 40th spot will be accepted into the respective individual event. If a girl qualifies in all four events, she will be eligible to medal in the all-around. Also, the top 20 all-around scorers during regular season meets will qualify for the all-around competition in the Open Meet.

Girls Gymnastics

The top four scoring teams in the divisional meets will qualify to compete in the Open Meet to determine an Open team champion as well as a runner-up team. The top two teams in the Open Meet will represent Connecticut in team competition at the New England Gymnastics Tournament.

Only individual qualifying girls will be eligible to medal in each event and the all-around as determined under section 6.0 of the tournament packet.

The average of the best five scores (per individual/per event, including all-around) achieved during the regular season competition will be used to determine qualification for the Open tournament.

6.2 If a gymnast was unable due to an injury to record a minimum of five scores in order to qualify according to the regulations, a request for a “bye” into the Open Individual Tournament may be submitted for consideration by the CIAC Girls Gymnastics Committee.

- * The request must be submitted in writing by the athletic director of the school for which the gymnast competes;
- * The request must be accompanied by medical documentation testifying that the gymnast was unable to compete;
- * The gymnast must have participated in at least three meets;
- * The average of the gymnast’s scores must meet or exceed the qualifying mark;
- * The decision of the Committee is final.

6.3 **New England Tournament** -- The top two (2) scoring teams at the Open tournament and medalists (top six (6)) from the Open tournament will represent Connecticut at the New England Tournament.

7.0 **ENTRY PROCEDURE**

7.1 **Entry Forms** -- All entry forms must be submitted via the CIAC password protected on-line eligibility center by Monday, February 20, 2012.

7.2 **ALL SCORES MUST BE SUBMITTED BY FEBRUARY 20 BY 10:00 P.M.**

Member schools must make every effort to complete their season as scheduled, including make-up meets. Any effort to gain an advantage in tournament play by not competing in a scheduled game is unacceptable and is subject to action by the CIAC board of control. Cancellation of any regular season contest/make-up to play in a league tournament will not be allowed. Schools not having all updated regular season scores submitted by February 20 will be assessed a \$50 fine.

*** It is imperative that all entry forms be submitted regardless of state team qualifications or individual qualifications for the purpose of ranking all teams and individuals in the state. ***

7.3 **Entry Fee**
\$125.00 for each school entering the Team Divisional Championship; and
\$15.00 per qualifier/per event for the Open Championship

If a school needs an invoice in order to pay its tournament fee, one can be downloaded by using the “Generate Tournament Invoice” link under the girls gymnastics options in the password-protected online eligibility center.

8.0 EXPENSES/TICKETS

8.1 Charges for admission to tournament games (Subject to change depending on the venue)

Children five (5) and under – Free; Senior Citizens (age 65 and older) – \$5.00;
Students (grades 1-12) – \$5.00; Adults (All others not in the above categories) – \$8.00

8.2 During the 2012 Tournament, the following passes will be honored at all games where an admission is charged.

- a. CIAC Gymnastic Pass (**head varsity gymnastic coach must request from CIAC** and provide a self-addressed stamped envelope)
- b. Principal (or designee) of participating schools with CAS membership card
- c. Press Card
- d. CIAC Gymnastics Officials Pass

No other complimentary admissions will be permitted.

8.3 Schools will bear all traveling expenses.

9.0 FORFEITS

9.1 Member schools are required to submit a schedule of gymnastic meets. A forfeit meet shall count as a victory for the team declared the winner and as a loss for the team declared a loser in determining tournament qualifications and ratings. For tournament qualifications only the following reasons for a forfeit shall be accepted.

9.2 A team shall forfeit a meet or meets if through a violation it is required to do so under the CIAC Rules of Eligibility.

9.3 A team shall forfeit a meet if the meet official declares the meet a forfeit as a result of a National Federation rule violation, or a team refuses to participate after being instructed to do so by the meet official.

9.4 Forfeitures will be honored when there is mutual agreement between the Principals of the two schools involved in the meet not held. Each Principal must submit on the official CIAC Canceled Game - Forfeiture Form his/her decision and it must be received in the CIAC office within 72 hours following the time of the scheduled meet. On the eve of a tournament when there is not sufficient time for normal administrative procedures (72 hours) if a question of team forfeiture arises the Executive Director or his designee, in consultation with the Chairman of the sports committee affected and the Principals of the two schools will make an appropriate ad hoc decision in consideration of the best interests of the tournament as a whole.

