



2023-24 Gymnastics Tournament

NJSIAA reserves the right to adjust, change or cancel dates, times, and locations for all NJSIAA State tournaments. Member schools will not be eligible to participate in any NJSIAA Tournaments if it has violated the NJSIAA Constitution, Bylaws, Rules, Regulations, Guidelines, Policies, or Procedures. Any student-athlete who transfers after the competition start date will not be eligible for this tournament (Bylaws, Article V, Section 4.K. 5).

Schools entering the tournament will not be granted a change of date/time due to any conflicts with school trips, proms, banquets, SATs, unless agreed upon by both schools. The NJSIAA will make every effort to accommodate schools that have a conflict with their graduation.

Schools that are disqualified from state tournament competition after the tournament has been seeded but prior to the bracket being final, then the bracket will be reseeded and the next ranked school who entered the tournament will be included. If a school is disqualified from state tournament competition after the tournament has been seeded and after the bracket is final, then the bracket will not be reseeded, and no additional school will be included. If a school is disqualified from state tournament competition during the state tournament, then the school will be removed from the tournament immediately and their last opponent will advance in their place.

Schools participating in any NJSIAA tournament are responsible for the actions and behaviors of their spectators. Schools are required to provide adequate staff security to ensure there is proper oversight of their spectators. In addition, schools are financially responsible for any damages to the property or premises caused by their student-athletes, staff, or spectators (spectators include, but are not limited to, cheerleaders, marching band participants, students, and other fans).

NJSIAA requires Certified Athletic Trainers at all its tournament events. The ATC must document all injuries on an injury report form. This form must be available to the NJSIAA upon request.

Member schools not willing or able to comply with these tournament regulations and any relevant procedures found in the Operating Procedures Handbook should not enter the tournament. Member schools are encouraged to review these tournament regulations with the school administration. Coaches must have a copy of these regulations as well as a copy of the Rule Modifications (if any) for this tournament available at all contests. Copies of these documents are available on the NJSIAA website.

NJSIAA Director of Gymnastics

Derryk Sellers
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Tournament Director

Dorine Shapiro
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dorinenj@aol.com

NJSIAA Rules Interpreter

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New for This Year's State Tournament

1. We have moved from five sections to four (4).
2. The four (4) sections have been adjusted to better balance them based on the number of routines.

Gymnastics Tournament Dates

Event	Dates	
First Practice:	August 21, 2023	
First Scrimmage:	August 28, 2023	
Opening Day:	September 7, 2023	
Entry Form Opens:	October 1, 2023	
Entry Form Closes:	October 25, 2023	
Cutoff:	October 24, 2023	
Seeding:	October 27, 2023	
Regular Season Competition Ends:	November 12, 2023	
Post-Season Meeting:	December 12, 2023	
Tournament	Dates	Location
Sectional Championship (North I):	November 4, 2023	Ridgewood H.S.
Sectional Championship (North II):	November 4, 2023	Saint Thomas Aquinas H.S.
Sectional Championship (Central):	November 4, 2023	Hillsborough H.S.
Sectional Championship (South):	November 4, 2023	Manalapan H.S.
Team Championships:	November 8, 2023	Brick Memorial H.S.
Individual Championships:	November 11, 2023	Brick Memorial H.S.

COACHES: PLEASE MAKE NOTES OF THE FOLLOWING DEADLINES:

Deadline Date	Requirement
On or before: Tuesday, 10/24/23	Last day to Qualify for Sectionals
On or before: Wednesday, 10/25/23	Submit your: Individual or Independent entries ONLINE Use "INDIVIDUALS Entry Form" https://sites.google.com/view/njsiaa-gymnastics-tournament/home
On or before: Wednesday, 10/25/23	Submit your: Top 3 Meet Scores ONLINE Use "TOP 3 MEET SCORES Entry Form" https://sites.google.com/view/njsiaa-gymnastics-tournament/home
On or before: Wednesday, 10/25/23	Submit your: ENTIRE Team Roster ONLINE Use "TEAM ROSTER Entry Form" https://sites.google.com/view/njsiaa-gymnastics-tournament/home
Score Sheets should be scanned and emailed to your Sectional Director	

