

2009-10

POLICIES AND PROCEDURES

FOR

GYMNASTICS



NHIAA GYMNASTICS COMMITTEE

Michael Kobilarcsik, Chair, York, ME; Virginia Lavallo, Salem; Haven Milton, St. Thomas;
Lindsay Moran, Pinkerton; Jeanne O'Brien, Asst. Chair, Nashua South;
Stacey Thibodeau, Supervisor, Salem

New Hampshire Interscholastic Athletic Association
251 Clinton Street
Concord, N.H. 03301-8432
Phone 603-228-8671 Fax 603-225-7978 E-Mail info@nhiaa.org

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POINTS OF EMPHASIS

➤ **Coaches Rules Review**

There will be a coaches rules review meeting for the 2009-10 season. Date, Time, and Location TBA.

➤ **Payment of officials During Regular Season Meets**

If you are sending an independent gymnast to a meet, you must submit in advance, or bring with you to the meet, payment in the amount of \$3.00 per event or \$12 per athlete. Individual gymnasts, Athletic Directors must contact all schools where they plan on attending meets at least one week in advance and if the gymnast then does not show up at the meet, she will still be responsible for the payment of officials.

➤ Individual competitors must be accompanied by a qualified representative appointed by the principal of the sending school and the accompanying representative must be present on the floor when the gymnast is competing.

➤ For reasons of safety, the use of cell phones by competitors in the competition area is strictly forbidden.

➤ NFHS Rule 2-1-5, “Judges shall not use cell phones or other electronic devices in the competitive area.” Rationale: this rule change removes a potential interference beyond the control of the competitor during her performance.

➤ NFHS Rule 5-1-6e, “There is a 1.0 deduction for a coach or gymnast using a cell phone or electronic device in the competitive area (after one warning).” Rationale: Risk minimization by removing this potential interference beyond the control of the competitor during her performance.

➤ NFHS Rule 6-2-2,

On a round off-entry vault:

a. A coach shall be present as a spotter before the gymnast may vault.

b. A manufactured safety mat (“safety collar”) shall be placed around the front end and sides of the board.

c. Judging begins with the takeoff from the board.

Rationale: Round off-entry vaults are safer skills performed with a vault table than a vaulting horse. Although round off-entry vaults are not required, the rule change allows a gymnast who has only learned a round off-entry vault to perform it in high school competitions.

➤ All forms must be emailed by the athletic director to the NHIAA office by the due dates. Judges’ signatures are not required on emailed forms. The athletic director must also maintain and possess a hard copy of the same, with judges’ signatures, in case the Committee needs verification at a later time.

➤ TRAINERS – Schools requesting medical services are to provide the necessary supplies for the trainer at all regular season and tournament events.

➤ **STATE MEET FORMAT**

- The state meet will be held in two sessions on the same day using the same judges.
- Teams will be divided in half based on the average of their top three meet scores.
- The teams that averaged in the lower half of the team score range would compete in the morning.
- The teams that scored in the higher half of the team score range would compete in the afternoon
- Independents would be divided in half using the same criteria for teams. Their all-around scores (even if they did not compete in an event during the season) would be averaged.
- Independents whose all-around scores fell in the bottom half of the independent's score range will compete in the morning
- Independents whose all-around scores fell in the top half of the range will compete in the afternoon.

➤ **FORMS TO BE SUBMITTED:**

1. 2009-10 Gymnastics Season – Due December 4, 2009
2. Team Gymnastics Competition Form – Due February 12, 2010
3. Individual Gymnastics Competition Form - Due February 12, 2010
4. Gymnastics Official Line-Up Form – Due February 12, 2010
5. Injury Petition Form (If applicable) – Due February 12, 2010

All forms can be accessed through a “Forms” link in the athletic directors administration area of the NHIAA website. Once accessed and filled out, please email the forms to kwilmarth@nhiaa.org. DO NOT FOLLOW UP WITH HARD COPIES! You will receive confirmation of receipt of your forms. If you do not receive confirmation please contact the NHIAA.