9.5 All games listed on the original schedule and submitted to the CIAC which are not played and have not been forfeited in accordance with this policy will be considered by each sport committee as No Contest and shall not count for tournament qualification and ratings unless it affects the minimum number of meets required to qualify for tournament participation. In this instance the sport committee shall review the evidence submitted by the teams involved and may grant an exception from the minimum meet requirement.

10.0 PROTESTS

- 10.1 Each sports committee will establish a protest committee whose purpose will be to adjudicate all protests relating to the operation of the tournament, including the application and administration of tournament regulations. National Federation or CIAC meet rule interpretations and judgments by the meet officials cannot be protested. The Protest Committee for each sport shall consist of the Assistant Executive Director for CIAC, the Chairman of the Tournament Committee, an administrator member of the sports Committee, the Tournament Director, and the Coaches' Chairman on the sport Committee. All Protest Committee decisions are appealable to the CIAC Board of Control as provided in the CIAC By-laws.
- 10.2 On the eve of a tournament when there is not sufficient time for normal administrative procedures and Board of Control hearings, if a question of interpretation of tournament regulations or the operation of the tournament arises, the Chairman of the CIAC Board of Control, the Executive Director of CIAC, and the Chairman of the Tournament Committee in question will make an appropriate ad hoc decision in consideration of the best interest of the tournament as a whole.
- 10.3 DECISIONS BY MEET JUDGES -- Protests arising from the decisions, interpretations and misapplication of the National Federation or CIAC meet rules by the judges during the meet will be considered upon a written inquiry. A \$5.00 fee must accompany the inquiry. The decisions and interpretations of the rules by the judges on the inquiry are final. The record of the official scorekeeper at the conclusion of the championship is final unless an error is discovered. Such error shall be corrected as covered by specific meet rules. Any team leaving the contest area before the conclusion of the contest because of dissatisfaction with the officiating will render the school liable to disciplinary action by the conference.

11.0 SUPERVISION/SPORTSMANSHIP

- 11.1 In the interest of crowd control and proper supervision the CIAC Board of Control has approved the tournament regulation requiring the principal of the participating schools or his/her designee to attend all tournament games. The school administrator should identify him/herself to the site director. DECORUM APPROPRIATE TO GYMNASTICS IS EXPECTED AT ALL CONTESTS.
- 11.2 When a member school's coach is ejected from a meet for an infraction as prescribed by the rules, the meet may not continue until the member school replaces the ejected coach with a certified coach. If this cannot be accomplished within 15 minutes after the ejection, the official in charge will declare the entire team disqualified.
- 11.3 Use of tobacco products or possession of alcoholic beverages of any kind, including champagne, are not permitted at a meet. The principal or his/her designee at the game shall see that this rule is enforced and adhered to by the teams.

12.0 TOURNAMENT RULES/PROCEDURES

- 12.1 At the Open Tournament and the three Team Divisional Championships four (4) events will be run concurrently, with two judges per event.

Girls Gymnastics

12.2 Regular Season Meet Guidelines:

- a. Order of events if possible: vault, bars, beam and floor.
- b. If two events run at once the order is vault and bars; beam and floor.
- c. Maximum six (6) official gymnasts per event with the top four (4) scores added to determine the team score. Quadrangular meet -- maximum six (6) official gymnasts per event, with two events going on at once and four (4) judges.
- d. Provide 1/2 hour warm-up time to the competing teams in dual meets and 45 minutes warm-up time in tri and quadrangular meets. Start meets as scheduled.
- e. **HOST SCHOOLS MUST BE CERTAIN THAT ALL EQUIPMENT CONFORMS TO NATIONAL FEDERATION SAFETY STANDARDS. (CONSULT 2010-12 NATIONAL FEDERATION RULE BOOK.)**
- f. A warm-up compete format is recommended.

12.3 All meets including tournaments shall be scored and governed by the current National Federation Official High School Girls Gymnastics Rules.

12.4 A rotational and timed warm-up will precede each event at the Team Divisional and Open competition. Specifics of this rotation and warm-up period will be determined at the coaches meeting prior to the competition.

12.5 Awards:

- * The Team Divisional Tournament will award plaques and medals as follows:
 - a) The first place team will receive a plaque and individual gold medals
 - b) The second place team will receive a plaque and individual silver medals
 - c) The third team will receive individual bronze medals
- * The Open Tournament will award medals to the top six gymnasts in each event, including the All Around. Additionally, the top two teams will receive plaques.

