



Kansas State High School Activities Association

2018 GYMNASTICS ANNOUNCEMENTS

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RULES MEETING - MONDAY, AUGUST 27 - SHAWNEE MISSION WEST HIGH SCHOOL, 7 P.M.

The National Federation of State High School Associations "Girls Gymnastics Rules Book" and the Kansas State High School Activities Association "Handbook" shall be the rules that govern the Kansas interscholastic Girls Gymnastics program.

REQUIRED RULES MEETING AND TEST

HEAD COACHES and ALL REGISTERED JUDGES

1. Rules Meeting

- Must attend rules meeting conducted prior to the season.
- Attendance card must be completed, signed and turned in at the end of the meeting (*head coach and judge only*).

2. Rules Test

- Must take an NFHS "open-book" gymnastics test. Answers must be submitted online **July 30 - August 30**. Coaches' test mailed to athletic director in early August. Judges' test mailed in July (in packet if just registered).
- **The test will be taken online only. Online exam will be completed by the OnCore application. See instructions with test.**
- *NFHS 2018-20 Gymnastics Rules Book* - \$7, at meeting and via mail
- Must score 90% or better. If not:
Coaches - school name is printed in *KSHSAA Activities Journal*
Judges - not eligible for postseason
- KSHSAA must receive test answers by **August 30**. If not:
Coaches - \$25 fee to KSHSAA, school name is printed in *Journal*
Judges - placed on probation or suspension

SCHOOL RESPONSIBILITIES

1. KSHSAA Registered Judges are Required

Please ask to see judge's license for proof of current year registration. It is recommended that registered judges be used for all non-varsity competition as well.

2. Communication Important

Please communicate with visiting schools and judges prior to each contest in order to eliminate unwanted challenges.

3. Reports to KSHSAA

Please report unusual situations or sportsmanship challenges to the KSHSAA (for reports on judges, see Form S found at www.kshsaa.org). The KSHSAA would also like to be informed of positive and rewarding experiences that take place.

4. Official Recommendations Form GYM-1 (Due September 25)

State Judges will be assigned by the KSHSAA based on the recommendations submitted by participating member schools. **PLEASE SUBMIT FORM GYM-1** (found at www.kshsaa.org) **BETWEEN SEPTEMBER 18-25**. Please list at least five judges and the event for which you would recommend them.

**FAILURE TO SUBMIT
FORM GYM-1
WILL RESULT IN A \$50 FINE
TO MEMBER SCHOOLS!**

COACHES

1. Participation Dates - 2018 Season

- **Monday, August 13**
First day of practice
- **Friday, August 31**
First day of competition
- **Saturday, October 20**
Last day of 2018 season

2. Practice

New practice rules are in place for all fall activities. Please see Rule 30-1-8 (page 7).

3. Athlete Physicals

ALL high school and middle school athletes must have a KSHSAA physical examination/parental consent form completed and turned in before they are allowed to practice!

The physical may not be taken/dated earlier than **May 1, 2018**.

No student representing a member high school shall **PARTICIPATE IN MORE THAN 10 MEETS** (*exclusive of the state meet*).

3. Who Can Coach

KSHSAA RULE 10 - Only certified coaches (certified in compliance with the standards established by the Kansas State Board of Education) or coaches aides (through application and approval from the KSHSAA) are allowed to work with the team. **NO OUTSIDERS OR VOLUNTEERS MAY COACH OR ASSIST WITH COACHING DUTIES, with the exception provided for individuals who are certified staff, employed by the member school at the same school site.**

All schools hosting a gymnastic event will be required to send the KSHSAA their meet results no later than 24 hours after the meet has concluded.

DURING THE SCHOOL YEAR, COACHES MAY ONLY BE INVOLVED WITH THEIR ATHLETES DURING THE SEASON OF SPORT.

- COACHES MAY transport their athletes to nonschool competition in their sport outside the season-of-sport.
- COACHES MAY NOT transport their athletes to camps/clinics in their sport outside the season-of-sport.

