



# Rule Book

Updated February 2024



# Table of Contents

Becoming a CARA Member	3
CARA Philosophy/Gymnastics Philosophy	4
CARA Gymnastics Goals	5
League Officers and Responsibilities	5
Gymnastics Rules and Policies	6-7
Mandate Procedures	7
Super (Compulsory) 3's and 4's	8-9
Population Split Procedures	9
Meet Guidelines for Regular Season	9-10
Team Fees and Payments	11
State Meet Rules	11
Meet Protest Rules	12
CARA Gymnastics Code of Ethics	12-13
CARA League Guidelines	13-16
Inquiry sheet	18
CARA Waiver	19
Team Roster	20

# A- Becoming a CARA Team Member

## Step By Step Process

1. Your agency needs to be a current C.P.R.A. member. You must submit an application and a membership fee. to C.P.R.A. prior to your official acceptance into C.A.R.A. \*For C.P.R.A. information visit [www.cpra-web.org](http://www.cpra-web.org)
2. E-mail a letter stating why you would like to participate in the C.A.R.A. Gymnastics League to the current Chairperson (that information can be found at Colorado Parks and Recreation Association ([teamsideline.com](http://teamsideline.com))).
3. Following the receipt of your Letter of Intent, the C.A.R.A. The Gymnastics Chair will be in contact to give you details about attending a committee meeting. At this meeting, you will be introduced and asked to describe your program, philosophy, experience, etc. After hearing your information, the committee will email the letter of intent to join, along with any committee discussions to the entire CARA Gymnastics League for review.
4. At the next regularly scheduled committee meeting, a vote will be placed by any CARA Gymnastics members in attendance.
5. If your agency is voted into the C.A.R.A. Gymnastics League, your agency will have a probationary period of 1 year during which they will not have a vote in any decisions.
6. Each agency is required to attend a minimum of two CARA Gymnastics Meetings each year (to include the pre-season mandatory meeting and the after-season meeting.)
7. CARA Gymnastics accepts membership applications from January 1st -September 1st. The CARA Gymnastics League will vote on & approve new memberships between June 1st - September 1st for a starting time in the next immediate season.

## Ongoing Membership Requirements

1. Attendance at the C.A.R.A. Gymnastics League Mandatory Meeting.
2. Point of contact from each agency certifies that coaches have adequate and current Safety Training, either USA or C.A.R.A. and current concussion certification and that rule book was read by point of contact and coaching staff are aware of rules and CARA Policies.
3. Attendance at two C.A.R.A. gymnastics committee meetings (C.A.R.A. main body meetings also count toward attendance requirements).
4. Return all paperwork by the deadline or a penalty may be assessed.
5. Point of contact from each agency provides a list of coaches eligible to be on the floor at meets.

## **B- C.A.R.A. Philosophy**

The C.A.R.A. program was created and designed to be a program with a strong recreational format for the non-ranked, non-sanctioned participant. Competition has its place in the program and all participants are encouraged to do their best, but it must be emphasized that this is of secondary importance. The development of skills and sportsmanship, while stressing participation for all and assuring each participant experiences some degree of success are the main goals of this program.

### **Goals and Objectives**

1. To ensure the participation of all team members in league play.
2. To develop a strong sense of sportsmanship and fair play in each player.
3. To teach the basics of sports skills, as well as meet/game play to the average participant.
4. To make participation on a C.A.R.A. team a fun and enjoyable experience for the players.
5. To ensure that recreation and its philosophy govern the coaching methods, attitude, and objectives of the coach and team.

### **Gymnastics**

A competitive sport in which individuals perform optional or prescribed acrobatics, mostly on apparatus, to demonstrate strength, balance, and body control.

### **C.A.R.A. Gymnastics Philosophy**

In our C.A.R.A. Gymnastics League, we strive to improve the quality of gymnastics. We have created different classifications of competition so that all gymnasts could know some measure of success, no matter what their skill level. This recreational league is designed for the beginning, intermediate, and advanced gymnasts. The purpose of this league is twofold: it provides competitive gymnastics experience for the beginning gymnast who may not have the opportunity to compete at the high school level or with a private club; and secondly, it gives the intermediate and advanced gymnast an opportunity to progress to their full potential of gymnastics.

Particular to our sport, if there are any additions to the current C.A.R.A. Rulebook, it will be in the C.A.R.A. Gymnastics Rule Book presented and approved by the C.A.R.A. body.

