



22
-
23

GYMNASTICS
SEASON
PREVIEW

**CIF-SS GYMNASTICS
COMMISSIONER**

KRISTINE PALLE

PROGRAM COORDINATOR

TAMARA TOWGOOD



BRONCO



F-150 RAPTOR



MUSTANG SHELBY



MUSCLES. SPEED. AGILITY. SMARTS.



OUR VEHICLES. OUR ATHLETES.



THE SOUTHERN CALIFORNIA FORD DEALERS
PROUDLY SUPPORT SO CAL HIGH SCHOOL ATHLETICS.



EXPLORER



RANGER



BRONCO SPORT



TO: CIF-SS Girls' Gymnastics Coaches

FROM: Kristine Palle, Assistant Commissioner
CIF Southern Section Gymnastics Administrator

DATE: January 2023

RE: **2022-2023 GIRLS' GYMNASTICS SEASON**

You will find included in this preview very important and vital information for the 2022-2023 season. **REVIEW THE INFORMATION THOROUGHLY.** If you should have any questions, please do not hesitate in contacting me personally at the CIF-SS Office.

The following items are included:

Sportsmanship

Code of Ethics

Blue Book Rules

Special Points of Interest

Rule 125 – Accountability

Rule 503.H – Concussion Protocol

Rule 506 – Practice Allowance

Rule 600 - Competition on an Outside Team

Rule 1202 - Two Athletic Contests in One Day

Concussion Point of Emphasis

2018-2020 Girls Gymnastics Rule Changes, Editorial Changes and Points of Emphasis

Supervision of Athletes - Rule 503.E

First Contest..... Saturday, February 25, 2023

Last League Contest..... Friday, May 5, 2023

The CIF Southern Section will follow the guidelines of the 2022-2024 NFHS Girls Gymnastics Rule Book.

SPORTSMANSHIP

THE INFLUENCE OF THE COACH

The coach is in a better position to have a positive influence on the youth of a community than any other member of the faculty. He/She has an obligation to develop a personality and character which are above reproach. The example set by the coach is of extreme importance. The character-building potential of athletics is closely related to the character of the coach.

Athletics furnish a setting for the demonstration of attitudes of players which are a direct reflection of the coach. It takes self-discipline on the part of the coach to always let reason, rather than emotions, guide conduct. To build the correct pattern for your athletes, give the following points your attention:

1. Watch your language. Obscenity and profanity have no place on the bench, in the dressing room, or, in fact, in your speaking vocabulary. Additionally, racial or ethnic comments will never be condoned.
2. You can explain defeat, but do not alibi for it.
3. Do not gloat in victory; this is even more offensive than the alibi.
4. Do not challenge the decision of officials.
5. Do not lose your temper because with it, will go your poise.
6. Organize your work well in advance, make a work schedule and carry it out effectively.
7. Do not try to take unfair advantage of the rules.
8. Give opportunities to your players for leadership.
9. The coach's job is to develop the individual players and the team into a unit which can give a performance approaching their maximum ability as individuals and as a team. This must be done within the best meaning of the word **SPORTSMANSHIP**.
10. **SPORTSMANSHIP - PRIORITY #1**

GOOD SPORTSMANSHIP, ETHICS AND INTEGRITY!!!
You Make the Difference!

2022-2023 Teams Participating

Lakewood
Millikan
Sage Hill

St. Joseph/Lakewood
Valley Christian/ Cerritos
Wilson/ Long Beach

as of 2/28/23 information provided in CIFSSHome

CODE OF ETHICS

IT IS THE DUTY OF ALL CONCERNED
WITH HIGH SCHOOL ATHLETICS:

1. To emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
2. To eliminate all possibilities which tend to destroy the best values of the game.
3. To stress the values derived from playing the game fairly.
4. To show cordial courtesy to visiting teams and officials.
5. To establish a happy relationship between visitors and hosts.
6. To respect the integrity and judgment of sports officials.
7. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
8. To encourage leadership, use of initiative, and good judgment by the players on a team.
9. To recognize that the purpose of athletics is to promote the physical, mental, moral, social and emotional well-being of the individual players.
10. **To remember that an athletic contest is only a game - not a matter of life and death for player, coach, school, officials, fans, community, state or nation.**

