



**MEET DO'S AND
DON'T'S**

Meet Etiquette for Gymnasts and Family Members

This communication is meant as a very general guideline to help you and your child with the most frequently asked questions about competition in the USA Gymnastics Junior Olympic Program. Every gym/coach has rules that are specific to that agency or coach, so please take the time to ask and understand those rules. It is our sincere wish that your competitive experience be a positive and rewarding one.

BEFORE THE DAY OF THE MEET

Whether your meet is in your own facility or in another team's gym, it is important that you and your athlete remember that hosting a meet takes a great deal of work.

The hosting gym receives a roster of athletes from each gym wishing to participate in the competition. To give everyone an equal opportunity to take part in the meet, a deadline date is usually established. The deadline for entries can be up to six weeks to ten days prior to the event.

When the hosting gym gets all of the rosters, they may then begin to establish sessions and times. This all takes time. Please DO NOT call the hosting gym for information. The proper etiquette is to ask your own coach. It is her responsibility to furnish you with this information. Sometimes there are unforeseen problems that might cause a delay in this information being communicated, so be patient.

The schedule will be given to you in the following formats: email, handout and website.

DAY OF COMPETITION:

-PRE COMPETITION

- Items in bag: pre wrap, tape, hairspray, hair ties, comb and clips. A water bottle (NO SODA!) and a light snack (NOT CANDY!) in their bag
- Make sure your gymnast gets plenty of sleep the night before
- Do not feed them a BIG breakfast or BIG meal prior to their session
- Be at the meet site AT LEAST 15 MINUTES earlier than the start time!
- Have leotard and warm up's on and hair done.
 - Hair is to be OFF face and shoulders

***Hair and More**

-A gymnast's appearance is very important to her self confidence when at a competition. Hair should be off of her face and neck, pulled back in a bun, ponytail or french braid. Clips, bobby pins and hair spray may be used to keep strands of hair from falling down.

-There is a deduction for **any** kind of jewelry as well as **any** nail polish worn on the fingers or toes.

-Please make certain that your gymnast looks her very best when representing Team K2.

-YOU ARRIVE AT THE MEET (15 minutes early)

- There will be an entry fee for spectators, bring CASH (\$\$ depends on meet)
- Gymnast needs to go to the bathroom!
- Look for coaches
- High Fives and hugs and hand them over.
- Once you have released your child to the coaches they belong to the coaches. Gymnasts are not allowed into the viewing area. Any communication that needs to happen with your gymnast can be done through the coaches.

-Each gym club has a set of rules and regulations that have been established for your comfort and safety. ALWAYS follow the hosting gym's rules. Here are a few rules that are common to

ALL meets:

NO FLASH PHOTOGRAPHY

NO PARENTS OR SIBLINGS IN THE COMPETITION AREA

NO FOOD OR DRINKS IN THE GYM PROPER

NO PARENTS ALLOWED TO QUESTION A JUDGE

NO SPECTATORS ALLOWED ON ANY EQUIPMENT

-STRETCH AND WARM UP SESSION

- Gymnasts from every gym will be out on the floor during "general stretch" ..
- Every gym chooses different ways to warm up and so you will see a lot of different things going on.

-OPENING CEREMONIES AND COMPETITION

- Once we have done our "general stretch" the girls will do one of two things:
 1. March In or 2. Line Up at 1st event
 1. March In: girls line up in their assigned squads and follow the squad leaders out onto the floor. Each of the judges will be announced as well as the competing gyms. The gymnasts from those gyms will salute. The national anthem will be played and the gymnasts will be asked to march to their first event for timed warm up's.
 2. Line Up: girls line up in their assigned squads at their first event. Each of the judges will be announced as well as the competing gyms. The gymnasts from those gyms will salute. The national anthem will be played and the gymnasts will be asked to start their times warm up's.
- The gymnasts will meet the judges at the judges table. The judges usually tell a joke or ask the girls what their favorite event is... something that lets the girls know they are just regular people.
- Timed warm up's then take place. Each gymnast is allotted the same amount of time on each event. This gives the gymnast time to get on the actual event and warm up the skills for her routine.
 - Blocked Time: (used on Bars, Floor and Vault) combining all minutes for the girls on the team
 - Three Up: (used on beam) three gymnasts warm up, then one competes

-ROTATIONS

- After all of the gymnasts in the squad have competed on the event, the squad will rotate to their next event.
- This will repeat until each squad has rotated to each event.

-SCORES

- You will see scores ranging from 1.0 – 10.0
- Judges have a manual that they all go by and have specific deductions that they take.
- There are hundreds of deductions that can be taken on each of the routines. These deductions can be as simple as not pointing a toe to as complex as the angle of repulsion.
- Know this... a fall is a .5 deduction, a flexed toe .1 Beyond that... it is a complicated world of .25 and .275 Just let the judges do the judging.
- Once the judges have scored the routines the scores will be flashed
- Make note of the score so that you can record it on the ribbon (if desired).
- Just like GYMSTAR CADETS the ribbon color means something (I will talk on later)

-AWARDS

Most meets have a formal system for presenting awards. As an athlete, a demonstration of courtesy and gratitude is appropriate. It is customary to accept awards by thanking the presenter with a firm handshake. Congratulate the other athletes receiving awards as well. Stay on the awards podium for a brief time after all gymnasts have received their awards; this will enable parents and relatives to take your photo on the platform.