12.6 CIAC LATE ENTRY POLICY

- No tournament entries will be accepted after the established deadline except those approved by the CIAC Board of Control.
- Corrections requested by a school to an entry form that was submitted by the established deadline but prior to seeding/pairing data being published on the web site, will be assessed a fee of \$50 per correction to a maximum of \$250.
- All requests for corrections must be submitted on a support ticket via the online eligibility center. **No phone request will be considered.**

TOURNAMENT REGULATIONS VIOLATIONS

If a school fails to comply with tournament regulations and such requires the CIAC tournament sports committee, central office staff, or the CIAC Board of Control to redo any portion of the tournament pairings or such non-compliance adversely impacts the management of the tournament, an administrative violation fee of \$50 will be imposed upon the school before entry into the tournament will be allowed

Girls Gymnastics

The CIAC Gymnastic Committee 2011-12:

Donald Slater, Principal, Wm. Hall High School, West Hartford - CH

Coaches:

Bethany Mihaly, New Milford - Ch
Hal Rettstadt, Pomperaug, Southbury
Kim Longobucco, Fairfield Ludlowe

Consultants:

Patrick Simon, Jonathan Law, Milford (Tournament Director)
John Lawless, Nonnewaug, Woodbury
John Krot, Killingly - CAAD
Melissa Arms, Clinton - Officials

APPENDIX A

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE 2011-12 GIRLS GYMNASTICS SCHEDULE

All CIAC member schools are to report their 2011-12 schedule for gymnastics on this form via the password-protected online eligibility center. This information will be used to verify petition of entry forms when they are submitted.

APPENDIX B

2011-12 CIAC GIRLS GYMNASTICS Petition for Non-CIAC Competition

This form must be submitted via the password-protected online eligibility center not later than Monday, February 20, 2012.

I understand that the above named gymnast may compete in a maximum of four (4) non-CIAC meets and must compete unattached from any team and her score may not be used for team scoring in a non-CIAC meet.

I also understand that the above named gymnast must maintain the CIAC rule of two (2) meets per week with Sunday as the first day of the week and no more than fourteen (14) meets during her high school schedule which starts with the first high school meet and ending with the New England Meet.

2011-12 GIRLS CIAC GYMNASTICS SCORESHEET

Team _____ Team _____

Site _____ Date _____

Vaulting						Total	Vaulting						Total	
Bars						Total	Bars						Total	
Beam						Total	Beam						Total	
Floor						Total	Floor						Total	
Final Score						Total	Final Score						Total	
Coach Signature						Total	Coach Signature						Total	
Judge Signature						Total	Judge Signature						Total	
All Around	Vault	Bars	Beam	Floor	Total		All Around	Vault	Bars	Beam	Floor	Total		

2010-12 NFHS GIRLS GYMNASTICS RULE CHANGES

- 1 Changes superior judge to chief judge.
- 1 Deletes the definitions for Elegance, Lightness, Skill and Regrasp and added definitions for Longitudinal Axis (LA) Twist, Longitudinal Axis (LA) Turn, Release, Shape, Element and Value Part.
- 1 Revises the definition of Difficulty and Pike.
- 2-2-1b (12),
6, 7, 8 & 9 Deletes chief judge deductions from Rule 2 and replaced them with revised chief deductions in Rules 6, 7, 8 and 9.
- 2-2-1b
(new 14) After a fall, the chief judge terminates the uneven bar exercise at 45 seconds and the balance beam exercise at 30 seconds.
- 3-1-1 Stipulates competitive equipment shall meet rule specifications and such specifications shall not be waived by prior mutual consent of participating schools.
- 3-2-6 Deletes and replaces Article 6 with updated language regarding concussions and re-entry into competition.
- 3-3-3 Replaces, for clarity, existing language regarding jewelry and how medical alert and religious medals may be worn.
- 3-3-6, 7, 8 Revises Article 6 to include splints. Adds Article 7 regarding braces and Article 8 regarding the authorization of the wearing of prostheses. Renumber the remaining article.
- 4-1-2A Replaces the current rule for scoring with updated terminology and method of evaluation.
- 4-1-2E(1) Replaces the word “skill” with “element” and added amplitude and neutral to the list of deductions.
- 4-1-2E(4),
NOTE Stipulates that a bonus high superior can receive 0.2 or 0.4 credit for two different bonus high superiors provided no fall or spot has occurred.
- 4-4-1 Replaces the current range of scores to reflect an acceptable spread between the scores.
- 6-1-3
new NOTE Specifies that the landing area on vault shall be a minimum of 18 feet by 8 feet and meet all other matting requirements beginning July 1, 2012.
- 6-2-5c(3) Specifies that a gymnast who vaults without the signal from the chief judge shall receive a 0.5 deduction from the final average score. Only three attempts are allowed to execute two vaults.
- 6-2-5d Deletes the restrictions on repeating a vault.
- 6-2-7 Replaces the current vault chart with a revised chart with vaults grouped according to type of vault rather than value of vault.
- 6-3-4e &
6-4-4e Specifies that a maximum of 4 steps on vault landings shall receive a deduction of 0.1 each.
- 6-3-4f &
6-4-4f Specifies that 0.2 shall be deducted for a large step or jump (approx 3 feet or more) on vault landing.
- 6-4-2 Adds a 2.0 deduction for the head contacting the vault table which includes a 0.5 deduction for extreme arm bend.
- 6-6, 7-5
8-5, 9-5 Adopts, adds and adjusts difficulty, element descriptions, illustrations and values.
- Rule 7 Renames Uneven Parallel Bars to Uneven Bars.