THE 2018 SEASON IS FROM AUGUST 13 - OCTOBER 20.

NOTE: THE FINAL DATE FOR A MEMBER SCHOOL ATHLETIC PRACTICE IS THE DATE THE SCHOOL IS ELIMINATED FROM POSTSEASON COMPETITION.

JUDGES

1. Registration

The last date for individuals to register online as a KSHSAA gymnastics judge is August 24.

2. KSHSAA Rule 11 - Athletic Officials

Neither a member school nor an approved school shall take any action to prevent an athletic official from officiating a contest because of the official's race, sex, religion or national origin. Neither shall a member school or an approved school participate in a contest for which an athletic official has been excluded from officiating because of the official's race, sex, religion or national origin.

3. Meet Contracts

The Arbiter online assigning program will be used by some league commissioners. Judges will receive and accept contracts via email. Email reminders will be sent to judges prior to the contest.

ALL CONTRACTS MUST BE MADE IN WRITING, CLEARLY SETTING FORTH THE TERMS. It is advisable to confirm the date at least a week prior to the meet. A judge's word is his/her bond. **If contracts are broken by schools or judges, the KSHSAA should be notified.**

- The host school should make the judge's check available to all judges prior to the meet or immediately thereafter.

4. Communication Important

Contact school—If you do not hear from the school prior to your assignment, please contact them regarding details you might need: meet time, location of contest, where to park, etc.

5. Reports to KSHSAA

Please report unusual situations or unsportsmanlike conduct by athletes, coaches or fans which distract from the educational environment. The KSHSAA would also like to know of positive and rewarding experiences that take place.

6. Postseason Application

Judges, please make application with the KSHSAA to work the state tournament. The application form is located online and will also be mailed to all registered judges in early September.

Please complete and return the application form **NO LATER THAN SEPTEMBER 26.**

7. Postseason Assignments

- Assignments of judges for postseason meets will be based on schools' recommendations.
 - Priority and first consideration will be given to those who have met the following standards for the 2018 season:
 - a. Attending a KSHSAA gymnastics rules meeting
 - b. Scoring a 90% or above on the written exam
 - c. Receiving recommendations from participating member schools
- The state meet will use two judges per event (all four events running simultaneously) and the meet referee.

The KSHSAA will make every attempt to provide for equal geographical distribution of judges at all postseason meets, insofar as possible.

Please NOTE, AND ENFORCE: Rule 2-2-1b.2 - Judges are to be placed apart from one another.

COACHES & JUDGES

1. Questionnaire Participation

PLEASE complete and return surveys received from the NFHS and/or KCA (*KS Coaches Assoc.*) and KGA (*KS Gymnastics Assoc.*). Your input is valued and appreciated.

NOTE: Please contact the KSHSAA with any concerns regarding the gymnastics program (*i.e., suggestions for change or modification to the rules*).

2. Recruiting New Judges

There is an ongoing need for recruiting officials in all activities and providing them with opportunities to work so they can improve their skills.

Please encourage former gymnasts, parents and those who officiate in other sports to register as a gymnastics judge.

Interested individuals may register at any gymnastics rules meeting or contact the KSHSAA.

COOPERATIVE AGREEMENTS & TEAM SCORES

RULE 29-2-1b - In those activities where there is an absence of an effective program in one of the schools, a combined program may be established, provided a need is shown to the Executive Board. Examples which may constitute needs are: (1) insufficient numbers; (2) lack of staff; and (3) lack of facilities.

NOTE: For a quasi-team sport, schools in a cooperative agreement may compete together during the regular season but must then represent their own school in postseason.

RULE 30-1-5a - Interscholastic scrimmages (practices) in all activities shall be prohibited. In Gymnastics, Swimming & Diving and Track & Field (pole vault only), schools who employ the same coach and share facilities and equipment may practice together and not be in violation of the prohibition on interscholastic scrimmage.