## C- C.A.R.A. Gymnastics Goals

1. To unify coaching philosophies of all agencies and to adhere to C.A.R.A.'s current goals, making a successful season possible.
2. To provide rule books and information to coaches, judges, and supervisors on C.A.R.A. Philosophy. A separate C.A.R.A. Gymnastics Rule Book and Host Guide Manual will also be available to promote consistency within the league.
3. To offer coaches training, spotting and routine clinics and encourage pre-season meets to be held. 4. To organize, update and improve the C.A.R.A. Boys League.
4. To contract for girls judges' services from the Girls Recreational Gymnastics Judges Association and continue using a meet referee for each girls C.A.R.A. meet (judging)... Each host agency is responsible for paying the judges.
5. To increase participation in the C.A.R.A. Gymnastics league and to promote gymnastics in the state of Colorado. 6. To increase professionalism through meeting attendance, dress code knowledge of the league and rulebook.

## D- Gymnastics League Officers and Responsibilities

The gymnastics league will have three officers all of whom will be league members and voted on by the league.

1. Chairperson - responsible for conducting and running meetings, league procedures, rule book and computers.
2. Co-Chair - responsible for supporting chair and acting on behalf of Chair in their treasurer's absence; responsible for keeping league accounts and assisting Chair with yearly budget.
3. Secretary - responsible for keeping minutes at all meetings and distributing information to the league, to Support the Chair and Co-Chair with any other duties.

For information on current officers please visit our website at [Colorado Parks and Recreation Association \(teamsideline.com\)](https://coloradoparksandrec.com/teamsideline) .

The Co-Chair will move to Chair after a vote of confidence is obtained and a new Co-Chair and Secretary will be elected every 2 years. In the case that a vote of confidence is not obtained for the acting Co-chair a new Chair will be elected from those who have already held the position.

### **2023-2024 CURRENT OFFICERS**

Chair- Gabriella Canchola  
Co-Chair- Andrea Schmidt  
Treasurer- Tina Connelly  
Secretary-

## **E- Gymnastics Rules and Policies**

### **Prior to the Season**

1. A mandatory coaches meeting will be held prior to the beginning of each season. Failure to attend this meeting may result in a penalty. At least one representative per agency must be present.
2. All participating agencies must have participated in the C.A.R.A. Safety Awareness Course or USAG Safety training before the competitive season. C.A.R.A. Safety Awareness is good for two (2) years and must be signed off yearly at the mandatory meeting.

In addition to the safety course each agency's point of contact must sign off verifying all staff has completed a concussion course. Each department is responsible for having Safety Trained and Concussion certified coaches present with its team at all competitions.

3. No gymnast will be allowed to compete in the summer season without the Participant Release Agreement signed and dated by a parent or guardian and turned into the coach of their program. All agencies will be required to sign a release statement at the pre-season mandatory meeting that certifies that they have received their participant waiver forms and will be responsible for having those forms present with them at all C.A.R.A. gymnastics events. Forms need to be kept by each agency for 4 years prior to destruction. The birthday filled on the participant release form will be used to settle any age dispute.

### **General Rules**

1. A team will consist of gymnasts ages 6-18 only. Any gymnast turning 6 on or before the state meet is eligible to compete as a 6-year-old throughout the entire season.
2. The league reserves the right to change a gymnasts' level if it does not match his/ her ability. There are level recommendations for all levels. A gymnast may not move down a level after competing in the first meet.
3. A gymnast may compete only with C.A.R.A. during the regular C.A.R.A. competitive season.
4. The league has established our own compulsory routines to meet the needs of the league. Current high school guidelines set forth by the national Federation of State High School Association will be used for girl's optional routines, with the following exceptions:
  - Age divisions: age divisions will be determined by the population formula printed in the C.A.R.A. Gymnastics Rule Book.
  - All-around competition is not required.
  - Meets will be conducted according to guidelines set forth by the C.A.R.A. Gymnastics league Rule Book and Meet

Host Guidebook.

- Timing of events: optional floor and beam = under 1:30, a warning will be given at 1:20 on the beam. Compulsory routines will not be timed.
- Equipment shall be set according to the C.A.R.A. Gymnastics Rule Book.
- Current guidelines set forth by the CARA committee will be used for boy's compulsory and

optional routines

- Matching team leotards are not required. Matching briefs should be worn. No French cut leotards or swimming suits allowed. Sleeveless leotards will be allowed in competition. Matching uniforms for boys are not required. Shorts and a tank top or singlets are recommended.
- All scores will be recorded on a computer; the computer will determine placement for each competition, age group and level.
- It is recommended that Compulsory gymnasts participate in 4-6 hours of organized practice per week. No more than 8 hours organized practice per week is appropriate for compulsory level athletes in the CARA Gymnastics League. It is recommended that Optional gymnasts participate in 6-8 hours of organized practice per week. No more than 12 hours organized practice per week is appropriate for optional level athletes in the CARA Gymnastics League.