- 7-1-5
8-1-5 Specifies that plywood is not permitted under the board for mounting purposes on bars and beams.
- 7-2-2
8-2-3, 9-2-3 Stipulates that each event requirement is worth 0.2 for a total of 1.2 instead of 1.4.
- 7-2-2a-g Deletes circling/swinging as an event requirement on the uneven bars and specifies the event requirements include: Superior release/flight element (excludes dismount), LA (longitudinal) twist/turn element, at least 2 elements on each bar, kip, an element that achieves (within 20 degrees) or passes through vertical in a stretched position, and a superior dismount.
- 7-2-4 Increases the fall time from 30 seconds to 45 seconds with a warning at 30 seconds on the uneven bars.
- 7-2-5 Clarifies that only dismounts necessitating a hand grasp are allowed on the uneven bars.
- 7-3-3a-d Deletes and revises composition deductions on uneven bars to include: variety in choice of elements, spacing, choreography and distribution.
- 7-3-4
8-3-4
9-3-4 Deletes and replaces execution and amplitude deductions worth 4.0 with updated event-specific deductions worth 4.2 on uneven bars, balance beam and floor exercise.
- 7-3-6
8-3-6, 9-3-6 Deletes and replaces previous neutral deductions on each event.
- 7-4 Fig. 1 Clarifies that casts, on the uneven bars, greater than 45 degrees from vertical receive a .05 deduction for lack of amplitude except for cast to squat/straddle/stoop on, or single leg shoot thru.
- 7-5-2(22) Increases the element value to high superior.
- 8-1-3 (new) Specifies that the landing area on balance beam shall be a minimum of 12 feet by 8 feet beginning July 1, 2012.
- 8-1-8 Permits the use of a manufactured spotting block or folded panel mat for spotting on balance beam.
- 8-2-3a-g Deletes and revises event requirements on balance beam to include: Minimum 360 degree turn on one foot, one acro element on the beam, an acro series of difficulty which may include the dismount, superior dismount, a dance series of difficulty on beam and a dance-acro/acro dance series of difficulty on beam.
- 8-3-3a-d
9-3-3a-d Deletes and revises composition deductions on balance beam and floor exercise to include: variety in choice of elements, spacing and direction, choreography/artistry and distribution.
- 8-4-7
9-4-7 Clarifies description of dance turn deductions on balance beam and floor exercise.
- 8-4-8
9-4-8 Specifies deductions for acro elements with twists on balance beam and floor exercise.
- 9-1-3, 4, 5 Deletes Article 3 and replaces with a new article addressing matting and performance deductions and rearranges the order of Articles 3, 4 and 5.
- 9-2-1b Revises the timing requirements on floor exercise.
- 9-2-3a-c Deletes and revises event requirements on floor exercise to include: twisting aerial/salto at least 180 degrees, three acro passes, superior acro dismount in the 3rd acro pass or as last acro element, one jump/leap or turn on one foot of at least superior difficulty, one dance series of 2 Value Parts of different shapes and one dance/acro or acro/dance series of 2 Value Parts.

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

CONCUSSION MANAGEMENT AND RETURN TO PLAY REQUIREMENTS

“WHEN IN DOUBT – SIT IT OUT”

A concussion is a type of traumatic brain injury or (TBI), “that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost” (Centers for Disease Control and Prevention, 2009).

PART I -- SIGNS AND SYMPTOMS OF A CONCUSSION

– A concussion should be suspected if any one or more of the following signs or symptoms are present, or if the coach/evaluator is unsure.

