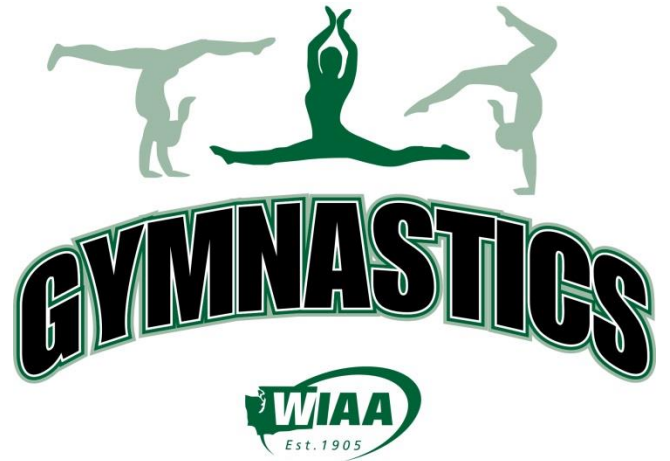


# 2023 State Championships

February 23-25, 2023 | Sammamish High School, Bellevue



## STATE MEET INFORMATION

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**NOTE: The state meet rotations will be posted on the WIAA website on Sunday, February 19, 2023.**

**MEET MANAGER: Dwayne Johnson**  
cell (360) 477-7280 | [dwjohanson@portangelesschools.org](mailto:dwjohanson@portangelesschools.org)

# 2023 STATE GYMNASTICS MEET INFORMATION

Sammamish High School | Thursday, Friday and Saturday, February 23-25, 2023

**Meet Manager:** Dwayne Johnson  
**Meet Referee:** Dean Ratliff  
**Equipment Manager:** Jacob Brown  
**Announcer:** Cindy C-Wilson  
**Scorekeeper:** Barent Hoffman

**Coaches Meeting:** The coaches meeting will be held via [Zoom on Tuesday, February 21, 2023, at 7:00 pm.](#)

**Tentative Schedule:**

**2A/3A on Thursday, February 23**

9:00am Facility open to participants  
10:00am Doors open to public  
11:00am 2A/3A Individual and team stretching  
12:00pm 2A/3A Individual and team march-in  
12:15pm 2A/3A Individual and team rotations  
3:15pm Individual and team stretching  
4:15pm 2A/3A Individual and team march-in  
4:30pm 2A/3A Individual and team rotations  
7:45pm or following final performance: 2A/3A Team trophies, All Around medals, WSGCA awards, 2A/3A finalists announced

**2A/3A on Friday, February 24**

9:30am Facility open to participants, doors open to public  
11:45am 2A/3A finalists march-in  
12:00pm 2A/3A finals competition  
2:00pm or following final performance: 2A/3A individual event awards

**4A on Friday, February 24**

2:00pm 4A Individual and team stretching  
3:00pm 4A Individual and team march-in  
3:15pm 4A Individual and team rotations  
6:30pm or following final performance: 4A Team trophies, All Around medals, WSGCA awards, 4A finalists announced

**4A on Saturday, February 25**

8:45am Facility open to participants, doors open to public  
10:45am 4A finalists march-in  
11:00am 4A finals competition  
1:00pm or following final performance: 4A individual event awards

**Souvenir Merchandise** Participants are encouraged to pre-order state event merchandise at [www.RushTeamApparel.com](http://www.RushTeamApparel.com) beginning Saturday, February 18, at 10am. Garments available for pre-order are sweatshirt, t-shirt, long sleeve t-shirt and sweatpants. The deadline to pre-order will be on Tuesday, February 21, at noon. Merchandise will be available for pick up at the Rush Team Apparel booth. **Additional items are available on site.** Post event orders will also be available at [www.RushTeamApparel.com](http://www.RushTeamApparel.com).

**Pass Gate:** The pass gate for teams, officials, tournament workers, and supervisors is located at the lower NE double doors into Sammamish High School. Use the pass gate when returning to watch rather than coming in through the spectator entrance on the main level.

