

Week #8 – October 21, 2024

Please read through this information as this is important information coaches and judges need to be aware of this season. These newsletters will be sent weekly throughout the season. If you are aware of an unusual situation or rules/protocols that should be addressed, please email ssmith@kshsaa.org. Thank you for all you do for Kansas athletes!

STATE MEET REMINDERS

-The rotation for the nine rounds has been set. Since this is State, we will NOT do a continuous rotation, but rotate when all 4 events are completed for each round. If the vault has finished and your team is next up, you can go over and set the table for your first competitor. If bars are finished and your team is next up, you can set the bars and chalk the bars as needed. But no events will start warm ups/competing until the other events have been completed for that round. There will be a general announcement saying some like “We are now ready for the next round. On vault.....”. That indicates we are ready to start warm ups etc.

-Only the school team members for a particular event can move to that event. Schools that workout together cannot accompany that team. When not competing, we ask that athletes stay in their designated team area, lobby area/restrooms or with the trainer. They should not be in the stands visiting people or walking around in the competition area. There is a hope they will still cheer on their sister schools, but from the team area, not next to the event.

-The ‘individual rotation’ group will compete per the order found in the program. It was designed so no one athlete goes first more than once or last more than once.

-During the season, athletes “needing” to leave early, so we have let that individual go earlier in the meet rather than at their team’s normal rotation in the meet. Since this is State, this will not be permitted. A reminder that when this has happened, it has been at the referee’s discretion, and there have been times when the referee was NOT consulted.

-Only competitors, coaches, managers, officials and KSHSAA members are allowed in the competition area itself. Parents, other students (past and present) and friends should be in the viewing stands and not on the gym floor. Building Administration, that is present for the State, should have a designated area they can be in or in the stands themselves, but they are not allowed in the competition area, except those who are helping run the State Meet (host school).

-During the meet, please check your sheets ASAP after that team has competed, so if an inquiry is necessary, it is completed quickly. With a separate referee available, you will be able to talk with me before turning in any inquiry.

REMINDERS FOR COACHES BEFORE/DURING THE STATE MEET

- On Vault
 - o If you have a smaller number of members there and you need an extra body or two to hold mats in place, this would be the exception for having non-team members, of the competing school, on the competition floor. Please bring over members who are doing this, not everyone from the sister school. If you have questions about this, ask the referee for clarification.
 - o Put the competition order in order of height of table so you only have to move the table a few times.
- On Bars
 - o If you want extra mats for safety issues, there should be extra mats to bring over. This is true for other events.
 - o Put the competition order in an order with the fewest bar/equipment changes.
 - o Chalking the bars when your team goes to bars should be done at the conclusion of the team prior to their team.
- On Beam
 - o There will be only one competition beam. There will be a low beam to also warm up. The low beam can only be used when no beam competition is going on, but this does not count as part of your warmup time.
- On Floor
 - o Please check your music during your warmup time so we do not have any problems.

- General Comment – Mainly to new coaches to State, but maybe veterans as well, ask your fellow coaches what extra things they bring to the state meet from your school, such as extra sting mats or vault board.

Looking Ahead:

-Oct 26: State Meet at Shawnee Mission Northwest (10:00 am start time)

Useful Websites/Links

KSHSAA Gymnastics Website: [Gymnastics \(kshsaa.org\)](http://kshsaa.org)

KSHSAA Gymnastics Manual: [GymnasticsAnnoucements.pdf \(kshsaa.org\)](http://kshsaa.org)