Achievement Awards

Currently, ALL TEAM K2 gymnasts in Level 2 are achievement, awards are given based on score rather than placement. This system was designed to encourage the beginning gymnast by giving her an opportunity to receive recognition based on *her* performance alone. Each color achievement ribbon represents a range of scores:

Ribbon Color / Individual Score

Blue Ribbon / 9.00-10.00

Red Ribbon / 8.00 – 8.90

White Ribbon / 7.00 – 7.90

Yellow Ribbon / 1.00 - 6.90

Placement Awards

Team K2 coaches will determine whether or not your gymnast will compete in PLACEMENT. Gymnasts are ranked in the order that they finish on each event and/or in the all-around (the total of all four events). First, second and third place, etc., awards are given out, with the number of places receiving awards determined by the number of gymnasts entered in a given age group. These awards are typically given in the form of ribbons, medals and occasionally, as trophies.

In order to advance to a South State meet, a gymnast must compete as a PLACEMENT in the District Championships.

Team Awards

The final type of award that may be earned at a competition falls under the category of Team Awards. In most meets only PLACEMENT teams will have the opportunity to receive a team award. However, there are some meets in which achievement levels can be entered into a team category. Team awards can be earned for a Small Team of gymnasts (3-5), Medium Team (6-10) as well as for Large Team (11+). The Small Team score is determined by taking the top 3 scores per event or all-around, while the Medium Team score is determined by taking the top 5 and Large Team score is determined by taking the top 7 (in some cases scores per event or all-around).

Regardless of the type of awards offered at a competition, it is important to remember that it is not the winning that counts, but the effort and sense of personal accomplishment that an athlete feels when doing her “personal best”.

-THE CONCLUSION OF THE COMPETITION

- When the meet is over the coaches will have a quick meeting with the gymnasts
- We will then gather for a group photo
- Gymnasts will be released back to their parents

COMPETING IS A PRIVILEGE:

Your gymnasts have earned the right to compete in the USA Gymnastics Junior Olympic program, through countless hours of hard work and dedication to the sport. Please remember that competing is a privilege and as such, should not be taken for granted. All gymnasts should conduct themselves with dignity, composure and good sportsmanship.

At all meets, please keep in mind that you are a guest, whether you are competing at a “home” meet or at an “away” meet. Treat the hosting facility, its equipment and all other gymnasts with respect and courtesy. Support your teammates by cheering in a courteous manner and congratulating them. Be friendly and polite to all judges, coaches and other gymnasts ***regardless of whose team they are on.***

GYMNAST BEHAVIOR: Our Expectations of them

- Of course we expect good behavior. We have a 3 strike policy. If a coach has to ask a gymnast to “get in check” three times, she will be done with the meet. She will be asked to sit with her parents, but need to stay for the remainder of the competition. Once awards are being presented, she may return to the group/coach.

PARENTS BEHAVIOR: Our Expectations of you

As coaches, we do not spend time in the stands so we have no idea what the vibe is amongst you all, but we just want to make sure you are all behaving as well as your gymnasts!

Please keep these things in mind:

-You never know whose parents or grandparents you may be sitting next to. Please say only positive things, no negative comments. You *too* are representing K2 and our competitive program.

-Respect the judges, regardless of your child's score. There are entirely too many intricate details of how/what deductions can be taken for any parent (who is not a trained judge) to grasp. Trust me when I say, judging isn't easy. Please know that if there is an ACTUAL problem with the score... the coach will get the low down.

-Try not to define success and failure in terms of winning and losing. When a gymnast performs HER best, but still doesn't come in first or get her best score, you need to help them feel like a winner for their improvements and accomplishments.

-Most importantly YOU need to be your gymnasts' biggest fan! Look for any and everything she did well and let the coaches worry about the mistakes and failures.

Gymnastics Scoring Guide for Spectators

The sport of gymnastics combines athletic strength, technical perfection and graceful presentation.

The scoring in gymnastics is a negative system, based upon a perfect routine of 10.00 points. Judges make specific deductions for errors throughout the routine, total the deductions and subtract that amount from 10.00 points to arrive at the score.

Deductions are made for falls, bent arms and legs, flexed feet, poor rhythm, improper conduct of a gymnast or coach, for improper dress and for coaches spotting the performer.

There are normally two judges per event and each score must be within specific ranges of each other; the scores are averaged and the final score flashed. **If** the scores are not within acceptable ranges the judges must confer and adjust each score until they are within the allotted margin and then average the scores.

NOTES