- **Signs of a concussion may include (what the athlete looks like):**
 - Confusion / disorientation / irritability
 - Trouble resting / getting comfortable
 - Lack of concentration
 - Slow response / drowsiness
 - Incoherent / slurred speech
 - Slow / clumsy movements
 - Loss of consciousness
 - Amnesia / memory problems
 - Act silly / combative / aggressive
 - Repeatedly ask same questions
 - Dazed appearance
 - Restless / irritable
 - Constant attempts to return to play
 - Constant motion
 - Disproportionate / inappropriate reactions
 - Balance problems
- **Symptoms of a concussion may include (what the athlete reports):**
 - Headache or dizziness
 - Nausea or vomiting
 - Blurred or double vision
 - Over sensitivity to sound / light / touch
 - Ringing in ears
 - Feeling foggy or groggy

Note: Public Act No. 10-62 requires that a coach MUST immediately remove a student-athlete from participating in any intramural or interscholastic athletic activity who (A) is observed to exhibit signs, symptoms or behaviors consistent with a concussion following a suspected blow to the head or body, or (B) is diagnosed with a concussion, regardless of when such concussion or head injury may have occurred.

PART II – RETURN TO PARTICIPATION (RTP)

– Currently, it is impossible to accurately predict how long concussions will last. There must be full recovery before someone is allowed to return to participation. Connecticut Law now requires that no athlete may resume participation until they have received written medical clearance from a licensed health care professional (Physician, Physician Assistant, Advanced Practice Registered Nurse, Athletic Trainer) trained in the evaluation and management of concussions.

Concussion management requirements:

1. No athlete SHALL return to participation (RTP) on the same day of concussion.
2. Any loss of consciousness, vomiting or seizures the athlete MUST be immediately transported to the hospital.
3. Close observation of an athlete MUST continue following a concussion. This should be monitored for an appropriate amount of time following the injury to ensure that there is no escalation of symptoms.

4. Any athlete with signs or symptoms related to a concussion MUST be evaluated from a licensed health care professional (Physician, Physicians Assistant, Advanced Practice Registered Nurse, Athletic Trainer) trained in the evaluation and management of concussions.
5. The athlete MUST obtain written clearance from one of the licensed health care professionals mentioned above directing them into a well defined RTP stepped protocol similar to one outlined below. If at any time signs or symptoms should return during the RTP progression the athlete should cease activity*.
6. After the RTP protocol has been successfully administered (no longer exhibits any signs or symptoms or behaviors consistent with concussions), final written medical clearance is required by one of the licensed health care professionals mentioned above for them to fully return to unrestricted participation in practices and competitions.

Medical Clearance RTP Protocol (Recommended one full day between steps)

Rehabilitation stage	Functional exercise at each stage of rehabilitation	Objective of each stage
1. No activity	Complete physical and cognitive rest until asymptomatic. School may need to be modified.	Recovery
2. Light aerobic activity	Walking, swimming or stationary cycling keeping intensity, <70% of maximal exertion; no resistance training	Increase Heart Rate
3. Sport Specific Exercise	Skating drills in ice hockey, running drills in soccer; no head impact activities	Add Movement
4. Non-contact training drills	Progression to more complex training drills, i.e., passing drills in football and ice hockey; may start progressive resistance training	Exercise, coordination and cognitive load
5. Full Contact Practice	Following medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff

* If at any time symptoms should return during the RTP progression the athlete should stop activity that day. If the athlete’s symptoms are gone the next day, s/he may resume the RTP progression at the last step completed in which no symptoms were present. If symptoms return and don’t resolve, the athlete should be referred back to their medical provider.

References:

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http://journals.www.com/cjsportsmed/Fulltext/2009/05000/Consensus_Statement_on_Concussion_in_Sport_3rd.1.aspx
3. Centers for Disease Control and Prevention. *Heads Up: Concussion in High School Sports*.
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5. American Academy of Pediatrics - Healthychildren. *Symptom Check: Head Injury*. Retrieved on June 16, 2010. [Http://www.healthychildren.org/english/tips-tools/symptom-checker/pages/Head-Injury.aspx](http://www.healthychildren.org/english/tips-tools/symptom-checker/pages/Head-Injury.aspx)

Resources:

- Centers for Disease Control and Prevention. *Injury Prevention & Control: Traumatic Brain Injury*. Retrieved on June 16, 2010. <http://www.cdc.gov/TraumaticBrainInjury/index.html>
- Centers for Disease Control and Prevention. *Heads Up: Concussion in High School Sports Guide for Coaches*. Retrieved on June 16, 2010.