

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

**2025-2026 CIAC GIRLS GYMNASTICS INFORMATION**

CIAC Gymnastics Committee Chair

Tournament Director

Pat Simon – Jonathan Law High School, Milford

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Meet Director

Kelly Smith – Daniel Hand High School, Madison

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THE GIRLS' GYMNASTICS TOURNAMENT INFORMATION IS ARRANGED IN ELEVEN (11) SECTIONS

- 1.0 DIVISIONS
- 2.0 TOURNAMENT INFORMATION
- 3.0 QUALIFYING
- 4.0 TEAM DIVISIONAL CHAMPIONSHIPS
- 5.0 INDIVIDUAL QUALIFICATION – OPEN CHAMPIONSHIP
- 6.0 ENTRY PROCEDURE
- 7.0 EXPENSES / TICKETS
- 8.0 PROTESTS
- 9.0 SUPERVISION / SPORTSMANSHIP
- 10.0 TOURNAMENT RULES / PROCEDURES

APPENDIX A – CIAC TOURNAMENT SPECTATOR EXPECTATIONS (Including Parents)

APPENDIX B – GYMNASTICS SCORE SHEET

APPENDIX C – CERTIFICATIONS/COACHING CERTIFICATIONS

## IMPORTANT DATES

Date of First Practice	December 4, 2025
Date of First Contest	December 18, 2025
Last Date to Count	February 16, 2026
All Scores Are Due	February 16, 2026
Seed Meeting	February 18, 2026 (9:00 a.m.)
Team Divisional Championships	February 21, 2026
Team Divisional Championship Snow Date	February 22, 2026
Open Championship	February 28, 2026
New England Championship	March 7, 2026

## ALERTS

- **NEW!** Gymnasts are allowed to compete in four (4) unattached meets with outside groups during the season. Their scores **CANNOT** count toward their club scores. Coaches must teach their gymnasts the CIAC unattached rules. The student must inform their club coaches of this rule so they aren't entered into competitions that will jeopardize their eligibility.
- All gymnasts are required to compete in a minimum of six (6) meets. The average of the best five scores after the highest score is eliminated (per individual/per event, including all-around) achieved during the regular season competition will be used to determine qualification for the Open tournament.
- **Regular Season Scores** -- All regular season meet scores MUST be entered online on the day of the game as soon as possible following the game's completion.

Scores for both team and individual gymnastics must be entered on the new CIAC website at <https://ciac.fpsports.org/>. In the left hand column select "Schedules – High School". At the top of the page select the school and "Girls Gymnastics Varsity" as the sport, then the team's schedule will be displayed. Click on the green score entry button to make the entries. Only logged in users with security permission to enter scores for this sport will see the score entry button for their school's meets. The system will display a score entry screen that is specific for gymnastics. Enter the team score out to two decimals. Enter the individual score out to two decimals. (The athletes displayed are based on those entered by the school on the eligibility list.)

- Individuals competing in a non-school meet as unattached may not have their scores count for an outside team.

## CIAC TOURNAMENT

### 1.0 **DIVISIONS** – There will be three (3) divisions – L, M, 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 **TOURNAMENT INFORMATION**

- 2.1 **Team Division Championship** – Times for the three divisions will be announced after the seed meeting as indicated under “Important Dates”. Information will be available on the CIAC web site.

#### **DIVISION L TEAM CHAMPIONSHIP**

Jonathan Law High School, Milford

Meet Director: Kelly Smith – Daniel Hand High School, Madison

Cell (203) 464-9728

Email: [smith.kelly@madisonps.org](mailto:smith.kelly@madisonps.org)

#### **DIVISION M TEAM CHAMPIONSHIP**

Jonathan Law High School, Milford

Meet Director: Hal Rettstadt – Pomperaug High School, Southbury

Work (203) 598-0403 / Cell (203) 560-6951

Email: [hrettstadt@gmail.com](mailto:hrettstadt@gmail.com)