## F- Voting Guidelines

### Part I: Procedure for voting on a proposal or election.

- An official proposal is sent to the league chair via email for league members to review and formulate any comments or questions.
- The proposal and any necessary data are discussed at a regularly scheduled committee meeting and sent out in the meeting minutes for the league to review. After all comments, questions, and data have been discussed at the committee meeting, a vote will be sent out via an electronic delivery system such as survey monkey that ensures one vote will be cast per agency.
- League members can either cast one vote per agency, by the deadline indicated in the voting system. ● Only agencies in good standing with CPRA and current paid members will have the opportunity to vote. ● The result will be included in the meeting minutes.
- \*\*\*If the voting item is discussed at a Mandatory Meeting, the proposal and vote can happen on the same day, as there is a member of every agency present.

### Part II: Items that do not require a vote.

Ongoing procedures will not require a vote. For example, no vote is necessary to pick the color theme for State apparel, or for any Standard Purchases, as these are pre-approved in the budget. Any Standard Purchases can be made by any committee member (Chair, Co-chair, Secretary, Treasurer, Project Specialist) or authorized CARA Gymnastics league member without a vote. Standard Purchase is defined as any ongoing expenses necessary to run the league according to the Rule Book, including expenses that are not in the rule book but have been in long standing with the league. An example list of Standard Purchases is provided below:

- Awards – regular season ribbons, regional ribbons, and state medals
- Meet Host Reimbursements and Facility Charges
- Balloon Arches for /State

- Website – costs to keep it operating.
- Clinicians
- Compulsory Floor Music
- Food – for Mandatory Meetings and Long Committee Meetings
- Computers – new laptops, printers, toner, software updates

## G- Mandate Procedures (Girls Only)

### Compulsory Gymnasts:

A level 3 compulsory gymnast who scored a 34.00 all around twice during the season may not compete in level 3 the following season and will be placed in the Super Level at and State.

A level 4 compulsory gymnast who scored a 33.00 all around twice during the season may not compete Level 4 the following season and will be placed in the Super Level at the State.

### Optional Gymnasts:

In order to be mandated to a higher competitive level, a gymnast must fall into at least one of the following situation categories. Each team is responsible for monitoring and moving their gymnasts throughout the regular season in accordance with the mandate procedure. Any gymnast that has not been moved during the regular season will be mandated to her appropriate level at the State meet by the league. All of the gymnasts' current season scores are used to determine her level, even if her level changes more than once in a single season.

#### \*Situation One: Mandate by Event:

In the event that a gymnast, in an assigned optional level, scores equal to or greater than a higher competitive level qualifying score in 3 events, twice during the regular season, that competitor will be assigned to the higher skill level. This mandate situation does not have to occur in the same meet or congruent meets. If mandated to upper level in at least three events and had qualified all around in lower level, they may compete all around in new level.

#### \*Situation Two: Mandate By All-Around:

In the event that a gymnast, in assigned optional level, scores equal to or greater than a higher competitive level all around regional qualifying score, twice during the regular qualifying season, that competitor will be assigned to the higher skill level.

\*Situation Three: Mandate by Level Jump: If an optional gymnast scores the All-Around score of two levels above their current level once, they are moved up one level for their next competition. (Example: An optional 1 scores the optional 3 All Around score; she is automatically advanced to the Optional 2 level for her next competition).

\*Situation Four: Mandate to Optional 5 If an optional gymnast scores the All-Around score of 34.5 twice in the regular season, they are moved up to optional 5 for the State competition. The three-event rule is also applicable to mandating Optional 5's. This level will compete at State every year, as long as there are 3 gymnasts in the League qualified for the level.

**Goal: To place gymnasts in the appropriate level for Compulsory competition that is most beneficial for the participants in the entire league.**

- Any Compulsory 3 gymnast that scores a 34 or higher in 2 regular season meets will be moved to the "Super"



category for their level to compete at State. Any Compulsory 4 gymnast that scores a 33 or higher in 2 Regular season meets will be moved to the “Super” category for their level to compete at State. Any gymnast that competes as a "Super" is not eligible to compete at that level again the next season.