POLICIES AND PROCEDURES:

1. Teams and individuals will be allowed to compete.

2. CLASSIFICATION OF SCHOOLS: (34)

| | | |
|------------------|---------------------|---------------------|
| Alvirne | Inter-Lakes | Pelham |
| Bedford | Keene | Pembroke |
| Belmont | Lin-Wood | Pinkerton |
| Bishop Brady | Littleton | Plymouth |
| Campbell | Londonderry | Profile |
| Coe-Brown | Manchester Central | Prospect Mountain |
| Concord | Manchester Memorial | Salem |
| Dover | Manchester West | Souhegan |
| Exeter | Merrimack | Spaulding |
| Farmington | Nashua North | Wilton-Lyndeborough |
| Goffstown | Nashua South | Windham |
| Hollis/Brookline | | |

3. PAYMENT OF OFFICIALS DURING REGULAR SEASON MEETS

“If you are sending an independent gymnast to a meet, you must submit in advance, or bring with you to the meet, payment in the amount of \$3.00 per event or \$12 per athlete. Individual gymnasts’ Athletic Directors must contact all schools where they plan on attending meets at least one week in advance and if the gymnast then does not show up at the meet, she will still be responsible for the payment of officials.

4. TEAMS

A team shall be defined as a group of five (5) or more competitors from one school competing as a unit and where the following conditions are met:

- There shall be a minimum of four (4) different competitors in each of the four (4) events.
- Only two (2) of the team members may be designated as "all-around" competitors.
- All teams must have competed or attended as a team in four (4) meet dates during the regular season.
- Teams are required to send in “Team Gymnastics Competition Form/Final Meet Results” (see attached sheet).
- Teams are required to send in “Gymnastics Official Line-Up Form” (see attached sheet).
- Schools adding the sport of gymnastics after the season has begun are REQUIRED to submit a schedule of meets they plan to attend for the season.

5. INDIVIDUALS

A group of less than five (5) competitors from one school must compete as individuals.

This refers to regular season meets as well as the State Meet. Member schools who wish to enter individuals in regular season meets should follow these procedures:

Call the host school Athletic Director for permission.

- Individual competitors must be accompanied by a qualified representative appointed by the principal of the sending school and the accompanying representative must be present on the floor when the gymnast is competing.
- The member school which the individual gymnast attends and represents must meet all NHIAA requirements prior to the individual participating in any competition sponsored by the NHIAA or its member schools.
- A schedule of meets shall be submitted to the NHIAA prior to the 1st date to schedule.

Individuals shall be allowed to enter the State Tournament provided that the following criteria are met:

- a. The individual gymnast is designated eligible by the school principal.
- b. The individual's school must be registered with the NHIAA.
- c. A schedule of meets shall be submitted to the NHIAA prior to the 1st date to schedule.
- d. The individual has competed in a minimum of four (4) interscholastic meets between member schools during the season.
- e. Individuals that wish to participate in any event, including "all around" must have a minimum of three judgments in each of these events.
- f. An "Individual Gymnastics Competition form," which gives evidence of scores attained during the meets in # (3) above, is completed on the day of these meets by the head official and the meet director and must be submitted to the NHIAA Office with your state entry form.

6. REGULAR SEASON COMPETITION START TIMES:

Teams are expected to arrive at the host school **at least one hour before** the scheduled start time. Competitions will start promptly at their scheduled times.

7. STATE TOURNAMENTS

- a. The State Tournament shall be administered by the NHIAA Gymnastics Committee.
- b. Member schools must have competed on an interscholastic basis to be eligible to participate.
- c. If a team member is ineligible for state competition because of an injury and has not met the four (4) meet requirement, the coach may complete an Injury Petition Form and submit it to the Committee.
- d. Tournament Format
 - The state meet will be held in two sessions on the same day using the same judges.
 - Teams will be divided in half based on the average of their top three meet scores.
 - The teams that averaged in the lower half of the team score range will compete in the morning.
 - The teams that scored in the higher half of the team score range will compete in the afternoon
 - Independents would be divided in half using the same criteria for teams. Their all-around scores (even if they did not compete in an event during the season) will be averaged.
 - Independents whose all-around scores fell in the bottom half of the independent's score range will compete in the morning
 - Independents whose all-around scores fell in the top half of the range will compete in the afternoon.
- e. **AWARDS:** Official NHIAA championship and runner-up plaques, in addition to twenty (20) team medals, will be awarded to the respective champion and runner-up teams. Individual medals will be awarded to:
 1. Top six (6) competitors per event.
 2. Top six (6) all-around competitors.
- f. If there are more than two individual gymnasts from one school the school will designate two individuals for the all around competition. The other gymnast from that school may only compete in **three (3)** events of their choosing.

g. **PROTEST PROCEDURE AT STATE TOURNAMENTS:**

During State Tournament play, there shall be no appeals of protests to the Executive Director. All protests shall be resolved at the game site at the time of the protest.