To Qualify for The Team Sectional Championships

1. Teams must be competing on a varsity interscholastic basis and sixty percent (60%) of the matches that take place on or before the cutoff date must be against New Jersey schools.
2. Matches completed after the cutoff date will not count toward qualification, even if the match was started before the cutoff date.
3. Member schools must have competed as a team, on an interscholastic basis in at least six (6) meets to be eligible for a team championship.
4. Teams must be sponsored by their Board of Education or non-public school equivalent.
5. Any gymnast with two (2) or more disqualifications in the current season, prior to the start of the tournament, will be unable to compete in the state tournament.
6. Any varsity team accumulating three (3) or more player or coach disqualifications prior to the start of the tournament will not be permitted to participate in the state tournament. Seeded teams will forfeit their right to compete if a disqualification limit is reached prior to the start of the tournament for the team.

Teams can qualify in only one of two ways:

- A. **Traditional Route:** Top six (6) Teams per Section: Having one of the six (6) highest total scores based on any three (3) meets (i.e., dual meets, tri-meets, tournaments). (Tri-meets and tournaments are considered one qualifying score for team and individual entries.)
- All qualifiers are eligible for team scoring.
 - The top 3 scores in each event count toward the team score.
 - If a team has more than 4 qualifiers on an event and wishes to add non-qualifier(s) in that event, the non-qualifiers score must count toward the team score but may not medal in that event or All-Around.
 - An All-Around qualifier must qualify in all four events.
- B. **Alternate Route:** Having at least three (3) competitors attain individual qualifying scores in all four events in at least two interscholastic meets, i.e., dual meets, tri-meets, and tournaments. Competitors do not have to compete in the all-around. (Tri-meets and tournaments are considered one qualifying score for team and individual entries.) Participation in at least six (6) meets is required.
- Tournament scores submitted will be considered only when team awards are given.
 - Coaches must be present and must remain in the gym throughout the competition. Schools will be notified by phone or email if their team will be one of the teams competing for a sectional team championship.

To Qualify for The Team State Championships

Each sectional champion (4) will automatically qualify for the state championship. The next four (4) highest-scoring teams from all the sections combined will qualify, for a total of eight (8) teams advancing to the state finals.

Individual Entry Qualifications:

A contestant who is a member of a high school gymnastics team or an independent gymnast, must achieve, in meets up to and including the cutoff date, the following NJSIAA optional qualifying scores in at least two (2) interscholastic meets. Appeals will not be heard. A contestant must achieve the minimum score.

VAULT	BARS	BEAM	FLOOR
8.60	7.80	8.20	8.50

Independent Entry Qualifications:

An independent contestant who is enrolled in an NJSIAA member school that does not sponsor an interscholastic gymnastics program may enter provided the school:

1. Submits the online entry form and the online independent competition entry form for the Sectional Championships by the date listed. Independent qualifiers must also be entered online on the same date to the corresponding sectional directors. Please email the signed official score sheets (completed in ink) to the Sectional Director.

2. Provides verification that the contestant has achieved NJSIAA optional qualifying scores listed above in two (2) interscholastic meets; master score sheets must be signed by a superior judge and both coaches and attached to the entry form.
3. Due to the additional time required to judge gymnasts from schools not sponsoring a gymnastic program when attempting to qualify for NJSIAA competition, the independent/independent's school district must pay the official(s). Such participants will be expected to reimburse the official(s) a fee of \$15.00 per official for each independent. The independent must carry a verification letter from the Board of Education for the independent and the board-approved coach.
4. The school represented by an independent gymnast must schedule with the host school, and then notify the other competing school(s). Scheduling must be done in advance, with permission of the home coach, so that all schools are aware that independents will be competing.
5. No more than three (3) independents may participate in any dual/tri-meet. Once qualifying scores have been achieved, Independents may only compete in one dual/tri meet a week after achieving the qualifying scores. Independents shall be allowed to compete in Invitationals, Conference, and/or County meets as well as State Sectional and Final meets.
6. Accepts the responsibility that the contestant will be accompanied at all meets by a coach or a certified faculty member approved by their Board of Education. The coach must remain with the athlete throughout each meet.