- Every gymnast in the “Super” Level will automatically qualify for the State meet. At the state meet, Supers will be recognized and given a “super” ribbon or medal.
- Any Gymnast that qualifies to the “Super” category will not be eligible to compete that level the following season (refer to Compulsory Mandate Procedure in section F).
- Petition exclusions for extenuating circumstances could always be considered by the League Officers. NOTE: In the event there are 5 or less girls in a given “Super” level the league will not form the Super group unless 3 or more are from the same age group. Additionally, if the group were to be 25 or more gymnasts, the group would be split by placing adjacent age groups together to form two groups approximately the same size.

## 2024 QUALIFYING SCORES

	Vault	Beam	Bars	Floor	All-Around
<b>Level 2</b>	7.0	8.3	8.5	8.3	32.0
<b>Level 3</b>	7.0	6.6	7.2	7.2	28.0
<b>Level 4</b>	7.0	6.6	6.3	7.1	27.0
<b>Optional 1</b>	7.0	6.5	6.5	7.0	27.0
<b>Optional 2</b>	7.5	7.0	7.0	7.5	29.0
<b>Optional 3</b>	8.0	7.5	7.5	8.0	31.0
<b>Optional 4</b>	8.5	8.0	8.0	8.5	33.0
<b>Optional 5</b>	8.8	8.45	8.45	8.8	34.5

## H- Population Split Procedures:

Splits for Compulsories and Optionals for regular season will be determined based on numbers submitted by team rosters prior to the regular season per meet using the following guidelines:

1. Total population for each level will be divided with no more than 20 per age group per level

- per meet. 2. Age groups will be created for each level based on each gymnast's date of birth.
3. Compulsory Exemption: Supers. Super Divisions would still exist following the Super Rules in the rulebook.

## I- Meet Guidelines for Regular Season

1. There will be a gate admission for each competition during the CARA season. Gate admission for regular season is \$8 for ages 2 and up per session, or \$14 for entire meet weekend.
2. Meets will be conducted according to guidelines set by the league. These guidelines are available on our website at Colorado Parks and Recreation Association ([teamsideline.com](http://teamsideline.com)) .
3. The Meet director (meet host) must have a current Rule Book on hand for reference.
4. Judges for the Girls Compulsory and Optional routines must attend training by the Girls Recreational Gymnastics Judges Association (GRGJA). They must also attend the Colorado High School Activities Association (CHSAA) and/or U.S.A.G. Judges Training.
5. Awards will be given to the top six gymnasts in each event and all-around in each age division. No team scores will be kept. In case of ties, multiple ribbons will be given that tie, plus the next place will be awarded and not skipped.
6. Participation ribbons will be available to each coach prior to the awards ceremony.
7. The host agency, when possible, should conduct all four events simultaneously. When necessary, teams must split and continue with another coach. For boys, the host agency, when possible, should conduct three events simultaneously and then switch to the remaining three events.
8. Participating teams and judges should be notified of Meet information at least one week prior to each meet. Meet time schedules are at the discretion of the meet host. Open gym and timed warmups will be held prior to competition. If the meet schedule is running behind, the meet host reserves the right to go straight to timed warm ups for compulsory gymnasts.
9. Known expenses should be disclosed at the time you request to host a Meet so the league can make informed decisions on who to award meets to.
10. The following recommended equipment heights are based on USAG and CHSAA rules; however, judges have the right to impose height changes for the safety of the gymnasts.

### **VAULT**

#### Compulsory 4's and Optionals:

The vaulting table is required for Compulsory 4's and Optionals. Table height must be between 100 - 135 cm (+/- 1 cm) If using a vault table with two uprights, both must be set at the same height. Matting must be used to cover the upright of the vault table as well as to cover any weights placed on the vault base for stability.

### Compulsory 3's:

A Stack Mat Vaulting System is used for Compulsory 3 Vault. The Mat Stack height must be between 32 - 48 inches (+/- 1 inch) [81.5 - 122 cm] Any combination of competition landing mats, skill cushions and/or port a-pit may be used; however, the top layer of matting MUST be a minimum of 4-inch thick and be a skill cushion or port-a pit material not landing mat material. A vaulting trampoline may be used, with a vault start value at 8.1.

### Compulsory 2's:

The Mat Stack height must be between 32 - 48 inches (+/- 1 inch) [81.5 - 122 cm]. A vaulting trampoline may be used, with a vault start value at 8.1.

## **BEAM**

Beam Height must be between 100 - 125 cm. Competition Beams and matting are difficult and often unsafe to adjust at meets, and doing so frequently can delay a competition. To ensure the safety of all competitors matting may be placed under a beam to reach beam minimal height. Height adjustments should only be made when an individual's safety is in question.