#### **DIVISION S TEAM CHAMPIONSHIP**

Jonathan Law High School, Milford

Meet Director: Kasey Tocchio – Woodstock Academy / Killingly High School

Cell (860) 481-2179

Email: [kaseyfillmore@yahoo.com](mailto:kaseyfillmore@yahoo.com)

### 2.2 **OPEN INDIVIDUAL CHAMPIONSHIP**

New Milford High School

Meet Director: Pat Simon – Jonathan Law High School, Milford

Cell (203) 215-5015

Email: [pat78simon@gmail.com](mailto:pat78simon@gmail.com)

Coaches Meeting 11:00 a.m. / Warm-up 11:30 a.m. / Competition 12:00 p.m.

### 2.3 **New England Championship**

Site – TBA

## 3.0 **QUALIFYING**

- 3.1 To be eligible for consideration for the **Team Divisional Championship**, 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.
- 3.2 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.
- 3.3 Failure to have all updated scores submitted by the “Scores Due Date” as indicated under “Important Dates” will result in that school being fined \$50.

- 3.4 **Regular Season Scores** – All regular season meet scores MUST be entered online on the day of the game as soon as possible following the game’s completion.
- Scores must be entered on the new CIAC website at <https://ciac.fpsports.org/>
  - In the left hand column select “Schedules – High School”
  - At the top of the page select the school and “Girls Gymnastics Varsity” as the sport, then the team’s schedule will be displayed
  - Click on the green score entry button to make the entries
  - Only logged in users with security permission to enter scores for this sport will see the score entry button for their school’s meets
  - The system will display a score entry screen that is specific for girls’ gymnastics
  - Enter the team scores
- 3.5 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.)
- 3.6 Gymnasts, including members of Collaborative 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 Championship or in the Individual Open Championship.
- 3.7 Gymnasts who have been approved to participate as Collaborative Teams shall only compete for CIAC tournament qualification in CIAC regular season competitions that are scheduled by the host school with which the Collaborative Team gymnast(s) participates. (The host school is the school that accepts the approved participation of the collaborative team.)
- 3.8 **All schools, including Collaborative Teams and cooperative teams are responsible for submitting all CIAC information and must ensure supervision by Connecticut certified coaches for their athletes at all meets and tournaments.**
- 3.9 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) USGA-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 the individual gymnast’s school principal. CIAC weekly limitations must be observed. Failure to receive permission violates Rule II.E. of the CIAC Code of Eligibility. **School competitions must not be missed in order to compete in a non-school meet.**

#### **4.0 TEAM DIVISIONAL CHAMPIONSHIPS**

- 4.1 Twenty-four school teams are invited to participate in the Team Division Championship. Athletes who are members of Collaborative Teams are eligible to qualify for the Open Individual Championship throughout the regular competition season. The Team Division Championship is for school teams with four (4) or more members.

- 4.2 Process used by the committee at the end of season seeding meeting to determine qualifying teams for the Team Division Championship:
- Team averages are listed from highest to lowest, based on the top six (6) team scores achieved during the regular season. **Scores are averaged as follows: the highest score is discarded and the next five highest scores are averaged.**
  - School teams with the top 24 averages are identified.
  - This list is then divided into three divisions of eight (8) schools each, based on girls' enrollment (grades 9-12) from the previous year.
- 4.3 During the Team Division Championship 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. Competition must be designated prior to the seeding meeting.
- 4.4 The team divisional championship will be run as a team meet with no more than six (6) gymnasts from one school competing as a team at each event.

## **5.0 INDIVIDUAL QUALIFICATION – OPEN INDIVIDUAL TOURNAMENT**

- 5.1 **Tournament Format** – 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 40<sup>th</sup> place, those girls tying for the 40<sup>th</sup> 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 scores during regular season meets will qualify for the all-around competition in the Open Meet.

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 three teams in the Open Meet will represent Connecticut in team competition at the New England Gymnastics Championship.