- Supervisors:** School supervisors must check in at the Pass Gate with photo ID. **The supervisor is responsible for their school's conduct.**
- Fans:** All fans must stay in the designated seating area. Fans are not allowed in the warm-up gym or on the competition area.
- Fan Information:** Please advise your fans about the information available in the fan link posted on the WIAA web site at WIAA.com. Doors open for the public one (1) hour before the competition.
- Cheerleaders:** Cheerleaders, in uniform and accompanied by their coach, will be admitted at no charge through the pass gate if a cheer roster has been submitted in Final Forms by the school's athletic director.
- Concessions:** Concessions will be available for the teams and spectators. There are several food establishments within a short driving distance from Sammamish HS listed on yelp.com and tripadvisor.com.
- Filming:** Filming is allowed from the bleachers only provided vision is not blocked for fans. Bring your own accessories as an electrical outlet will not be provided.
- Handicapped Seating:** Handicap seating at court level will be available. Please have your school's supervisor request assistance from the tournament manager or floor manager.
- Locker Rooms:** Limited locker rooms are available for use but are not secure.
- Medical Personnel:** Athletic trainers will be on duty throughout the tournament. The trainer will be on duty one (1) hour before the event starts each day. **Please supply your own taping materials.**
- Music:** **Schools must have the appropriate licensing to play music.** Coaches must bring music for floor exercise routines on an iPhone or iPad to plug into the music system.
- Noisemakers:** **Balloons, silly string and artificial noisemakers will not be allowed and will be confiscated. Schools will be billed for the additional cleanup charges.**
- Team Parking:** There are ample parking lots for teams and spectators at Sammamish High School.
- Passes:** Coaches' passes (wrist bands) will be in the team packet. **WRIST BANDS MUST BE WORN ON THE WRIST and will be used for admission into the facility and for access into the warm-up and competition gyms.** Coaches who lose their wrist band must buy a ticket and will lose their privileges.
  - Approved school medical Staff will be provided a WIAA wrist band. Medical personnel must check in with the event medical staff.
  - **LOST PASSES WILL NOT BE REPLACED!** (Purchase of a ticket will be required)
  - If the team travels by bus, the team BUS DRIVER must sign in and will be admitted at no charge through the pass gate.
- Signs:** Hand held signs, provided they are positive, in support of that team, and do not block the view of any fans, will be allowed. The official school banner may be displayed.
- Souvenir Photos:** Northwest Sports Photography will take team pictures as requested on Thursday and Friday. Action pictures will be taken throughout meet and will be for sale on site and online at 4nsp.com. **School photographers will not be allowed access into the warm-up or competition areas.**
- Team Registration:** Log onto [www.mywiaa.com](http://www.mywiaa.com) to enter your team or individual roster and pass gate information.

**Utilizing students for support positions:** Students younger than high school age will not be allowed for any support positions at a WIAA State Championship event UNLESS the school signs a waiver ahead of time and the school assumes all risk.

- Ticket prices:** On site ticket sales will be DIGITAL (PAPERLESS) ONLY. A small convenience fee will be added to the ticket price. [PURCHASE TICKETS ONLINE HERE](#)  
Adult / senior / student with ASB card  
Single Day \$11 / \$8 / \$8  
All Event \$20 / \$14 / \$14
- Meet:** WIAA-approved rules for gymnastics will apply. The 2022-23 WIAA Bound for State Gymnastics Regulations are included and will be followed.
- Valuables:** Collect and secure all valuables. Management cannot be responsible for lost or stolen items. Locker rooms are available but not secure.
- Water for teams:** Water bottles can be refilled at the water fountains located in various areas of both gyms.
- Concerns/Questions:** Please contact Dwayne Johnson with any questions or concerns.  
Phone: (360)477-7280 [dwjohnson@portangelesschools.org](mailto:dwjohnson@portangelesschools.org)

Good sportsmanship is an important part of athletic competition and must prevail throughout the meet.

# 2022-23 Bound for State Regulations

Changes from the 2021-22 Gymnastics Bound for State Regulations are indicated in bold type and shaded.

## State Meet Format

The team and all around competition will take place on the first day for that classification, with the individual finals on the second day for that classification.

The classifications will rotate competition days every other year. The 4A schools will compete on Friday and Saturday during the school years ending with an odd number, and will compete on Thursday and Friday during the school years ending with an even number.

## State Meet Equipment

AAI Bars Extra-Wide Bars, Floor, AAI Vaulting Table, AAI Reflex Beam

## Allocations

All around qualifiers will be from schools which do not qualify teams. Individual event qualifiers will be gymnasts who have not qualified in the all-around allocations and will be from schools which do not qualify teams. An athlete who qualifies to the state meet as a team member or individually will be eligible for all individual awards and all around awards. Allocations will not be exceeded unless a tie occurs at the last allowable qualifying place. In the event of injury to a qualified competitor, the position will not be filled.

A team score typically counts the top five (5) scores on each event. If a team, however, has only four (4) compete on an event, their scores will combine for a team score, making them eligible to receive a team award.

## Admission

**All team/school personnel must be entered into the schools MyWIAA account.**

1 pass per competitor, with a maximum of sixteen passes per team

If a school has one (1) to nine (9) participants, three (3) coaches' passes may be issued.

A school with ten (10) or more participants may be issued four (4) coaches' passes.