## **J- Team Fees and Payments**

1. CARA Gymnastics participant fees are \$24 per gymnast per Regular Season meet to the meet host, \$4 per gymnast to CPRA. \$25 per gymnast for the State Competition regardless of qualification.
2. The billing of League fees is based on the number of gymnasts submitted on the final roster.
3. Compulsory Levels (2-4) and Optional Levels (1-5) are required to pay the same required league fee.

Non-host teams will be billed an amount based on the size of their team to help defer host costs.

### Non-Host Fees

- 0-10 gymnasts \$60
- 11-25 gymnasts \$100
- 25-40 gymnasts \$150
- 41 or more gymnasts \$200

## **K- State Meet Rules**

1. For State, gate admission is \$12 for ages 2 and up per session, or \$18 for the entire meet weekend.
2. For girls, there will be a State Meet held on two consecutive days at the end of the season. For boys, there will be a State Meet which all participants are invited to attend.

3. (Girls Only) To be eligible for the State meet, gymnasts must obtain qualifying score on a particular event at a minimum of one regular season meet or the all-around State qualifying score at a minimum of one regular season meet in-order to compete in those event/events at the State championships. No girls will be pulled into the State meet if they do not have the State qualifying score. Qualifying scores will be determined by analyzing the previous year's results and projecting scores for the upcoming season.
4. Six places will be awarded in each event and all-around in each competition level and age group. Tie breaks will be broken using the following high school guidelines:
  - Tie breaks will first be broken by the Superior Judge.
  - If the superior judge cannot break the tie or there is not a superior judge, the all-around score will be used to break the tie.
  - If the all-around cannot break the tie, the cumulative of the gymnast's individual scores will be used to break the tie.
  - The Girl's State Meet will be conducted with two judges per event, one of which will be the State Meet Referee.

## M- Meet Protest Rules

The following rules pertain to protests of scores and proper etiquette of coaches during C.A.R.A. gymnastics meets:

- A meet referee (one of the judges) will be appointed at each meet.
- The responsibility of clarification of rules and judging rests with the appointed meet referee. • During the pre-season and season meets, the meet director will be the sole authority to enforce all regulations governing the conduct of a meet. At the regional and state meets, the meet director and the C.A.R.A. Gymnastics Committee will be the sole authority to enforce all regulations governing the conduct of a meet. • A coach may submit a written inquiry sheet to the meet referee to address legal inquiries. • Coaches are not permitted to stand near a judge while he/she is judging. Discussions of scores and routines are to be held elsewhere.
- A coach may check a gymnast's recorded scores at the scorer's table and the judges' event score sheet after being recorded at the scorer's table by the coach without deduction.

## N- C.A.R.A. Gymnastics Code of Ethics

### Duties and Responsibilities

The C.A.R.A. Gymnastics Committee, in the advancement of the sport of recreational gymnastics in Colorado, has determined that the duties and responsibilities of the involved parties in C.A.R.A. gymnastics are as follows:

### Coaches/Supervisors/Staff/Judges and Officials

- Display good sportsmanship and professional conduct at all times.
- Send in proper forms on time and fill them out correctly.
- Arrive at each meet on time.

- Be aware of and follow the timed warm-up schedule.
- Dress in appropriate attire and maintain a proper appearance that is professional. Coaches must wear clothing that identifies them to their specific gym during a Meet.
- Approach the meet host after the awards ceremony has been completed concerning any irregularity in the awarding of ribbons.
- Rotate your team on time during competition and warm-up. HAVE YOUR TEAM READY! When necessary, teams MUST split and continue with another coach when another coach from your team is available. ● Do not allow profanity or disruptive behavior.
- Know C.A.R.A. rules and regulations governing the sport of gymnastics.
- BE SAFE – BE AWARE OF UNSAFE TRICKS – DO NOT ALLOW YOUR GYMNAST TO PERFORM ANY TRICK THAT THEY ARE NOT READY FOR.
- Be familiar with the equipment that your gymnast will be performing on at each Meet. Please ask the Meet host any questions that pertain to the settings or moving of equipment. Coaches may request an appropriate warm up time for a gymnast that missed timed warmups due to an extenuating circumstance.
- Teams must remain together throughout the entire meet and awards ceremony.
- Be a positive part of the Meet. Help and assist if called upon.
- Coaches/supervisors are to stay up to date by reading meeting minutes posted on the website at [www.caragymnastics.org](http://www.caragymnastics.org) to avoid missing important information and face possible penalties. ● To be ethical and courteous in the transferring of gymnasts from club to club.
- It is the agency's/coach's responsibility to inform and educate parents on C.A.R.A. rules, ethics and policies. ● It is the point of contact's responsibility to update roster and collect and carry C.A.R.A. waivers.