CIF OFFICIAL PARTNER

CANYON

CATERING

passionately creative



PRE-GAME BOWL



DELI BUFFET



BUFFETS



PROMS & EVENTS

**SPORTS BANQUETS, PRE & POST GAME MEALS
& SCHOOL ACTIVITIES**

SERVING CIF SOUTHERN SECTION

WWW.CANYONCATERING.NET | 1 888-230-3792

5750 E. La Palma, Anaheim Hills, Ca. 92807

BLUE BOOK RULES - SPECIAL POINTS OF INTEREST

ACCOUNTABILITY RULE –

125.1 - COACH EJECTION – Upon the ejection of a coach from any CIF-SS contest, it is the responsibility of the principal of said school to file a letter of explanation with the CIF Southern Section Office which includes the circumstances surrounding the matter and what action the principal has taken to prevent a recurrence. Said correspondence is to be filed within THREE school days of notification of the ejection. Additionally, upon ejection the ejected coach shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next contest. A second ejection will constitute a two contest suspension and a third ejection will cause suspension for the remainder of the season.

125.2 - FAILURE TO COMPLETE A CONTEST – When a school fails to complete a contest, due to a coach pulling his/her team from the floor, court or field, it is MANDATORY that the CIF-SS Office be notified by the Principal within 24 hours (excluding holidays and weekends). The competing schools and officials will be required to file written reports, and after review of the aforementioned material, the principal of the school involved will be required to respond to the CIF Southern Section Office concerning his/her investigation of the incident.

QUESTION: How serious is such action?

ANSWER: It has been the position of the CIF-SS Executive Committee to expect the building principal of the school concerned to relieve the coach from his/her assignment for the balance of that season or the Executive Committee is empowered to consider recommendations for additional penalties.

RULE 503.H – CONCUSSION PROTOCOL

A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time for the remainder of the day. A student-athlete who has been removed from play may not return to play until the athlete is evaluated by a licensed health care provider trained in education and management of concussion and receives written clearance to return to play from that health care provider. If a licensed health care provider, trained in education and management of concussion determines that the athlete sustained a concussion or a head injury, the athlete is required to completed a graduated return-to-play protocol of no less than seven (7) full days from the time of diagnosis under the supervision of a licensed health care provider. On a yearly basis, a concussion and head injury information sheet shall be signed and returned by all athletes and the athlete's parent or guardian before the athlete's initiating practice or competition. (Approved May 2010 Federated Council/Revised May 2012 Federated Council/Revised January 2015 Federated Council)

RULE 506 – PRACTICE ALLOWANCE

For the benefit of the physical and mental health of our student-athletes, all practices (as defined herein) under the auspices of the high school athletic program during the season of sport shall be conducted under the following conditions (See also Bylaw 504.M.):

- A. All teams will be allowed no more than eighteen (18) hours of practice time per week and no more than four (4) hours in any single day.
 - (1) Multiple Practice Sessions:
 - a. Double day practices shall not be held on consecutive days.
 - b. Must include a minimum of three (3) hours rest between practices.
 - B. Any competition day would count as three (3) hours toward the allowable weekly and daily practice hours no matter the length of the contest(s). No practice may be held following the conclusion of any contest.
 - C. Definition of Practice
 - (1) Any school team or individual activity organized by the coach that is intended to maintain or improve a student-athlete's skill proficiency in a sport; AND/OR
 - (2) Any school team or individual activity that includes skill drills, game situation drills, inter-squad scrimmages or games, weight training, chalk talks, film review, meetings outside of school time (excluding parent meetings) that are implicitly/explicitly required by the coach; AND/OR
 - (3) Any other coach-directed or supervised school team or individual activity or instruction for a specific sport (private, small group or positional instruction, etc.) AND/OR
 - (4) Any other team or individual instruction for a specific sport organized or supervised by any team member, or anyone else associated with the high school athletic program, team or school; AND
 - (5) Outside organization activity (club, etc.), shall not be used to circumvent these Bylaws.
 - D. Other mandatory activities (including, but not limited to study hall, tutorial sessions, team dinners), shall not be considered part of practice time. These activities must be approved by the principal. Activities that would be included herein are exclusive to any activity already covered in number C.(1)-(5) above.
 - E. This Bylaw shall not supersede any School/District/Section policies that may be more restrictive.
 - F. Penalties
 - Following the determination of a violation of CIF Bylaw 506, a loss of practice day(s) and/or other sanctions, for each practice session infraction, shall be imposed by the Section as deemed appropriate to the level, extent, and duration of the infraction(s).
- <>NOTE: For purposes of this Bylaw, the season of sport begins with each team's first day of practice.