8. **FIFTY/FIFTY (50/50) RAFFLES...**Fifty/Fifty drawings are permitted by the New Hampshire Interscholastic Athletic Association (NHIAA); at the site of an NHIAA member school hosting any round of an NHIAA tournament event (s). Fifty-fifty raffles will not be permitted at "neutral sites" that are not NHIAA Member School sites.

9. **BLOOD SPILLAGE AND BODY FLUIDS:**

The NHIAA Sports Medicine Committee suggests that each school develop a local policy in cooperation with their local medical personnel, on how to handle blood spillage.

Housekeeping Procedures for Blood and Body Fluids

Disposable latex gloves should be worn to avoid contamination of the hands of the person cleaning spillages involving blood or other body fluids and secretions. Persons involved in cleaning contaminated surfaces should avoid exposure of open skin lesions or mucous membranes to blood or body fluids. A freshly prepared solution of dilute household bleach (one quarter cup of bleach diluted in one gallon of water) or other disinfectant labeled as *virucidal*, *Tuberculocidal*, *staphylocidal* is useful. Allow the disinfectant to stand wet for a minimum of one minute to start killing pathogens and disinfecting the area (10 minutes of disinfection time guarantees surface sterility). Whenever possible, disposable towels, tissues, and gloves should be used and properly discarded and mops should be rinsed in disinfectant.

INTERPRETATION OF EXCESSIVE BLEEDING

National Federation Rules call for a player, who is bleeding, has an open wound or excessive blood on the uniform, to leave the court/field.

The NHIAA interprets "excessive blood on the uniform" to mean that part of the uniform is saturated with blood. Saturated does not mean a wet spot. Saturated means a major portion of the garment is covered and soaked with blood. For this to occur, significant bleeding would have had to take place. For any blood on uniform less than "saturated", the uniform does not have to be changed. School personnel have the responsibility of treating the blood area with the appropriate disinfecting solution before the athlete may participate. If the uniform is "saturated" with blood, the uniform must be changed before the athlete may participate. This interpretation is to be followed in the conduct of all NHIAA athletic events.

10. **NHIAA SITE SELECTION CRITERIA POLICY**

NHIAA Sports Committees will make every effort to provide sites with the following criteria in mind. The criteria are not listed in order of priority.

- a. If the home team cannot fulfill all criteria necessary to host a tournament game, including charging an admission fee for the preliminary or quarterfinal games, the school shall locate another site or forfeit the home advantage.
- b. Health and safety of participants. (**See Safety Regulations for Hosting a Gymnastics Meet**)
- c. Comfort and safety of spectators (including adequate seating and parking, and restrooms).
- d. Handicapped accessible for spectators.
- e. Relative travel requirements of participating schools.
- f. The ability to sell, collect and account for ticket sales.
- g. Playing surfaces must meet the requirements as established for that sport.
- h. Facility rental charge (if applicable).
- i. Sufficient parking.
- j. Other costs associated with running the event.
 - Public Safety – Approximate costs
 - Custodial

- k. Receptivity and cooperativeness of personnel working at site.
- l. Provide concessions (Facility keeps all sales).
- m. Provide area for NHIAA memorabilia sales.
- n. **SAFETY REGULATIONS FOR HOSTING GYMNASTICS MEETS**

In order to insure the safety of the gymnast, a member school must meet the following criteria to host a gymnastics meet:

VAULT: Runway – 78’

Landing – Base mat (1 ½ - 2”), Landing mat (3 ½ - 4 or Single 5 –10” base landing mat)

Minimum 6’ x 18’ Padded landing area

BARS: Extender arm should measure 126 cm.

Ceiling Height – 19’

Matting under bars – (12’ x 6’) x 2 strip

BEAM: Landing area – 6’ x 12’ on each end

Minimum of 6’ x 15’ matted area under beam

FLOOR: 12m X 12m floor mat: Spring, foam block or resolute are acceptable.

If you do not meet the above requirements you must contact the visiting schools in advance. If the visiting school cannot compete under these conditions they may choose not to compete or request a site change. There should be adequate space provided between event equipment, runways, dismount areas and walls.

11. JEWELRY AND BODY PIERCING RULE:

No jewelry, which includes body-piercing objects or earrings of ANY KIND shall be worn. Religious or medical alert medals must be properly secured under the uniform. Glitter is considered jewelry. Glitter is not permitted. All visible tattoos MUST be covered at all times.

12. TOURNAMENT EVENT POSTPONEMENTS (WEATHER)

No postponements will occur for the State Meet. The meet will be held regardless of weather. If the weather is inclement the individual schools will have to decide if they choose to participate.