#### Gymnasts

- Dress in appropriate attire and maintain a proper appearance.
- Do not display profanity or disruptive behavior.
- Adhere to the scheduled warm-up rotation.
- BE SAFE – Do not attempt any tricks that you are unsure of or have not performed safely in practice. Stay with your team for the entire Meet including the awards ceremony.
- Strive to do your best at each Meet. Encourage your teammates.

#### Parents/Spectators

- Encourage gymnasts to do their best.
- Address any questions or concerns about the Meet to your coach, not a judge or the meet host. c. Are not allowed in the competition area at any time for any reason.
- Are encouraged to take pictures during the Meet and at awards, but flash devices are prohibited. e. Proper behavior toward the meet host, judges, and other teams.

#### Disciplinary Action – Violation of Code of Ethics

- Verbal warning from the Meet director.
- Written reprimand from the C.A.R.A. Gymnastics Committee.
- You must attend a mandatory scheduled C.A.R.A. Gymnastics Committee meeting following a violation, WITH YOUR SUPERVISOR.
- Any violation of the Code of Ethics may result in expulsion by the Meet Director, Meet Host and/or League Members.
- Penalties
- For C.A.R.A. Gymnastics deadlines there will be a three-day grace period on due dates, then an email will be sent

to your agency/supervisor notifying them of the assessed fine.

**Items for which penalties can be assessed.**

- Submitting Team Numbers and Ages on time
- Submitting roster on time
- Submitting meet choices and Regional request on time
- Attendance at Mandatory Coaches Meetings
- Paying team league fees on time
- Verify Safety and concussion certifications.

**For C.A.R.A. Gymnastics we will enforce a 1 strike policy for suspension. If you do not meet the deadlines below you will be fined.**

- \$200 for missing mandatory meeting.
- \$50 for missing form/payment deadline
- \$50 for not attending 2 C.A.R.A. meetings per year.

Note: Any or all the information above may be sent prior to the due date, however any item not received by the date noted will be subject to the penalties as stated above.

## **O- C.A.R.A. League Guidelines**

### **Code of Conduct Definitions**

Coach: A person designated as team spokesman. One who is either a player or a non-player. 16 | Page  
Players: A person who actively participated in the game, sits on the bench, or who is on the roster.  
Contest Area: That area which is designated by the tournament director.

Spectator: A person who comes out to watch the games for entertainment with no physical involvement.  
Official: Person or persons on the field to administer the official rules.

Participation: Any involvement in the C.A.R.A. activities such as spectating, officiating, playing, coaching, or attending non-sporting events.

Activity: Any event designated by the Colorado Association of Recreational Athletics and hosted by an agency who is a member of C.A.R.A.

Supervisor: Part or full-time employee of the host agency.

### Tournament

Director: The full-time employee or designated individual of the host agency directly responsible for the C.A.R.A. activity.

### Youth and Adult Player Code of Conduct

1. No player shall: At any time lay a hand upon, shove, strike, or threaten an official, players or spectators.

Minimum Penalty: Officials are required to suspend players immediately and the tournament director is required to suspend players from further tournament play.

Maximum Penalty: The particular sports committee shall determine the penalty at a later date. 2. No player shall: Refuse

to abide by an officials or tournament directors' decision. Minimum Penalty: Removal from further play.

2. No player shall: Be guilty of obscene gestures or objectionable demonstration of dissent at officials or tournament director's decisions.

Minimum Penalty: Warning by the official and report such person to the tournament director. Maximum Penalty: Removal of player from further game play.

3. No player shall: Be guilty of using unnecessarily rough tactics in the play of the game against the body and person of an opposing player.

Minimum penalty: Officials are required to suspend the person from the game.

Maximum penalty: Removal of player from further tournament play.

4. No player shall: Be guilty of an abusive verbal attack upon any player, official or spectator. Minimum penalty: Officials are required to suspend the person from further play of the game.

5. No player shall: Appear on the contest area under the influence of alcohol or drugs in such a manner as to not have control of his faculties to the extent that he is inclined

to hurt himself or another player.

Minimum penalty: Officials are required to suspend players immediately from further play.

Maximum penalty: Tournament director is required to suspend players from further tournament play.

6. No player shall: Consume alcoholic beverages or beer while the player or team is participating in the game. Minimum penalty: Officials are required to forfeit the game in the opponent's favor.

Maximum penalty: Tournament director is required to suspend the player or team from further tournament play.

