IHS GYMNASTICS RULES

2016-2017

1. PRACTICES
   1. Gymnasts will attend practice M-Th (sometimes Friday) after school.
   2. Gymnasts must let coach know in advance about practice conflicts.
      1. Last minute emergencies will be dealt with on an individual basis
      2. Students may text the coach ONLY IF they are unable to let the coach know in person (ex: at a previous practice time)
2. REQUIREMENTS FOR COMPETITION ELIGIBILITY
   1. Must attend 75% of practices throughout the season.
   2. Must attend 75% of practices the week of a competition
      1. *Gymnasts cannot compete if they miss the entire practice the day before*
   3. Must be passing all academic and elective classes
   4. Must maintain a 2.5 GPA
   5. Must attend all classes on competition day
      1. Gymnasts cannot compete if they have missed any part of the school day on which the competition is held (with the exception of leaving early with the team for Bainbridge meets)
3. SPORTSMANSHIP
   1. Gymnasts must represent the team with dignity at all times.
   2. Gymnasts must only cheer and encourage other gymnasts, including gymnasts from other schools at competition.
      1. Booing or discouragement (or any unsportsmanlike conduct) will result in removal from competition/practice.
   3. Gymnasts must be respectful of all judges, coaches, fellow athletes, and anyone else in the gym.
4. BEHAVIORS & RESPONSIBILITIES
   1. Gymnasts are to abstain from smoking, drinking alcoholic beverages, and using any unauthorized or illegal drugs.
   2. Gymnasts are to use appropriate language at all times.
      1. Inappropriate language during practice will result in a removal from the rest of practice.
         1. During school hours, as well, your language and behavior represents the IHS Gymnastics Team.
   3. Gymnasts will keep their hands to themselves, with the exception of partnering drills.
      1. Gymnasts will work with a partner appropriate to the exercise.
         1. Gymnasts will *not* spot other gymnasts; ask the coach(es) for spotting assistance
   4. Gymnasts are responsible to respect all of the equipment they use.
      1. Equipment should be
         1. Put back at the end of practice to where it was found at the start
         2. Left in the condition in which it was found.
   5. Practice open communication with the captains and coaches as necessary.
5. MEDICAL
   1. **Gymnasts must get concussion clearance at the start of the season**.
   2. The athletic trainer must clear gymnasts before starting practice.
   3. If a gymnast sees their personal MD for an injury, that MD must clear them before returning to practice.
   4. Coach must be made aware of any injuries sustained before and/or during practice/competition times.
6. VARSITY LETTER REQUIREMENTS
   1. Gymnast may not have more than 3 unexcused absences from practice.
      1. 3 late arrivals will equate to one missed practice
      2. 3 early leaves will equate to one missed practice
         1. These refer to arrivals/departures *not* previously discussed; emergency situations are not included in counting against the gymnast
   2. Gymnast must compete in 3 meets during the season
   3. Discretion of the Coaches
   4. Regular attendance (see competition eligibility) and consistent effort
   5. Positive support or role model on team throughout the season
7. GENERAL RULES
   1. Warm up and stretch properly before mounting any equipment or beginning practice or competition.
   2. Do not attempt new skills on equipment without coach assistance or approval.
   3. Check equipment for height and width adjustments, security or safety fasteners, and set up before mounting.
   4. Check with the Coach to be sure appropriate types of mats and landing pads are used and properly placed/secured.
   5. Chalk hands thoroughly before using the bars.
   6. If you experience muscle fatigue or decreased alertness (i.e. dizziness, lightheadedness, seeing stars, nausea,) immediately stop your activity and notify the Coach.
   7. Always look for crossing traffic on every event to make sure you keep yourself and your teammates safe.
   8. Always make sure your Coach is prepared to spot you before you attempt a move for which they are spotting you.
   9. Always dismount the apparatus in the safest way possible to avoid injuring yourself or others.

We certify that we have read, discussed, understand, and will adhere to the responsibilities required for participation on the Ingraham High School Gymnastics team.

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Athlete Signature

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Parent/Guardian Signature

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