Based on the qualifying standards for state competition (the top eight (8) teams will qualify for the state meet, based on the average of their top four (4) meet scores) and based on the fact that Rule 29 does not allow schools

in gymnastics to compete together in postseason competition, schools in a Cooperative Agreement in Girls Gymnastics may remain as such (practice together and attend the same meets); however, the two schools must compete under their school name and be scored separately.

POSTING MEET RESULTS ON GYMNASTICS WEBSITE

The KSHSAA will post the team and individual results from all regular season gymnastics meets on the Gymnastics page of the website. To obtain this information, please go to “*Other Information*” and click on “*Regular Season Results*.”

NOTE: All schools hosting a gymnastics event will be required to send the KSHSAA their meet results no later than 24 hours after the meet has concluded.

Please send to cgleason@kshsaa.org and levans@kshsaa.org

COMPETITION AREA

- **NFHS Gymnastics Rule 5-1-1:** Only competitors and officials shall be permitted on the floor during competition. Coaches and/or gymnasts may be present to spot except on floor exercise. (Officials would include the judge’s student assistants.)
- The KSHSAA will work with the state manager and the meet referee in reasonably accommodating a press pass for photo opportunities. Only those with a KSHSAA issued state gymnastics pass will be granted access to the floor.
- School administrators, parents, other students and spectators are to remain seated in the spectator area (exception: event manager). This is extremely important for the safety of the gymnasts and to allow judges an unobstructed view of the performance they are judging.

POSTSEASON MEET INFORMATION

1. No Regional Meets

There will be no regional qualifying meets in the 2018-2019 season.

2. State Meet Organization

The STATE MEET shall be **CONDUCTED IN ONE DAY WITH ONE SESSION**. All four events will run simultaneously with two judges per event. Continuous bump rotations will be used.

3. Pre-Meet Warm-Ups

During the regular season and post-season competitions, the host school will announce the warm-up times and rotation to be used. At the request of the KCA, state host schools will determine the warm-up (traditional, capital cup, modified capital cup).

4. Scoring System

THE DUAL MEET SCORING SYSTEM shall be used in KSHSAA post-season meets. The event score for a team is computed by adding the three highest scores of the competitors for that team in that event. The team score is computed by adding the four event scores.

STATE MEET

The 2018 STATE MEET, hosted by **SHAWNEE MISSION SOUTH High School**, will be held on **SATURDAY, OCTOBER 20 at 11 a.m.** John Johnson will be the tournament manager. One meet will include all classes.

1. Qualifying for State Meet

TEAMS: The top eight (8) teams will qualify for the state meet, based on the average of their top four (4) meet scores. Results of non-invitational as well as invitational meets will be considered.

INDIVIDUALS: The top five (5) gymnasts in each individual event who do not qualify as a member of team will advance to state competition. These individuals will be determined by averaging their top three (3) scores from the season.

In the event a gymnast has less than three scores in the event, the missing scores are entered as zeros.

NOTE: Individuals qualifying for the state meet must have a minimum average of 7.0 on the event they are qualifying for.

2. Team Entries

A team is limited to five (5) entries per event. There is no limit to the number of all-around gymnasts from a given school.

3. Entry Form

Entry Form GYM-2 is due to the KSHSAA **NO LATER THAN FRIDAY, OCTOBER 12.**

Schools are asked to submit GYM-2 if uncertain about qualifying for the state meet. Upon notification of qualifying, please send the entry fee to the KSHSAA.

4. Competition-Teams

Teams will compete as units with all five (5) of the team entries per event competing consecutively.

5. Competition-Individuals

There will be one group of five (5) individuals per event.

6. State Qualifiers

A. Regular Season Results - In order to determine the state qualifying teams and individuals, **ALL SCHOOLS HOSTING A GYMNASTIC EVENT WILL BE REQUIRED TO SEND KSHSAA THEIR MEET RESULTS NO LATER THAN 24 HOURS AFTER THE MEET.** Results must include a complete list of all participants and their scores per event and a complete list of teams and their final scores.

B. Posting Meet Scores - A spreadsheet of team and individual scores will be posted on the KSHSAA gymnastics website throughout the season.