RULE 600 - COMPETITION ON AN OUTSIDE TEAM - A student on a high school team becomes ineligible if the student competes in a contest on an "outside" team, in the same sport, during the student's high school season of sport. (See Rule #511 for definition of season of sport).

RULE 1202 - TWO ATHLETIC CONTESTS IN ONE DAY

"Contests" - Interscholastic (dual-triangular) athletic contests in CIF approved sports are to be arranged in such a way that no student shall take part in more than two athletic contests in any one day.

"Tournaments" - All interscholastic athletic tournaments (defined as four or more teams) in CIF approved sports are to be arranged in such a way that no students shall take part in more than one tournament in the same sport in any one day.

SUMMERTIME RULES - Providing summertime athletic activity is to be undertaken by Southern Section schools, the school districts or private schools involved, must establish appropriate governing rules and procedures regulating the establishment, implementation, maintenance, monitoring and accountability of said activity. Further, school, districts or booster clubs may pay entry fees for summer activities with the approval of the principal.

For summer services by coaches, payment may be made by the school district office, A.S.B./principal, or a duly licensed community organization, i.e., parks and recreation.



JL CUSTOM JACKETS

OFFICIAL LICENSED PATCH
AND JACKET MANUFACTURER



You can design and purchase
your own custom patches
on our website.

VARSITY JACKET SPECIAL

\$329.00

WOOL BODY WITH LEATHER
SLEEVES AND POCKETS

VARSITY LETTER SEWN
ON FRONT

MAKE AND SEW ON UP TO
3 SPORT EMBLEMS

EMBROIDER FIRST NAME,
SCHOOL NAME, MASCOT
NAME AND 1 SPORT
ONTO THE FRONT

CREATE AND SEW ON A
CUSTOM GRADUATING YEAR



**EXCLUSIVE
DISTRIBUTOR FOR
ALL** CHAMPIONS
FINALISTS
RUNNER-UP
& ALL CIF patches

Standard Girls Package
All wool body and sleeves
with a wool hood
\$315.00

To Order Call:

(951) 867-3200

or visit us on the web:

www.jlcustomjackets.com

7161 Old 215 Frontage Road, Moreno Valley, CA

Fax (951) 867-3277



• PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE •

Girls Gymnastics Rules Changes - 2022-24

By NFHS on April 19, 2022

[gymnastics-girls](#)

Rule 1 Definitions: Defines a dance passage in the rules book.

Rationale: Adds a definition to the rules book.

3-3-1: This change expands acceptable uniforms.

Rationale: Uniform modifications reflect current trends within the sport and across society as well as being more inclusive of participants' cultural and religious beliefs without increased risk of injury.

5-1-5: Clarifies the procedure for the misapplication of rules and clerical errors.

Rationale: Addresses clerical errors and prohibits judges from changing gymnasts' scores after submission to the score system.

6-2-1, 7-2-2, and 8-2-1b: Specifies the procedures for administering the fall time on the vault, uneven bars and balance beam.

Rationale: The increased time is a risk minimization procedure which provides the athlete the opportunity to assess their condition before continuing.