Only individual qualifying girls will be eligible to medal in each event and the all-around as determined under section 11.0 of the tournament packet.

**All gymnasts are required to compete in a minimum of six (6) meets. The average of the best five scores after the highest score is eliminated (per individual/per event, including all-around) achieved during the regular season competition will be used to determine qualification for the Open tournament.**

- 5.2 If a gymnast was unable due to an injury to record a minimum of five (5) 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.
- 5.3 **New England Championships** – The top three (3) scoring teams at the Open tournament and medalists (top six) from the Open tournament will represent Connecticut at the New England Championships. Only six (6) gymnasts per state may be entered as the top six medalists from each state.

Tie-breaker policy for the New England Championships:

- The higher qualifying score on the CIAC web site will be used
- If there is still a tie then a coin flip will be the deciding factor

## 6.0 **ENTRY PROCEDURE**

6.1 **Entry Forms** – All entry forms can be submitted via the online eligibility center or the submit scores/forms option under the CIAC for coaches menu at [ciacsports.com](http://ciacsports.com) by the “Scores are Due” date listed under “Important Dates”.

### 6.2 **ALL SCORES MUST BE SUBMITTED BY THE SCORES ARE DUE DATE.**

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 THE “Scores are Due” Date listed under “Important Dates” 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.

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

## 7.0 **EXPENSES / TICKETS**

### 7.1 **Charges for admission to tournament games**

Children five (5) and under – Free

Military in uniform or with ID – Free

Senior Citizens (age 65 and older) and Students (grades 1-12) -- \$5.00

Adults (all others not in the above categories) -- \$10.00

**All ticket sales for CIAC tournament games will be sold and redeemed via digital ticketing.**

7.2 The following passes will be honored at all games where an admission is charged.

a. Principal (or designee) and Athletic Director of participating schools

b. Press Card

c. CIAC Gymnastics Officials membership card

No other complimentary admissions will be permitted.

7.3 Schools will bear all traveling expenses.

## 8.0 **PROTESTS**

8.1 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.

- 8.2 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.
- 8.3 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.

## 9.0 **SUPERVISION / SPORTSMANSHIP**

- 9.1 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.
- 9.2 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.
- 9.3 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.
- 9.4 **Sportsmanship** – Member schools are expected to conduct their relations with each other at all levels of competition in a spirit of good sportsmanship. Everyone involved has the obligation to see clearly his/her influence and act accordingly. The CIAC acknowledges that the school administration is responsible for the athletic program, including the making of broad and specific policies and procedures relating to sportsmanship and the conduct of activities in the school. To that end, the CIAC urges each school principal to adopt the following sportsmanship procedures and standards for their school and to champion the "Class Act" sportsmanship program as these standards will be used in all CIAC post-season contests.

**CIAC Sportsmanship Guidelines** – The CIAC Standards for sportsmanship as defined in the Class Act program are found at [http://ciacsports.com/site/?page\\_id=10438](http://ciacsports.com/site/?page_id=10438) .

- 9.5 **Coaches Disqualification** – All coaches who are disqualified at any level will be suspended for the next two (2) games (see page 96 in the CIAC Handbook), take two NFHS coaching courses ("Teaching and Modeling Behavior" and "Sportsmanship") and the school will pay a \$50 fine. In addition to the two game suspension and fine, the CIAC reserves the right to review any incident that results in a coach's disqualification and may assess additional game suspensions up to and including a one year ban. The fine and proof of taking the coaching courses must be submitted to the CIAC office before the coach can resume his/her coaching responsibilities.

## 10.0 **TOURNAMENT RULES / PROCEDURES**

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

10.2 **Regular Season Meet Guidelines:**

- a. Order of events if possible – vault, bars, beam and floor.
- b. If two events are 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 ½ 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 current National Federation Rule Book.)
- f. A warm-up compete format is recommended.
- g. **Students with Special Needs** – Coaches are reminded to inform contest officials prior to each competition of any students with special needs who could be competing in the contest when his/her disability could impact the individual's performance or the conduct of the competition.