C. State Qualifiers Determined - The last day for meet results to be considered for state competition is Saturday, October 13. The eight (8) qualifying teams and five (5) individuals per event will be determined and announced on MONDAY, OCTOBER 15.

D. Meet Rotation - The final meet rotation will be posted on the KSHSAA website MONDAY, OCTOBER 15.

7. Medals And Trophies

Individual and all-around medals will be presented to the first through sixth place individual winners. Trophies and medals will be presented to first, second and third place teams.

This announcement sheet is also located at:
www.kshsaa.org>Athletic>
Gymnastics>Other Information>
Announcements

STATE PROGRAM

1. ALL SCHOOLS PARTICIPATING MUST SEND A 5x7 PHOTOGRAPH OF THEIR TEAM AND COACHES (IN UNIFORM) TO REACH THE KSHSAA NO LATER THAN OCTOBER 1!

2. A GOOD PHOTO . . .

- is no larger than 5x7
- shows all faces
- is arranged in 2-3 rows
- is accompanied by proper identification—**PLEASE!**
- is planned for well in advance to allow for a retake
- **arrives at the KSHSAA before the deadline date**

3. **Emailing Digital Pictures**

Digital team photos may be sent via email to cgleason@kshsaa.org.

PLEASE SEND YOUR TEAM PHOTOGRAPH TO THE KSHSAA NO LATER THAN OCTOBER 1!

2018 GIRLS GYMNASTICS CHECKLIST

- | | | |
|--------------------------|---------------------|---|
| <input type="checkbox"/> | July 30 - August 30 | NFHS Gymnastics exam answers due to KSHSAA (page 1) |
| <input type="checkbox"/> | August 24 | Official (judge) registration ends (page 2) |
| <input type="checkbox"/> | September 18 - 25 | Judge recommendations (GYM-1) due to KSHSAA (page 1) |
| <input type="checkbox"/> | September 26 | Judges' application for state meet due to KSHSAA (page 2) |
| <input type="checkbox"/> | October 1 | Team picture (with ID) due to KSHSAA (page 4) |
| <input type="checkbox"/> | October 12 | State Entry Form (GYM-2) due to KSHSAA (page 3) |
| <input type="checkbox"/> | October 13 | School varsity final date for meet results to reach KSHSAA (page 3) |
| <input type="checkbox"/> | October 15 | Qualifying teams and individuals announced |
| <input type="checkbox"/> | October 15 | State Meet rotation posted on KSHSAA website |

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ALL KSHSAA FORMS ARE LOCATED ONLINE. SEE YOUR SCHOOL ADMINISTRATORS.

SELECT KSHSAA RULES

RULE 14

BONA FIDE STUDENT

Section 1: General Regulations (apply to grades 7-12)

Art. 1: In order to be eligible for participation, the student must be a bona fide undergraduate member of that school and in good standing. (See **Rule 22-1-3, Outside Competition and Rule 30-2-2, Seasons of Activities.**)

In order to participate in practice, the student must be a bona fide undergraduate of that school and one who is eligible or has the possibility of eligibility.

Art. 2: A student who is under penalty of suspension or whose character or conduct brings discredit to the school or to the student, as determined by the principal, is not in good standing

and is ineligible for a period of time as specified by the principal.

Art. 3: A student who uses any form of tobacco, illegal drugs, alcoholic beverages, etc., at school events is not in good standing.

Art. 4: A student who uses anabolic steroids would be ineligible for interscholastic competition until such time as medical evidence can be presented that his/her system is free of that drug.

Art. 5: A student shall not be permitted to make up work after the close of the semester for the purpose of becoming eligible. A "condition" or an "incomplete" shall count as a failure. However, should a student have an excused absence for day(s) missed, completing such work per school policy (illustration: two days for every day missed) would not be considered as "make up" per se.

Summer school is not to be used for making up credit deficiencies for the purpose of becoming eligible.

Art. 6: If the student competes under an assumed name, he or she shall be ineligible in all sports.