NOTE: A member school may enter all student-athletes who meet the qualifying criteria.

Attention Athletic Directors / Coaches of Independents:

Schools entering independents and not presently competing on an interscholastic basis are advised to carefully read the Procedures - "Coaches" Appointed to Accompany Teams or Independents to NJSIAA Championships in the NJSIAA Handbook. Tournament Directors will disqualify any contestant who is accompanied by someone in a coaching/spotting capacity who is not properly certified and appointed by the Board of Education. A properly appointed coach will thereafter be subject to the Rules and Regulations, Rule 2, Section 11 - Out-of-Season Practice. If a substitute coach is used, written authority from the school's Principal must be presented.

Entry Procedure

1. All varsity schedules & rosters must be entered in njschoolsports.com by the start of the season.
2. All scores must be verified. Only National Federation optional scores will be considered.
3. All score sheets submitted to verify teams and individuals must be signed by the Superior Judge and both team coaches. They must be scanned and emailed to the proper Sectional Director. Please circle qualifying scores. Tri-meets and tournaments count as one (1) score.
4. All team scores must be reported to www.njschoolsports.com by the home team coach as soon as possible after each contest. If you encounter problems, please contact hssupport@njadvancemedia.com.
5. All entry forms must be completed online by the entry due dates above.
6. Appeals will not be heard when an entry has not been received.
7. Team/Individual entries that are received late but are accepted, will be seeded in the last available position.
8. Coaches are reminded that all team information must be totally up to date and checked for accuracy.
9. Do not enter if your school is not able or willing to comply with tournament regulations.
10. A school that does not sponsor a gymnastics team may enter no more than two independents per season.
11. School districts with 3 or more gymnasts shall be considered a team and compete under the team regulations.
12. Member schools who sponsor gymnastics teams may not enter gymnasts as independents into dual/tri meets.

Entry Fee

- Team entry fee is \$90.
- Individual/Independent entries are \$16 per gymnast, per event. If a gymnast is entered in all 5 events (beam, bars, vault, floor, and all-around) the fee will be \$80.
- The entry fee covers both the sectional and state championships.
- All fees are payable to the NJSIAA (Please note Gymnastics Tournament).
- Forward all entry fees to: NJSIAA, 1161 Route 130 North, Robbinsville, NJ 08691

Tournament Rules & Information

1. National Federation Girls Gymnastics Rules and NJSIAA modifications will govern all championship meets.
2. Team score is determined by adding the top three (3) scores in each event for each school. Individual scores are determined by the average optional score in each event.
3. Substitutions, as per Rule 3, Section 2, Article 3, in the National Federation Girls Gymnastics Rules and Manual.
4. Appeals will not be heard; a contestant must achieve the minimum score.
5. If an ineligible gymnast causes the school's failure to qualify for the championship, or if an ineligible gymnast participates in a championship meet, said school/gymnast will be disqualified from the championships immediately and their last opponent (school/gymnast) will advance in their place; schools/gymnasts eliminated prior to the last opponent will not re-enter Championship competition.
6. Protests based upon an official's judgment, or misinterpretation, or misapplication of the playing rules will not be honored as per NJSIAA Bylaws, Article VII, Section 1.

State Tournament assignor:

Sandra Givas, (908) 528-2373. sgivas@yahoo.com

Officials Assignments

The NJSIAA will assign and pay the officials from the sectional finals to the end of the tournament.

Sectional Finals (4 Sections)

- NJSIAA will assign and pay all officials.
- 1 Meet Referee Per Section
- 4 Chief Judges Per Section
- 4 Acting Judges Per Section

State Team Finals

- NJSIAA will assign and pay all officials.
- 1 Meet Referee
- 4 Chief Judges
- 12 Acting Judges

State Individual Finals

- NJSIAA will assign and pay all officials.
- 1 Meet Referee
- 4 Chief Judges
- 12 Acting Judges

Awards

Sectional Champions:

- A team trophy and fifteen (15) certificates to the first-place team in each Section.
- Individual medals to the top six (6) places in each event and all-around in each section.

State Team Champions:

- A team trophy and fifteen (15) certificates for the first-place team.