13. EVENT/TEAM ROTATION FOR STATE MEET COMPETITION

In order to guarantee that a team or individual is not put at a disadvantage in competition from one year to the next, the individual Team /Event rotation for the State Gymnastics Meet shall be as follows;

- a. The order of events shall be Olympic Order: Vault, Uneven Parallel Bars, Balance Beam and Floor Exercise.
- b. Teams and individuals shall be divided evenly between all four events. Individuals will be placed so that the events are balanced.
- c. Teams will be seeded for at the state meet based on an average of the top three team regular season scores*.

*The committee will review the top three (3) scores of each team. Scores will be taken from the team competition form submitted by the schools.

14. PROCESS FOR DEALING WITH DISQUALIFIED ATHLETES AT ALL ATHLETIC

EVENTS: A disqualified athlete is not to be sent to the locker room or off the field unsupervised. If no supervision is available the disqualified athlete shall remain on the bench and become the coach’s responsibility to supervise.

BRAIN INJURY IN ATHLETICS

Brain injury is the most frequent direct cause of death in athletics.

GENERAL INFORMATION

- An estimated 300,000 sports related traumatic head injuries occur each year.
- Some athletes with a traumatic brain injury will never have suffered unconsciousness or have signs of neurological deficit.
- Football, gymnastics, wrestling and ice hockey have the greatest risk per 100,000 participants of catastrophic head injury.
- Those who sustain one concussion are at a six fold risk of suffering another.

FOOTBALL

- In any given season, 10% of all college players and 20% of high school football players sustain brain injuries.
- 70% of football players who are "knocked out" return to play that same day.
- From 1985 to 1994 there were 26 reported head related fatalities in organized high school football in the United States.
- From 1984 to 1995 there were 43 cases of high school football players with permanent cerebral injuries.
- Yearly, in the US, there are at least 250,000 cases of mild brain injury reported in football alone -many more go unreported.

OTHER SPORTS

- Soccer players can receive a brain injury from head-to-head contact, falls or being struck on the head with a ball.
- Heading the ball repeatedly in soccer can cause a concussion, especially when a small child uses too large a ball.
- Brain injury accounts for 46% of all winter sports injuries including skiing, ice hockey, sledding, and ice-skating.
- The head is involved in more baseball injuries than any other part of the body.
- Collisions, being hit with the ball, and sliding head first in baseball can cause serious brain injury.

SECOND IMPACT SYNDROME (SIS)

- Second Impact Syndrome occurs when a second brain injury is sustained before the initial injury has had time to heal.
- This second blow may be extremely minor, a light head tapping or even a blow to the body that causes the head to jerk.
- One half of those with SIS die as a result of the injury.
- The time from second impact to brainstem failure may be rapid, taking as little as two to five minutes-
- Between 1980 and 1993, there were 17 confirmed and 18 probable cases of SIS among American football players.
- Ice hockey, downhill skiing, and boxing have also reported cases of SIS.

RECOMMENDATIONS FOR PREVENTION

- Encourage athletes to report any and all head injury no matter how minor they think it might be. Emphasize the potential seriousness of head trauma.
- Refer to a physician if concussion is greater than a grade 1 or if symptoms persist (see attached concussion guidelines).
- Strictly follow the recommendations outlined for concussion management.
- Be conservative when evaluating "when to return to play".
- Adhere to proper equipment, conditioning, and fundamental skills training guidelines.
- National Federation of State High School Associations require written physician releases before a football player who has suffered loss of consciousness is allowed to resume practice or competition.

Note: All of the above information was taken from published medical literature. A reference list is available upon request from the Injury Prevention Center at Dartmouth Medical School, 603/653-1135. **Permission to copy is granted.** 07/00

RECOGNIZING POSSIBLE BRAIN INJURY

A guide for parents, coaches, and athletes

Head injuries can have permanent consequences or can be fatal especially if they go undetected. Therefore, recognition of the injury is crucial. Any individual that has suffered a head injury and continues to exhibit any of the signs and symptoms listed below may suffer a severe life-threatening brain injury if a subsequent blow to the head (or body) is sustained. This is referred to as Second Impact Syndrome.

Second Impact Syndrome can occur even with mild head injuries, therefore it is essential to identify when an individual has received any type of brain injury so that further, more serious injury can be avoided.

It is crucial that athletes, parents and coaches be aware of signs and symptoms of a head injury. Ignoring a head injury, no matter how mild it might appear, can be dangerous. Please refer to the guidelines listed below for signs of possible brain injury.