RULE 22

OUTSIDE COMPETITION

Violation of this rule shall make a student ineligible for the remainder of that sport or scholars bowl or debate season, unless he or she is reinstated by the Executive Board.

Section 1: General Regulations (apply to grades 7-12)

Art. 1: A student who is a member of a school athletic, scholars bowl or debate squad effective Tuesday following Labor Day through Fri-

day preceding Memorial Day may not participate as a member of an outside team or as an independent competitor in the same sport, scholars bowl or debate activity.

(Exception: See Rule 4, United States Olympic Committee-Sponsored National Trials and Competitions.)

NOTE: Informal participation on the part of the student athlete, such as that experienced on the black top (concrete), in the park, local “Y,” etc., is not considered a violation of this rule, provided it was not formally called or organized, no coaching takes place, where no official score is kept, time kept, officials used, etc.

Intra non-school youth group athletic participation is not considered a violation of this rule. Inter non-school youth group athletic participation is a violation.

Art. 2: A student shall not be prohibited from competing on a special team within his or her own school such as an FFA team, etc. All members of such teams must be bona fide students, however, and eligible under the rules of the Association.

Art. 3: A student becomes a member of a school’s athletic squad, scholars bowl or debate team when he or she first participates in a practice session.

A student ceases to be a squad member after his or her last contest for the school’s athletic squad, scholars bowl or debate team or when the membership on a squad is terminated. *(See Rule 14-1-1, Bona Fide Student and Rule 30-2-2, Seasons of Activities.)*

RULE 26

ANTI-TRYOUT AND PRIVATE INSTRUCTION

A student who violates this rule shall be ineligible in that activity for a period of one year from the date of the violation, unless reinstated by the Executive Board.

Section 1: General Regulations (apply to grades 7-12)

Art. 1: A student may receive instruction from their parent(s) at any time.

A student’s parent(s) may attend their student’s private instruction session without violating the provisions of this rule.

Art. 2: A student may receive private instruction at any time of the school year. During the time a student is a member of a school athletic squad, starting with the student’s first day of school practice and ending with the student’s last day on the school athletic squad, a student may receive private instruction subject to the conditions set forth in this rule.

Art. 3: Other individuals may be present at a student’s private instruction session as long as they are there in a supportive capacity only and not giving or providing instructions to the student.

NOTE: Private instruction is defined as one student receiving instruction from one person during the period of instruction.

A group is defined as two or more students receiving instruction from an instructor during the same period of instruction.

Supportive capacity is defined as participating in the period of instruction without providing any instruction to the student or instructor or in a competitive situation/capacity.

Art. 4: A student shall not participate in group training sessions or tryouts held by colleges or other outside agencies in a sport while he or she is a member of a school athletic team in that identical sport.

Exception: The Kansas Legislature in the 2011 session enacted the following law:

“(a) The Kansas state high school activities association and its member high schools, and administrators, principals, coaches, teachers and others affiliated with such association and member high schools, shall not adopt any rules and regulations or interpret any existing rule and regulation in any manner which would prohibit a student athlete from training with any Kansas state high school league-sponsored sport or competition while the student athlete is participating in nonschool swimming athletic training or diving athletic training, or both, during the high school sport season and

throughout the year if:

- (1) the nonschool swimming athletic training or diving athletic training, or both, is under the jurisdiction of and sanctioned by the national governing body of the sport, U.S.A. Swimming, Inc., or U.S.A. Diving, Inc. and is conducted in a manner which protects the health and safety of the student athlete; and
- (2) the student athlete meets the reasonable and ordinary school-established requirements for participation in the student athlete’s high school swimming program or diving program, or both, including requirements designed to protect the health and safety of such student athlete.

(b) This section shall take effect on and after July 1, 2011.”