7. No player shall: Smoke or chew tobacco while coming off or going in the field of play or while in the contest area.

Minimum penalty: Verbal warning

Maximum penalty: Player must leave the game area.

9. The coach shall: Be the ONLY team representative who may discuss a decision with the

officials. 10. The coach and team: Are responsible for the conduct of spectators.

Minimum penalty: Verbal warning to the coach regarding spectator behavior.

Maximum penalty: Removal of spectator from the contest area.

The Official's decisions are final. Judgment calls may not be protested.

The one-minute clause shall be in effect for players suspended from the contest area.

### **Enforcements**

1. Suspended player: Suspended from tournament play shall result in the player(s) case being heard by the particular sport committee and the C.A.R.A. ethics committee. Their decision shall be binding.

a. A suspended Player must remove himself immediately from the confines of the contest area as designated by the tournament director.

b. If a suspended player does not remove himself from the confines of the contest area, the tournament director shall call the authorities.

2. One-minute clause: One minute shall be allowed for a suspended player(s) to remove himself from the designated

contest area. If this time limit is not met, the contest shall be forfeited to the opponents.

3. The tournament director shall be responsible for suspending player(s) from further game play and the sport and ethic committee may suspend player(s) from further participation in C.A.R.A. contests.

4. Elasticity-Tournament Director: Any enforcement procedures, which are not stated herein, may be provided by the tournament director as is necessary to provide for the recreational enjoyment of players, coaches and spectators.

### **Coaches Code of Conduct**

1. No coach shall: At any time lay a hand upon, shove, strike or threaten officials, players or spectators.

Minimum penalty: Suspend coach immediately from the contest area for the duration of the contest. Written notification shall be sent to the coaches' supervisor.

Maximum penalty: Immediate suspension, letter to the supervisor and the case shall be referred to the C.A.R.A. ethics committee.

2. No coach shall: Be guilty of obscene gestures or objectionable demonstration of dissent at official's decisions.

Minimum penalty: Verbal warning by the official, and report such person to the tournament director. Maximum penalty: Removal of coach from contest area.

3. No coach shall: Refuse to abide by an official's or tournament director's decisions. Maximum penalty: Removal of coach from contest area.

4. No coach shall: Be guilty of instructing or encouraging using unnecessary tactics in the play of the game against an opposing player.

Minimum penalty: Verbal warning and written letter to supervisor.

Maximum penalty: Removal of coach from contest area, letter to supervisor and referral to C.A.R.A. ethics committee.

5. No coach shall: Be guilty of an abusive attack upon any player, official or spectator.

Maximum penalty: Officials are required to suspend the coach from the contest area and a letter to the supervisor.

6. No coach shall: Appear in the contest area under influence of alcohol/ drugs.

Maximum penalty: Immediate suspension from the contest area, letter to supervisor and referral to C.A.R.A. ethics committee.

7. No coach shall: Consume alcoholic beverages or beer while in the contest area.

Maximum penalty: Immediate suspension from the playing area, letter to supervisor and referral to C.A.R.A. ethics committee.

8. No coach shall: Smoke or chew tobacco while coming off or going in the field of play or while in the contest area.

Minimum penalty: Verbal warning.

Maximum penalty: Player must leave the game area.

9. The coach shall: Be the ONLY team representative who may discuss a decision with the officials. 10. The coach and team: Are responsible for the conduct of spectators.

10. The official's decisions are final. Judgment calls may not be protested.

11. The one-minute clause shall be in effect for players suspended from the contest area.

### **Enforcements**

1. Warning methods: Verbal and written notices.

2. A verbal notice shall be followed up by a written notice to the supervisor.

3. Suspended coach: suspension from the contest area shall result in the coach(es) case being heard by the particular sport committee and the C.A.R.A. ethics committee. a. A suspended coach must remove himself immediately from the confines of the contest area as designated by the tournament director. b. If a suspended coach does not remove himself from the confines of the contest area; the tournament director shall call the authorities.



4. One-minute clause: One minute shall be allowed for a suspended coach to remove himself from the designated contest area. If this time limit is not met, the contest shall be forfeited to the opponents.

5. The tournament director shall be responsible for suspending coach(es) from the contest area. 6. The C.A.R.A. the sport and ethics committee may suspend the coach(es) from further participation in C.A.R.A. program. 7. Elasticity-

Tournament Director: Any enforcement procedures which are not stated herein may be provided by the tournament director as is necessary to provide for the recreational enjoyment of players, coaches and spectators.