One (1) medical (must be licensed health care provider and entered into pass gate list on mywiaa)

Managers, statisticians, support personnel must be bona fide 7<sup>th</sup> through 12<sup>th</sup> grade students of the school district or school-district approved adults. **Students below high school must have an approved form signed by parent.**

**Utilizing students for support positions at athletic events**— Students younger than high school age will not be allowed for any support positions at a WIAA State Championship UNLESS the school signs a waiver ahead of time and the school assumes all risk.

Pass gate personnel are restricted to only those individuals and/or teams who have qualified for that event.

## Qualified Contestant List

**Score and meet results MUST be submitted from ProScore.** School Administrators must submit the list of qualified the sixteen (16) competitors to the State Qualifying Meet managers by entering the sixteen (16) team members on their school profile page through [www.WIAA.com/MyWIAA](http://www.WIAA.com/MyWIAA) and clicking Tournament Registration under My Tasks. The school athletic director has access to this site. The deadline for submission is the Thursday prior to the State Qualifying Meet. Substitutions will not be allowed after the sixteen names have been submitted.

When a team qualifies to the State meet, that official roster will be forwarded with all the other qualified entrants to the State Meet Manager. The roster submitted at the respective qualifying meet will be the school's roster for the State Meet. No substitutes are allowed. This information will be submitted to the State Qualifying Meet Manager prior to the beginning of the meet. The same sixteen (16) athletes will be the only members allowed to compete at the State meet once the form is submitted to on the WIAA website.

### **Qualification Procedure**

Gymnasts must compete in an event in order to qualify to compete in the next level of competition.

### **Qualifying and State Meet Competition General Rules**

1. The current WIAA Rule Book for Gymnastics will be used at all qualifying and State Meet competitions.
2. **Team Composition:** A team consists of six competitors per event, including any all-around competitors, with five (5) scores counting, and a maximum of sixteen (16) competitors per team.
  - a. All team support personnel (i.e. coaches, assistant coaches, managers, medical personnel, etc) are expected to dress in professional attire at all times while on the competitive floor or warm-up area.
  - b. All athletes are expected to wear only their official team leotard or team sweats while on the competitive floor or warm-up area, including the march in, march out and awards ceremonies. Athletes in street clothes or other non-gymnastics attire will not be allowed onto the competitive floor or into the warm-up area. Coaches and medical personnel must have a visible WIAA credential in order to be allowed onto the competitive floor or warm-up area.

3. Team substitutions are permitted from within the **sixteen (16) person team** roster submitted; once a gymnast is substituted, she is out of the event only.

Once a contestant has qualified for an event, participation is required in that event at the State Qualifying Meet and State Championship Meet. If the contestant does not compete then the contestant will be disqualified from the rest of the meet and the team shall forfeit all individual and team points earned in any event.

4. **Entries and Registration:** The Meet Director of each of the state qualifying meets will compile the list of qualifiers for the State meet and e-mail the list to the State Meet Director immediately following the qualifying meet. **Results through ProScore will be forwarded to the State Meet Director.**
5. **Order of Competition**
  - a. The rotation order of individual competitors will be determined by the meet manager.
  - b. The event order for each team session will be determined by a draw. The order of competitors on each team will be determined by the coach.
  - c. All-Around and Individual Event Qualifiers will be divided into equal groups at the discretion of the meet director with competitors from the same school grouped together.

## 6. Scoring

- a. Team scores will be determined by adding the top scores from the competitors for each team (maximum of five (5) scores) per event: vault, bars, beam, and floor.
- b. Individual Event Scores: Judges may score to the nearest hundredth (0.00). The placement in the individual events will be determined by the average score for each competitor. All ties will advance to the next level of competition with the scores carried out to the nearest thousandth (0.000).
- c. Individual Event Averages - Each judge will compute his/her own start value. The score for an individual event will be determined from the judges' scores. All judges' scores (whether 2, 3 or 4) must be within specified ranges.
- d. All-around totals will be determined by adding the average scores of the four all-around events (vault, uneven bars, balance beam and floor exercise).

## 7. Scoring Procedure

- a. Judges scoresheets shall be provided to the head coach of each competing team (one (1) for each event). Scoresheets will be on the event score tables prior to the competition.
- b. Master Score Table –This table shall be isolated from spectators and other interference. The Master Scorer's duties are to:
  1. Receive and check the accuracy of all event cards.
  2. Ensure accuracy of scoring program.
  3. Input any corrections in the scoring program.
  4. Determine team scores for each event.
  5. Determine the top sixteen (16) gymnasts (by their scores) to advance to the finals in the 16 entry tournament. Determine the top eight (8) gymnasts (by their scores) to advance to the finals the 8 entry tournament
- c. Inquiries: Score inquiries are permitted in accordance with the WIAA Rule Book for Gymnastics.