SIGNS OF TROUBLE -contact your physician or go to the Emergency Department if you see any of these following a head injury. Sometimes signs might not appear for several days or weeks.

- Slurred or incoherent speech
- Vacant stare or befuddled facial expression
- Delayed verbal or motor response
- Difficulty focusing attention
- Observable lack of coordination (stumbling, inability to walk a straight line)
- Disorientation (walking in the wrong direction, unaware of time, date, or place.)
- Memory deficits
- Any loss of consciousness
- Persistent or severe headache
- Dizziness or vertigo
- Nausea and vomiting
- Easily fatigued or drowsy
- Irritability or anxiety
- Intolerance of bright lights and loud noises, possible vision difficulty and ringing in the ear
- Seizures or convulsions
- Bleeding or clear fluid from the nose or ears

***It is okay to sleep following a brain injury as long as the injured person is awakened every two to four hours. If the person is difficult to wake or is confused, contact a doctor immediately.

Remember that trauma to the brain no matter how mild can have severe consequences. DO NOT IGNORE THE SIGNS OR SYMPTOMS. If there is any question, seek medical assistance immediately.

**For additional information please contact the
New Hampshire Brain Injury Association at (603) 225-8400.**

***The above information has been adapted from the American Academy of Pediatricians, American Academy of Neurology, and the DHMC Emergency Department by the Injury Prevention Center, (603) 653-1135.

Permission to copy is granted.



NEW HAMPSHIRE INTERSCHOLASTIC ATHLETIC ASSOCIATION

251 Clinton Street, Concord, NH 03301
Phone #603-228-8671 Fax # 603-225-7978

TO: Athletic Directors, NHIAA Gymnastics Schools
FROM: Hank Basil, Assistant Director
SUBJECT: 2009-10 Gymnastics Season – Due **Friday, December 4, 2009.**

Please complete the following questions with regard to the **2009-10 Gymnastics Season**. It is very important we receive your commitment. Thank you for your quick response.

Please mark (x) one only.

Our school **will** compete as a **Team** for the 2009-10 Gymnastics Season. _____
(Five or more comprise a team.)

OR

Our school **will** compete as **Individuals** for the 2009-10 Gymnastics Season. _____

***Please Indicate your Number
of Individuals, which must be 4 or less** _____

SCHOOL: _____
PRINCIPAL: _____
ATHLETIC DIRECTOR: _____
COACH: _____

| |
|--|
| <p>SAMPLE FORM</p> <p>Do not use. This form can be accessed on the NHIAA Website under the Athletic Directors' Administrative Log-in section.</p> |
|--|

**This form MUST be emailed to kwilmarth@nhiaa.org by
Friday, December 4, 2009.**

New Hampshire Interscholastic Athletic Association
 251 Clinton Street
 Concord, N.H. 03301-8432
 Phone 603-228-8671 Fax 603-225-7978 E-Mail info@nhiaa.org

2009-10 TEAM GYMNASTICS COMPETITION FORM

FINAL MEET RESULTS REPORT (minimum of 4)
 Each School is responsible for turning this form in to the NHIAA at the
 completion of their season for meet verification.

School Name _____

| | Date: | Opponent(s): | Team Scores: |
|----|--|--------------|--------------|
| 1. | | | |
| 2. | | | |
| 3. | | | |
| 4. | <div style="border: 2px solid red; padding: 10px; color: red; font-weight: bold; font-size: 1.2em;"> SAMPLE FORM </div> <p style="font-weight: bold; margin-top: 5px;">Do not use. This form can be accessed on the NHIAA Website under the Athletic Directors' Administrative Log-in section.</p> | | |
| 5. | | | |
| 6. | | | |
| 7. | | | |
| 8. | | | |

Coach: _____

Athletic Director: _____

**This form MUST be emailed to kwilmarth@nhiaa.org by
 Friday, February 12, 2010!**

NO FAXES! HANDWRITTEN FORMS WILL NOT BE ACCEPTED.

New Hampshire Interscholastic Athletic Association
 251 Clinton Street
 Concord, N.H. 03301-8432
 Phone 603-228-8671 Fax 603-225-7978 E-Mail info@nhiaa.org

2009-10 INDIVIDUAL GYMNASTICS COMPETITION FORM

If you have an individual gymnast who is going to represent your school, this form must be filled out, signed, and returned to the NHIAA Gymnastics Committee with your tournament line-up form for the state meet.

