

# Varsity Gymnastics Rules

## Covid Edition 2020

### General Information:

- No hugging, shaking hands, high fives or fist bumps.
- Equipment will be cleaned before and after practice.
- Social distancing will be practiced while waiting for a turn on the apparatus or moving from one event to another.
- Everyone will wash/sanitize their hands upon entering and exiting Gymnastics Facilities for practice or meet.
- Season is 7 weeks long.
- Gymnasts will need to have 12 practices before they can compete in their first competition.
- Only gymnasts competing will travel to meets.

### Gymnasts:

- Should tell the coach immediately if they are not feeling well.
- Are responsible for letting the coach know if they will be late or if they will not be at practice.
- Will wash/sanitize their hands before rotating to the next event.
- Will practice social distancing while waiting for a turn on the apparatus or moving from one event to another at practice and meet.
- Will wear masks if they can not social distance 6 feet apart at practice.
- Will wear face masks at all times unless it is their turn on the event or they are on deck to compete at a meet.
- Bring your own water bottle. Absolutely no sharing water bottles.
- Come to practice dressed to participate in gymnastics.
- Have your own gallon size bag with your name on it and with your own chalk in it. Coach will provide chalk. (No shared chalk bucket).
- Have your own supplies in your bag when not in use. Bag will be sanitized each day (inside and outside).

### Coach:

- Communicate all guidelines in a clear manner to students and parents.
- Keep attendance records for gymnasts, staff and parents who attend practice or meets in case contact tracing is needed.
- Some districts and/or gyms will require a coach to take a gymnasts temperature when they walk in the door for practice.
- Will wear a mask during practice unless they can socially distance 6 feet.
- Can spot gymnasts if the gymnasts needs to be spotted, coach has mask on.
- Will wear a mask at meets for the duration of meet.
- Will properly sanitize/wash hands.
- Will send scores to parents/Athletic Directors/Newspapers after each meet.

**Parents:**

- Will pick up gymnasts from practice in the parking lot.
- Will help their daughter to sanitize their gym bag and clothing each day.
- If you need to speak to the coach; do it either through a phone call, text or email first. If you need to speak to the coach face to face, arrange a time after practice or at the conclusion of a meet.
- Are allowed to have two spectators at a meet per gymnasts unless the facility being used does not allow for two spectators. (Coach will let everyone know each meet).
- Will follow all proper protocols for social distancing and mask wearing.

**Meets:**

- All seniors will be recognized the first weekend of competitions.
- Meets will be run as warm up, compete this year.
- No presenting before an event to judges this year.
- Only gymnasts competing in a meet will be allowed to come to the meet. (May be able to use the girls not competing as runners/score flashers/timers/videoing at home meets though!)
- Runners/score flashers/timers must remain at least six feet away from judges/events. Runners/score flashers/timers will remain with the same judges/events throughout the competition. They must wear a mask at all times.
- Gymnasts will wear face masks at a meet except when it is their turn on an event or they are on deck to compete.
- Will wash/sanitize their hands before rotating to the next event.
- There is no improper uniform deduction for wearing a face covering if you choose to do so.
- Top 20 gymnasts in Section V on each event advance to Sectionals. Top 2 scores on each event will be averaged to obtain top 20 gymnasts.
- Sectionals at this time is a closed event with a live stream for parents to watch. More to be determined at a later date.