## 8. Jury of Appeals

The Jury of Appeals will be comprised of the Meet Director, Meet Referee (Jury Chair), Head Judge, a neutral Judge and the WIAA Liaison. A formal protest must be filed in writing and given to the Meet Referee or Meet Director within five (5) minutes of the completion of the rotation.

## Selection of Judges

- a. There shall be two (2) judges per event.
- b. The Meet Referee and all officials will be selected by the WIAA.
- c. The selections of the judges will be based on the WIAA Selection Procedure and judges must meet one of the following criteria:
  1. The judge must hold a minimum rating of a USA Gymnastics Level 9.
  2. The judge must have been an active registered WOA official in gymnastics in Washington for the most recent ten (10) consecutive years if they have never had a USA Gymnastics rating of Level 8 or higher.

3. The judge must have been an active registered WOA official in gymnastics in Washington for the most recent five (5) consecutive years if they have had a USA Gymnastics rating of Level 8 or higher.
4. A judge who does not meet the above criteria may be assigned to the meet if no judges who meet the criteria are available.

### **Evaluation Form**

The New Move Evaluation form is required on the floor. This New Move Evaluation Form must be provided to the Meet Referee for pre-meet discussion. A copy should be kept by the head coach to verify the actual difficulty attempted while his/her gymnast performs.

### **Results**

Results will be available on the WIAA website after each session and at the conclusion of the meet.

### **Meet Packets**

Each head coach is encouraged to pick up the team packet upon check in at the pass gate.

### **Flash Photography**

Flash photography is prohibited during the State Meet. After appropriate warning announcements have been made, violators may be asked to leave the facility by the Meet Manager and/or Meet Referee.

### **Programs**

It is the coaches responsibility to submit team photos and rosters by the published deadline. Souvenir programs may be purchased at the State meet. One (1) copy shall be included in each coach's packet.

**Awards:** Team trophies and individual medals will be presented at the conclusion of each day's event.

### **Ties**

In case of ties, all contestants will receive the appropriate place awards.

### **COACHES RESPONSIBILITIES & ETHICS**

1. Coaches are expected to conduct themselves with decorum and self-control at all times.
2. If a coach persists in unruly conduct or inappropriate behavior, they may be warned. The team or individual gymnast from that team may receive a 0.3 deduction for each misconduct following the official warning. The Meet Referee at the Qualifying or State meet and the Head Judge at the dual, tri and quad meets shall assess the deduction.
3. Consistent misconduct will result in the coach being removed from the competitive floor by the Meet Referee or Meet Manager.
4. Coaches may not approach the scoring table at any time during the competition to ask for scores. This request should be handled by the Meet Manager.



**UNDERAGE WORKER FORM: RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK,  
AND INDEMNITY AGREEMENT ("AGREEMENT")**

Sport: \_\_\_\_\_ Role: \_\_\_\_\_ Date of Event: \_\_\_\_\_

School Representing (if applicable): \_\_\_\_\_ Athletic Director: \_\_\_\_\_

In consideration of participating in the **2022-23 Washington Interscholastic Activities Association (WIAA)** \_\_\_\_\_ **(NAME OF EVENT)**, I represent that I understand the nature of this Activity and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I acknowledge that if I believe event conditions are unsafe, I will immediately discontinue participation in the Activity.

I fully understand that this Activity involves risks of serious bodily injury, including permanent disability, paralysis and death, which may be caused by my own actions, or inactions, those of others participating in the event, the conditions in which the event takes place, or the negligence of the "Releasees" named below; and that there may be other risks either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in the Activity.

I hereby release, discharge, and covenant not to sue **Washington Interscholastic Activities Association**, its respective WIAA Districts, administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "Releasees" herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations; and I further agree that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, I, or anyone on my behalf, makes a claim against any of the Releasees, I will indemnify, save, and hold harmless each of the Releasees from any loss, liability, damage, or cost which any may incur as the result of such claim.

I have read this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, understand that I have given up substantial rights by signing it, and have signed it freely and without any inducement or assurance of any nature, and intend it be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

**I HAVE READ THIS RELEASE**

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Printed Name of Student Participant

\_\_\_\_\_  
Date

**PARENTAL CONSENT**

AND I, the minor's parent and/or legal guardian, understand the nature of the above referenced activities and the minor's experience and capabilities and believe the minor to be qualified to participate in such activity. I hereby release, discharge, covenant not to sue and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releasees from all liability, claims, demands, losses, or damages on the minor's account caused or alleged to have been caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations, and further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the above Releasees, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss liability, damage, or cost any Releasee may incur as the result of any such claim.

**I HAVE READ THIS RELEASE**

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Printed Name of Parent/Guardian