A competitor must have participated in a **minimum of four (4) meets** between NHIAA member schools to be eligible for the State Tournament. Individuals that wish to participate in any event, including “all around” must have a minimum of three judgments in each of these events.

| School: | | | | | *Insert the scores for each event. | | | |
|------------------|------------------|------|---|------------------------|--|------------------|-------------|-------------------|
| Name of Gymnast: | | | | | This form is must be submitted for each Individual | | | |
| | Site/ Vs. School | Date | * Vault | * Uneven Parallel Bars | * Balance Beam | * Floor Exercise | *All Around | Judge's Signature |
| 1. | | | | | | | | |
| 2. | | | | | | | | |
| 3. | | | <b style="color: red; font-size: 2em;">SAMPLE FORM Do not use. This form can be accessed on the NHIAA Website under the Athletic Directors' Administrative Log-in section. | | | | | |
| 4. | | | | | | | | |
| 5. | | | | | | | | |
| 6. | | | | | | | | |
| 7. | | | | | | | | |
| 8. | | | | | | | | |

Coach: _____

Athletic Director: _____

**This form must be emailed by the athletic director to the NHIAA office by the due dates. Judges' signatures are not required on emailed forms. The athletic director must also maintain and possess a hard copy of the same, with judges' signatures, in case the Committee needs verification at a later time.

This form MUST be emailed to kwilmarth@nhiaa.org by Friday, February 12, 2010! A hard copy with judges' signatures must be kept on file with the school.

NO FAXES! HANDWRITTEN FORMS WILL NOT BE ACCEPTED.

2009-10 NHIAA GYMNASTICS OFFICIAL LINE-UP FORM

SCHOOL: _____

PRINCIPAL: _____ A.D.: _____

Please list your individuals in reverse order with your BEST gymnast in the #6 position. Please note the grade of each gymnast and team captains with an asterisk (*).

This form MUST be emailed to kwilmarth@nhiaa.org by Friday, February 12, 2010!
NO FAXES! HANDWRITTEN FORMS WILL NOT BE ACCEPTED.

| VAULT | | UNEVEN PARALLEL BARS | |
|-----------------|-------|----------------------|-------|
| Name | Grade | Name | Grade |
| 1. | | 1. | |
| 2. | | 2. | |
| 3. | | | |
| 4. | | | |
| 5. | | | |
| 6. | | | |
| Alternate Names | | Names | |
| 1. | | | |
| 2. | | 2. | |

SAMPLE FORM
 Do not use. This form can be accessed on the NHIAA Website under the Athletic Directors' Administrative Log-in section.

| BALANCE BEAM | | FLOOR EXERCISE | |
|-----------------|-------|-----------------|-------|
| Name | Grade | Name | Grade |
| 1. | | 1. | |
| 2. | | 2. | |
| 3. | | 3. | |
| 4. | | 4. | |
| 5. | | 5. | |
| 6. | | 6. | |
| Alternate Names | | Alternate Names | |
| 1. | | 1. | |
| 2. | | 2. | |

| ALL AROUND | |
|------------|-------|
| Name | Grade |
| 1. | |
| 2. | |

NOTE:

- There shall be a minimum of four (4) different competitors in each of the four events.
- Only two (2) of the team and school members may be designated as "all-round" competitors.
- If there are more than two (2) individual gymnasts from one school the school will designate two individuals for the all-around competition. The other gymnast from that school may only compete in three (3) events of their choosing.

COACH: _____
 ASST. COACH: _____
 MANAGERS: _____

This form MUST be emailed to
kwilmarth@nhiaa.org by
Friday, February 12, 2010!

New Hampshire Interscholastic Athletic Association
251 Clinton Street
Concord, N.H. 03301-8432
Phone 603-228-8671 Fax 603-225-7978 E-Mail info@nhiaa.org

INJURY PETITION FORM

**(DEADLINE: ONE (1) WEEK PRIOR TO STATE MEET)
Friday, February 12, 2010**

GYMNAST'S NAME: _____

GRADE: _____ COACH'S NAME: _____

SCHOOL NAME: _____

ADDRESS: _____

PHONE: _____

| |
|---|
| <p style="text-align: center;">SAMPLE FORM</p> <p>Do not use. This form can be accessed on the NHIAA Website under the Athletic Directors' Administrative Log-in section.</p> |
|---|

1. Photocopy of High School Meets attended this year with Judges' Signatures.
2. Written verification by a doctor of illness or injury including the date of injury.
(Attach if necessary)

PLEASE SEND TO: **NHIAA**
251 Clinton Street
Concord, NH 03301-8432