8-6-2: Revised the Leaps/Jumps/Hops Chart.

Rationale: Specifies that specific elements that land inside position (facing out) are more difficult and will be awarded a higher value.

9-2-3 b1 and b2: Clarifies the dance event requirement on floor exercise.

Rationale: Specifies the components of a dance passage in floor exercise event requirements.

2022-24 Girls Gymnastic Editorial Changes

Rule 1 Definitions, 7-1-3e, 8-1-3e, 7-1-3a, 8-1-3a, 7-3-3, 8-3-3, 9-3-3, Appendix B Dance Criteria/Technique Chart

2022-24 Girls Gymnastics Element Changes

8-6-2 Leaps/Jumps/Hops Chart, 8-6-5 (5.301), 9-6-1 (1.306)

2022-24 Girls Gymnastics Points of Emphasis

1. Sportsmanship
2. Awarding Credit

3. Composition

4. Event Requirements on Floor

5. Seven Ways to Break a Series

6. Uniforms



THE
BEST
USE
THE
BEST

GATORADE



SPECIAL NOTICE

SUPERVISION OF ATHLETES

The Southern Section Office has experienced a problem which has perpetuated itself over the past few years as it pertains to proper supervision and entry of student-athletes in the post-season playoffs.

The situation relates only to individual sports, i.e. CROSS COUNTRY, INDIVIDUAL TENNIS, TRACK, SWIMMING, etc. and the official recognition and registration of entrants at the respective playoff sites.

State and Southern Section Rule 309 states:

No CIF team (i.e., individual) shall participate in inter-scholastic or approved competition with any other team unless the CIF team is under supervision as required by the California Administrative Code Title V and CIF By-Law #506A and #506B. (Additionally, refer to Rule 123.) The supervisor must remain in attendance at all times.

Those persons APPROVED FOR SUPERVISION PURPOSES are limited to:

- A. Certificated personnel**
- B. Certified Coaches (certified credentialed coaches)**
- C. Non-certificated temporary coaches (certified walk-on coaches)**

(It should be noted that schools representing the same DISTRICT may send one credentialed or certified supervisor for three or four athletes. These individuals have been recognized and are to continue to be recognized for registration and participation purposes in that the district has assigned the supervisory role for all students from its= member schools to this one individual.)

However, the concern is for those students who ARE NOT accompanied by a faculty representative and report to the playoff site by themselves or with a parent. ***GIVING PARENTS THE SUPERVISION AUTHORITY, WHETHER IN WRITING OR NOT, DOES NOT MEET THE STANDARDS SET FORTH IN THE ABOVE REGULATIONS. This also applies to parents who are the student=s private coach but are not under contract to the member school.***

PLEASE NOTE, THIS RULE WAS REVIEWED BY BOTH THE STATE CIF OFFICE, IT=S GENERAL COUNSEL AND THE SOUTHERN SECTION EXECUTIVE COMMITTEE. IT HAS BEEN REAFFIRMED THAT THE INTERPRETATION STAND AS ABOVE AND THAT ANY STUDENT REPORTING FOR COMPETITION WHO IS NOT UNDER DIRECT SUPERVISION IN ACCORDANCE WITH STATE AND SOUTHERN SECTION RULE 309, IS TO BE DENIED ENTRY FOR PARTICIPATION IN THE COMPETITION.

As pointed out by the Southern Section and State CIF attorney, there are inherent liability problems when an individual competes in violation of said rule. Please review this rule with your staff in that it will be strictly enforced as per the above application.

When pain gets in the way of doing what you love ...

Trust the experts at Hoag & Hoag Orthopedic Institute
Sports Medicine to get you back on the field.

Hoag & Hoag Orthopedic Institute Sports Medicine are proud
to be the Official Orthopedic & Sports Medicine Partner of the
CIF Southern Section.



Hoag
Orthopedic
Institute



Sports Medicine



Bally SPORTS

HOME OF



GAME ON