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

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

10.5 **Awards:**

- The Team Divisional Championship will award plaques and medals as follows:
  - The first place team will receive a plaque and individual gold medals
  - The second place team will receive a plaque and individual silver medals
  - The third team will receive individual bronze medals
- The Open Championship will award medals to the top six gymnasts in each event, including the All Around. Additionally, the top two teams will receive plaques.
- Only individual qualifying girls will be eligible to medal in each event and the all-around as determined under section 10.0 of the tournament packet. Also, the top 20 all-around scorers from the regular season will qualify for the all around.

10.6 **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.

## 2024-26 NFHS Girls Gymnastics Rules Changes

- 2-2-1b(9)** Apparatus, equipment failure or other interference the gymnast may stop immediately and request permission from the chief judge to continue from the point of interruption after the problem is corrected.
- 2-2-1b(10), 6-5-2e, 7-3-7f, 8-3-7g, 9-3-7h** Clarifies that the gymnast should be given a warning for an improper uniform before a deduction. If it cannot be corrected at the meet, the deduction is taken one time only.
- 3-3-4** The change allows gymnasts to wear one stud earring in each ear.
- 4-1-2c & d, 7-3-3 & 4, 8-3-3 & 4, 9-3-3 & 4** Revises the value of the Composition category of Scoring to reflect the changes made in Composition on Uneven Bars, Balance Beam and Floor Exercise.
- 4-1-2e Notes 3, 7-3-5 Notes 3, 8-3-5 Notes 3, 9-3-5 Notes 3, Appendix A #4** Direct connection of three or more elements, the second and following elements may be used twice when awarding Back-to-Back Superior (BBS).
- 6-1-1e** Clarifies that while chalk may end up on table from the gymnast hand's being placed on the table, it cannot be placed there in advance of the vault.
- 6-1-2f** Clarifies that while tape is not permitted on the hand placement mat chalk may be used.
- 6-1-2g** Clarifies if the safety zone mat is utilized by a gymnast that it must be placed against the vaulting board.
- 6-1-2j (New), 7-1-2h (New)** Identifies that a "pit pillow" is permissible during vault warm-ups only and during uneven bars for release elements that then must be immediately removed following the attempt.
- 6-2-1, 7-2-2, 8-2-1b** Specifies that the fall time for a gymnast begins when the gymnast is standing on their feet and medical assessment is complete. The change also clarifies that the timer should verbally indicate "15 seconds remaining".
- 6-3-1a, 6-4-1b** Provides a wider range in the deduction of hip angle.
- 6-4-2a(5)** Provides a wider range in the deduction for bending knees early in salto vaults.
- 6-4-3a** Removed deduction for beginning LA twist in second flight phase too late.
- 6-4-3m** Provides a wider range in the deduction for the under rotation of a salto vault.
- 6-3-4e, 6-4-4e, 7-3-4a(14), 8-3-4a(13)** Greater flexibility when applying a deduction for gymnasts taking small or medium steps on their landing.
- 6-4-4g, 7-3-4c(4), 8-3-4c(3), 9-3-4c(3)** Identifies that landing with the hips lower than the knees will incur a deduction.
- 6-4-4-g Note (New), 7-3-4c(4) Note (New), 8-3-4c(3) Note (New), 9-3-4c(3) Note (New)** Specifies that a deduction is taken for both the squat on landing and a fall if both occur.
- 6-6-1, 2, 4, 5** Provides new vault values.
- 7-1-3b & c, 8-1-3b** Clarifies that a board may not be placed on an 8-inch skill cushion but a folded panel mat or mount trainer mat may be used.
- 7-2-4b** Event requirements changed to add a choice between clear hip circle, Stalder circle and pike sole circle.