State Individual Champions:

- Individual medals to the top eight (8) places in each event.

Tournament Schedule

Sectional Championships - November 4, 2023

North I: Ridgewood	North II: Saint Thomas Aquinas
Meet Director: Trisha Piotrowski	Meet Director: Amanda Miller
Phone: (201) 321-2913	Phone: (732) 261-5264
E-mail: TrishaP219@aol.com	E-mail: acmiller@stahs.net
Central: Hillsborough	South: Manalapan
Meet Director: Mindy Verderami	Meet Director: Dorine Shapiro
Phone: (908) 963-8049	Phone: (732) 239-2735
E-mail: mindy.verderami@sbschools.org	E-mail: dorinenj@aol.com
Independents Who Qualify Will Be Assigned to a section by the NJSIAA.	
Time Schedule (All sections - subject to change)	
9:00am Registration/Stretching/Bar Settings	
9:30am Coaches Meeting	
9:45am March-in	
10:00am Competition (Warm-up/Compete format)	

Warm-up Procedures for the Sectional Championships

The squad will warm-up prior to the start of competition for that rotation (warm-up/compete)
*(If a rotation has nine or more gymnasts on an event, the squad **may** be split in half to warm up half then compete half, then warm up the second half and compete the second half)*

Vault:

Block squad by height for warm-up
Three touches of the vault (run-by does not count)

Bars:

Block warm-up by bar setting
Warm-up time: two minutes per gymnast (not counting the time to set the bars) may be blocked.

Beam:

Warm-up time: two minutes per gymnast (may be blocked)

Floor:

Warm-up time: two minutes per gymnast (may be blocked)

Team State Championships – November 8, 2023

Site: Brick Memorial H.S.	Time Schedule (subject to change)
Meet Director: Dorine Shapiro	3:30pm Registration/Stretching/Bar Settings
Phone: (732) 239-2735	4:15pm Coaches Meeting
E-mail: dorinenj@aol.com	4:30pm March-in
	Warm-up/Compete format will begin after March-in

To compete in the team state championship, a competitor must have been officially entered in the sectional meet.

The top team in each section (4) and the remaining four (4) teams with the highest team scores from all sectional results will advance to the State Championships. Team ties for the lowest qualifying position will advance to the State Championships.

The qualifying teams will be notified by the meet director. Coaches are not to call the meet director in advance of notification. Calls from parents will not be accepted.

A team will consist of four (4) gymnasts at each event. Three (3) scores count towards the team score. Substitutions may be made prior to the start of each event.

The State Meet will be seeded:

Teams #2 & #1 - Vault

Teams #4 & #3 - Bars

Teams #6 & #5 - Beam

Teams #8 & #7 - Floor

The lower-seeded team will compete first in all events. When reporting to the event, the lower-seeded team will touch, then compete. The higher-seeded team will then follow them by touching and competing after.

Warm-up Procedures for State Championships

The squad will warm-up prior to the start of competition for that rotation (warm-up/compete)

*(If a rotation has nine or more gymnasts on an event, the squad **may** be split in half to warm up half then compete half, then warm up the second half and compete the second half)*

Vault: Block squad by height for warm-up. Three touches of the vault (run-by does not count)

Bars: Block warm-up by bar setting. Warm-up time: two minutes per gymnast (not counting the time to set the bars) may be blocked.

Beam: Warm-up time: two minutes per gymnast (may be blocked)

Floor: Warm-up time: two minutes per gymnast (may be blocked)

Individual State Championships – November 11, 2023

Site: Brick Memorial H.S.	Time Schedule (subject to change)
Meet Director: Dorine Shapiro	9:00am Registration/Stretching/Bar Settings
Phone: (732) 239-2735	9:30am Coaches Meeting
E-mail: dorinenj@aol.com	9:45am March-in
	Warm-up/Compete format will begin after March-in

To compete in the individual state championships, a competitor must have competed in the sectional meet in that event. Contestants in the first six (6) places in each event and the all-around in each Section will advance to Individual Championships. Any individual scoring 36.00 or above in All-Around at the Sectional competition, will advance as well. Ties shall stand, as per NFHS rules.