Rationale:

An Anti-Tryout and Private Instruction requirement:

- a. Protects the school/coach/student-athlete relationship;
- b. Establishes guidelines under which a student-athlete may receive private instruction;
- c. Helps preserve the school’s staffing integrity;
- d. Promotes and helps protect the student-athlete relationship to the school’s team;
- e. Provides opportunity for specialized individual training;
- f. Prohibits student-athletes from trying out for non-school teams during the school season of the same sport;
- g. Maintains a fair competitive environment for school teams;
- h. Protects the parent/child relationship.

**BE THE
LEADER
YOU WOULD
FOLLOW.**

RULE 30

SEASONS OF ACTIVITIES

Section 1: General Regulations (apply to grades 7-12)

Art. 1: A student shall not have more than one season of possible eligibility in grade seven and one season in grade eight. A student shall not **participate in** more than four seasons in grades nine through twelve, regardless of whether the ninth grade is included in junior high or in a senior high school.

NOTE: If a student is ineligible due to transfer, scholarship, etc., the season(s) during that period shall be counted toward the total number of seasons possible. (See **Rule 16-1-1, Semester Requirements.**)

Art. 2: Participation in a sport for any length of time, even though it may be only a part of one game, shall constitute a season.

Art. 3: During the school year a coach/coach's aide may only be involved with his/her athletes in a sport during the season.

During the school year, prior to or after season, a coach/coach's aide may not:

- a. Organize or conduct practices or competitions for his/ her athletes. However, a coach may be involved in one organizational meeting for a non-school league to assure no more than three of his/her athletes in basketball, six in 11-Man football, five in 8-Man football, four in volleyball, six in soccer, five in baseball, or five in softball are on the same outside team; (See **Rules 32-1, 33-1-5, 35-1-2, 38-1, 39-1, 43-1-1.**)
- b. Practice or compete with or against his/her athletes;
- c. Attend clinics or camps with his/her athletes.

Following the season of sport, seniors may receive instruction from their school coach, in the same sport.

NOTE: For information pertaining to summer coaching restrictions, see **Rule 10-1-6.** (See *summer camp regulations, this section Art. 6 for exceptions.*)

Art. 4: Prior to the opening practice dates, there shall be no called or scheduled meetings where instruction is a part of the program.

NOTE: Coaches are permitted to check out equipment, distribute physical examination cards, and assign lockers without violating the standards.

Art. 5: Interschool scrimmages (practices) in all activities shall be prohibited.

- a. Schools may not hold interschool scrimmages (practices) in athletics, scholars bowl or debate. Interschool is defined as middle/junior school with another middle/junior school and senior high school with another senior high school. This does not eliminate scrimmages between alumni and the school team.

In Gymnastics, Swimming and Diving, and Track and Field (pole vault only) schools who employ the same coach or share facilities and equipment, may practice together and not be in violation of the prohibition on interschool scrimmage.

During a scrimmage there can be no score kept and no clock. Use of officials is permitted. Should one or more game elements (score or time) be involved, it would no longer be a scrimmage, but must count toward the number of contests allowed during the season.

Intrasquad scrimmages, games among teammates, even with score, time and/or officials used would not be considered a game.

EXCEPTION: When combined with an interscholastic athletic event, it is permissible to conduct interschool scrimmages. (Illustration: Fifth quarter in football and basketball, etc. where the intent is to provide those not participating significantly in the interscholastic competition to have an opportunity to participate informally under modified game conditions.) Participation in a modified game condition (fifth quarter), as described above, would not count toward the four- or five-quarter limitation.

- b. Prior to the opening practice dates, a school's athletic team may participate in a clinic designed for the improvement of athletic officials provided the clinic received prior approval from the KSHSAA Executive Board. Coaches may be present and work with their students at these clinics. Team participation shall be limited to intra-squad scrimmages or being used as demonstration teams for those phases of the clinic that require players to be on the floor/field.