- 7-3-3, 8-3-3, 9-3-3** Revised the composition category to maximize efficiency.
- 7-3-4b(3), 8-3-4b(8), 9-3-4b(8)** Provides a wider range in the deduction for deficiencies in the hip angle on bars, beam and floor.
- 8-2-3e** Provides more options for the gymnast's routine by adding a mixed series or dance series to beam event requirements.
- 8-3-4b(2), 9-3-4b(2)** Specifies footwork deductions is increased to reflect current trends.
- 8-3-5 Notes 4** Clarifies when awarding back-to-back superior credit for dance elements must be from group 1, 2, or 3 and dance balances and body waves may not be used.
- 9-3-4b(15), 4c(7)** Revises the deduction for poor relationship of music and movement to be an up to 0.30 deduction. Additionally, if the gymnast fails to hold the ending pose for one second there will be a 0.05 deduction and if the gymnast fails to end with the music a 0.10 deduction is taken.
- 9-3-7o** Clarifies that a coach may adjust or remove additional matting without a deduction.

### **2024-26 NFHS Girls Gymnastics Editorial Changes**

Supplemental #9, 28, 29, Dance Criteria / Technique

### **2024-26 NFHS Girls Gymnastics Element Changes**

Vault Box: 2.502, 4.501, 5.201, 5.202, 5.505  
 Uneven Bars Box: 9.103  
 Beam Box: 1.404, 1.409, 2.306, 2.304c, 2.404c, 2.407, 2.408  
 Floor Box: 1.312, 10.402

### **2024-26 NFHS Girls Gymnastics Points of Emphasis**

1. Sportsmanship
2. Composition
3. The Dance Passage and Back-to-Back Superior Credit on Floor Exercise
4. Connecting Three Superiors or Higher Elements for Two BBS
5. Event Requirements in Uneven Bars & Balance Beam
6. Leaps and Jumps in Cross and Side Position on Beam

## **APPENDIX A**

### **CIAC TOURNAMENT SPECTATOR EXPECTATIONS (INCLUDING PARENTS)**

#### **Positive Cheering and Behavior**

- Spectators will cheer positively to support their team, not negatively against the opponent. “No Negatives, No Names, No Numbers”.
- Spectators will show respect for the game officials and their decisions.
- Spectators will respect CIAC tournament/site directors, tournament staff, and security when behavior is addressed and if asked to leave the event.

#### **Dress Code**

- For CIAC tournament contests, all spectators should be appropriately attired according to their school’s policy. No attire with visible degrading or demeaning writings/logos is permitted.

#### **Signs, Banners, Flags and Powder**

- Any signs must be positive in nature, reference only the school supported by the sign maker, be small enough not to obstruct the view of other spectators and be pre-approved by the school’s athletic director reference in the sign. Spectators are not permitted to bring flags for safety reasons. When asked to remove a sign, banner, or flag, participating schools will respect and follow the direction of any CIAC tournament/site director, tournament staff, or security personnel.
- All signs, banners, and flags may be restricted pending facility usage requirements or at the discretion of the CIAC tournament director. CIAC tournament directors/staff will notify the athletic director when such restrictions are necessary.
- Powder or powder-like substances are prohibited at all visiting and neutral sites.

#### **Noisemakers**

- Outdoor Sports – No air horns, horns of any kind, or whistle will be used. Any other noisemakers may be allowed with approval from the host athletic/site director and the spectator’s school athletic director. Noisemakers can only be used during “dead ball” situations to celebrate good play.
- Indoor Sports – No noisemakers will be allowed. Pep bands are allowable with the prior approval of the CIAC tournament and site director, provided the school band has adult supervision, and the band only plays during “dead ball” situations.

#### **Tailgating**

- Tailgating is prohibited on the grounds of any CIAC tournament or championship event.

#### **Streaming**

- CIAC championships are streamed on the NFHS Network. Any streaming, broadcasting, or reproduction of a CIAC tournament game or championship without the expressed written consent of the CIAC is strictly prohibited.

# APPENDIX B

## WORKSHEET

## 2025-26 CIAC GIRLS GYMNASTICS SCORESHEET

Team \_\_\_\_\_  
Site \_\_\_\_\_

Team \_\_\_\_\_  
Date \_\_\_\_\_

Vaulting			Total	Vaulting			Total
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____

Bars			Bars					
_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____

Beam			Beam					
_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____

Floor			Floor					
_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____

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

		<b>BARS</b>	
		<b>Event Requirements-1.0</b> 1. Sup release/flight(exclude dismt) (0.2) __ 2. 360° Clear hip/Stalder/Pike sole circle (0.2) __ ending in clear support 3. Kip (0.2) __ 4. Element that achieves handstand (0.2) __ (within 20°) or passes through 5. Superior dismount (0.2) __  <b>Difficulty</b> (3.0) __	
<b>VAULT</b>		<b>Bonus-0.8</b> 1. <b>(max.4)</b> AHS-2 diff, no fall/spot (0.2 ea) __ __  2. <b>(max 0.2)</b> HL BBS (0.2) __ 3. <b>(max .2)</b> LL BBS(0.1 ea, Up to 0.2) __ __ 2nd HL BBS (0.2) __ 3rd AHS-diff, no fall/spot (0.2) __  <b>SCORE:</b> _____  <b>SV:</b> _____	
<b>BEAM</b>		<b>FLOOR</b>	
<b>Event Requirements-1.0</b> 1. 360 turn on 1 foot (0.2) __ 2. 1 acro flight element on beam (0.2) __ 3. Acro series of diff on beam (0.2) __ 4. Dance series OR mixed series (acro & dance) on beam (0.2) __ 5. Superior dismt (0.2) __  <b>Difficulty</b> (3.0) __  <b>Bonus-0.8</b> 1. <b>(max.4)</b> AHS-2 diff, no fall/spot (0.2 ea) __ __  2. <b>(0.2)</b> HL BBS (0.2) __ 3. <b>(max .2)</b> LL BBS(0.1 ea, Up to 0.2) __ __ 2nd HL BBS (0.2) __ 3rd AHS-diff, no fall/spot (0.2) __  <b>SCORE:</b> _____  <b>SV:</b> _____		<b>Event Requirements-1.0</b> 1. Twisting salto- Minimum 180° (0.2) __ 2. Three acro passes (0.2) __ 3. Sup acro elem -in 3rd acro pass or as (0.2) __ Last acro element 4. Superior turn on 1 foot (0.2) __ 5. Dance series of 2 diff Grp 1 elements. (0.2) __ Must inc. a superior AND a leap Directly or indirectly connected  <b>Difficulty</b> (3.0) __  <b>Bonus-0.8</b> 1. <b>(max.4)</b> AHS-2 diff, no fall/spot (0.2 ea) __ __  2. <b>(0.2)</b> HL BBS (0.2) __ 3. <b>(max .2)</b> LL BBS(0.1 ea, Up to 0.2) __ __ 2nd HL BBS (0.2) __ 3rd AHS-diff, no fall/spot (0.2) __  <b>SCORE:</b> _____  <b>SV:</b> _____	

## APPENDIX C

### CERTIFICATIONS/COACHING CERTIFICATIONS

For a list of all coaching certifications and links to forms go here:

<https://docs.google.com/document/d/1KnzXy81GK9x88bY1-5JBSuP-8SY34sdc/edit?usp=sharing&ouid=104830910406558409235&rtpof=true&sd=true>

**Volunteer Coaches:** The State of Connecticut Department of Education does not distinguish between volunteer or paid coaches when considering certifications or responsibilities. All coaches who are responsible for or instruct students in any way must follow Connecticut State Law for certifications and responsibilities. Therefore, volunteer coaches are required to obtain the same certifications as all other coaches.