Art. 6: No school-organized spring or summer practice or school-organized summer camps shall be permitted. (See **Rule 20-1-1e, Awards.**)

- a. A football, volleyball and basketball coach may be present only as an observer, participant or staff member at summer camps as long as the attendance of athletes he or she would be coaching the succeeding season does not make up more than ten percent of the total camp enrollment. The coach may not administer or organize the camp.
- b. In addition to the above, a coach may organize and administer a one-week (per sport) camp for his/her players only, provided the following guidelines are met:

- (1) The school shall not be involved other than to approve the use of facilities, dates and to be assured by the coach there will be no violations of KSHSAA rules and/or regulations.
- (2) It shall be conducted following the conclusion of the second semester and before Sunday of Standardized Calendar Week #5.
- (3) Member schools, the coaches and coach aides they employ, may not conduct contact football camps. (See **Rule 10-1-6 (c), Qualifications of Coaches and Rule 35-1-5, Football.**)
- (4) School uniforms or **player equipment** may not be used. If school **facilities** (gymnasium, fields, balls, bats, etc.) are used, the coach must lease

them per board of education policy.

(5) No coach or other school representative may directly or by implication direct a student to attend a sports camp as a condition for team membership.

(6) A student shall not receive pay or expenses for working at a camp involving a sport in which he/she participates.

(7) The camp program shall not include any type of competition with teams or another camp.

Art. 7: School coaches in all KSHSAA sponsored sports may hold only voluntary weight training and conditioning beginning Sunday of SCW #5 through and including Sunday of SCW #7. No school team practices shall be permitted until Monday of SCW #7.

Art. 8: Beginning Monday of SCW #7, the following practice rules apply to football, boys and girls cross country, boys soccer, girls volleyball, girls gymnastics, girls tennis and girls golf:

a. Only one practice per day is permitted the first 5 days of practice. All individuals shall only practice once per day for the first five days the individual practices, no matter when the person joins the team or if the person misses days due to injury/illness.

b. No single practice may last longer than 3 hours. All warm-up, stretching, conditioning and weight lifting is included as part of the 3 hour limit.

c. A separate walkthrough is permitted in addition to the single practice. The walkthrough cannot be longer than 1 hour and must be separated from practice by at least 3 hours of rest. A walkthrough is defined as a teaching opportunity with the athletes in which no protective equipment is worn. No physically exerting activity, including any conditioning or weight lifting, may take place during the walkthrough.

d. Beginning on practice day 6, double practice sessions are permitted for any individual who has completed

5 days of single practices. Double practice sessions cannot be held on consecutive days. The day following a double practice day would be either a single practice day or a rest/recovery day.

e. On days of multiple practices, no single practice may last longer than 3 hours and total practice time combined shall not exceed 5 hours.

f. To be deemed a practice, a majority of the squad members must participate in the organized team training session.

Art. 9: Executive Board policies governing summer marching band and spirit activities are published in the KSHSAA Music Manual and the KSHSAA website.

Section 2: Senior High Regulations

Art. 1: The final date for school practice or competition in all athletics shall end on the date the state championship series is scheduled. The final date for a member school's athletic practice is the date the school is eliminated from postseason competition.

Art. 2: A student who is enrolled at the start of a season of sport must be a member of the squad for the majority of the scheduled varsity contests in order to be eligible for postseason competition. (See *Rule 14-1-1, Bona Fide Student*; and *Rule 22-1-3, Outside Competition*.)

Section 3: Middle/Junior High School Regulations

Art. 1: The opening date for athletic practice in any sport shall be Monday of Standardized Calendar Week #7. All athletic competition and practice shall close on the last day of school. (See *Rule 35-1-1, Football*.)

RULE 37

GYMNASTICS (Girls & Boys)

Section 1: General Regulations (apply to grades 7-12) (See *Rule 30-1-8a-e, Seasons of Activities in KSHSAA Handbook*.)

Art. 1: Schools are encouraged to schedule as many quadrangular or smaller meets as possible. It is recommended these events start after school hours.

Section 2: Senior High Regulations

Art. 1: All school practice and competition shall be confined within the opening dates of practice and state championship meets on Standardized Calendar Week #16.

Art. 2: Practice shall not begin prior to Monday of Standardized Calendar Week #7.

Art. 3: Competition shall not begin prior to Friday of Standardized Calendar Week #9.

Art. 4: The latest closing date for the state championship meet shall be Standardized Calendar Week #16 (girls).

a. For boys gymnastics, when there are eight or more teams competing, there will be both team and individual champions recognized.

Art. 5: Events for boys' meets shall be established by the Executive Board. The events for girls' competition are those recommended in the National Federation Girls Gymnastics Rules.

Art. 6: No girl or boy representing a member high school shall participate in more than ten meets during a season, exclusive of regional and state meets.

Section 3: Middle/Junior High School Regulations

Art. 1: No student shall participate in more than eight meets during a season, nor in more than two events per day. All-around may be counted as one of these two events.

EXCEPTION: Ninth grade students in junior high schools shall be permitted to compete in the same number of athletic competitions as ninth graders in senior high schools.

LEADERSHIP IS ABOUT
MAKING OTHERS
BETTER
AS A RESULT OF YOUR
PRESENCE
AND MAKING SURE
THAT IMPACT LASTS IN
YOUR ABSENCE.



KANSAS STATE HIGH SCHOOL ACTIVITIES ASSOCIATION STATEMENT ON PERFORMANCE ENHANCING DRUGS AND NUTRITIONAL SUPPLEMENTS

In order to promote the health and safety among all student-athletes, reduce health risk, maintain ethical standards as well as reduce liability risk, students should not use any drug, medication (over-the-counter or prescription) or nutritional supplement, as defined by the World Anti-Doping Agency, for the purposes of performance-enhancement. All school personnel, including coaches and school nurses, should never recommend the use of any drug, medication (over-the-counter or prescription) or nutritional supplement, as defined by the World Anti-Doping Agency, for the purposes of performance-enhancement.

School personnel should not dispense or administer any drug, medication (over-the-counter or prescription) or nutritional supplement, unless the student-athlete is under the direct care of a licensed health professional, licensed to practice in the state of Kansas and practicing within their scope of practice as defined by the Kansas Board of Healing Arts, and only as prescribed.

We recommend that coaches, athletic directors, nurses and other school personnel develop strategies that address the prevalence and growing concerns of using any drug, medication or nutritional supplement for the purpose of performance-enhancement. Athletes should be encouraged to pursue their athletic goals through hard work, appropriate rest, proper hydration and good nutrition, not unsubstantiated shortcuts. School personnel, coaches and parents should allow for open discussion about dietary supplement use, and should strongly encourage obtaining optimal nutrition through a well-balanced diet.

(adopted by the KSHSAA Sports Medicine Advisory Committee and Executive Board, April 2017)

The KSHSAA Code of Ethics

for Coaches, Directors, Aides, Adjudicators, Judges and Officials

Believing that mine is an important part in the nationwide school activity program, I pledge to act in accordance with these principles:

1. I will honor contracts regardless of possible inconvenience or financial loss.
2. I will study the rules, observe the work of other coaches, directors, adjudicators, judges, or officials and will, at all times, attempt to improve myself and the activity.
3. I will conduct myself in such a way that attention is drawn not to me but to the young people participating in the contest.
4. I will maintain my appearance in a manner befitting the dignity and importance of the activity.
5. I will cooperate with the news media in the interpretation and clarification of rules and/or other areas relating to good sportsmanship, but I will not make statements concerning decisions made during the contest.
6. I will uphold and abide by all rules of the KSHSAA and the National Federation.
7. I will shape my character and conduct so as to be a worthy example to the young people who participate under my jurisdiction.
8. I will give my complete cooperation to the school which I serve and to the KSHSAA which I represent.
9. I will cooperate and be professional in my association with other coaches, directors, adjudicators, judges or officials and will do nothing to cause them public embarrassment.
10. I will keep in mind that the contest is more important than the wishes of any individual.
11. I will make responsible decisions about consumption of alcohol, including abstinence from alcohol at least twelve hours prior to a contest in which I will be involved.
12. I will not use tobacco products while directly involved in interscholastic activities.