#### **Expectations of Youth Sport Coaches**

- Knowledge of the sport rules and game objectives.
- Set a positive example by having a fair and positive attitude toward participants, parents, officials and fellow coaches. Remember, your actions and works will set an example for others.
- Communicating all information concerning meet/match times, locations and practice times to players and parents.
- Efficiently organizing and scheduling practices and meets/matches.
- Strive to have a good Supervisor-Coach relationship, by keeping the communication lines open. ● Treat all participants equally.
- Be responsible for player, parent, and spectator behavior at all meets/matches. 8. Be aware of participant safety and well-being and know basic emergency procedures.

# Colorado High School Activities Association

14855 E. Second Avenue Aurora, Colorado 80011 (303) 344-5050

## INQUIRY (IES) SHEET

TEAM \_\_\_\_\_ EVENT \_\_\_\_\_ SESSION \_\_\_\_\_

GYMNAST NAME \_\_\_\_\_

GYMNAST'S COMPUTER NUMBER \_\_\_\_\_

REASON FOR INQUIRY \_\_\_\_\_

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COACH'S SIGNATURE \_\_\_\_\_

REFEREE'S DECISION \_\_\_\_\_

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REFEREE'S SIGNATURE \_\_\_\_\_

INSTRUCTIONS TO SCORER'S TABLE (IF NECESSARY) \_\_\_\_\_

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**CARA GYMNASTICS PARTICIPANT RELEASE AGREEMENT**

The CARA Gymnastics Committee, a section of CPRA ( Colorado Parks and Recreation Association), has taken steps to ensure that all participating programs and/or departments have participated in safety training and feel the care of the gymnasts is one of our utmost concerns.

1. **Readiness to Compete:** I will only participate in those CARA Gymnastics competitions for which I believe I am physically and psychologically prepared to compete. Prior to participation in Gymnastics events, I will have practiced my exercises, and will perform only those exercises which I have accomplished to the degree of confidence necessary to assure I can perform them by myself, without injury.
  2. **Medical Attention:** I hereby give my consent to CARA Gymnastics and the Host Organization of any CARA Gymnastics event to provide, through a medical staff of its choice, customary medical/athletic training attention, transportation, and emergency medical services as warranted in the course of my participation in CARA Gymnastics events.
  3. **Awareness:** I am fully aware of and appreciate the risks, including the risk of catastrophic injury, paralysis, and even death, as well as other damages and losses associated with participation in a gymnastics event. I release CARA Gymnastics, the Host Organization, CPRA and sponsor(s) of any CARA Gymnastics event, along with the employees, officers and directors of these organizations (collectively the "released parties"), from any claims, losses, or damages arising from or in any way connected occurring as a result of the negligence of any one of the Released Parties, but not including claims, losses or damages occurring as a result of the intentional or reckless conduct of any one of the Released Parties.
  4. **Publications:** In addition, by signing I agree to give CARA Gymnastics permission to publish in print, electronic or video format, the likeness or image of myself and/or family members, including children, for the general promotion of CARA Gymnastics and its programs.
  5. **COVID:** By allowing my minor child to participate in CARA Gymnastics, I, on my behalf and the behalf of my minor child, hereby acknowledge my awareness that my minor child's participation in CARA Gymnastics may involve exposure to the COVID-19 virus and/or any mutation or variation thereof. In consideration of having the opportunity to participate in CARA Gymnastics and its competitions, and in acknowledging that we are aware of and willing to assume the risks associated with this activity, I, on my behalf and the behalf of my minor child, hereby voluntarily agree to waive, hold harmless and indemnify CARA Gymnastics and all affiliated groups, clubs, employees, agents, volunteers and directors from any and all claims, demands, damages and causes of action of any nature whatsoever arising out of or in connection to my minor child's participation in such activities, due to infection or possible infection by the COVID-19 virus.
- \*Required of any athlete who is not yet 18 years old:** As parent or legal guardian of this athlete, I hereby verify by my signature below, that I fully understand and accept each of the conditions listed in the above agreement for permitting my child to participate in any CARA Gymnastics event. I release the Released Parties from any claims, losses or damages arising from or in any way connected with my child's participating in the event, including losses or damages occurring as a result of the negligence of any one of the Released Parties, but not including claims, losses or damages occurring as a result of the intentional or reckless conduct of any one of the Released Parties. Whenever

possible, CARA Gymnastics suggests both parents/guardians be required to sign below, and the parents/guardian(s) should keep a copy of this form.

Gymnast's Name (print) \_\_\_\_\_ Level \_\_\_\_\_ Boy or Girl (circle one)

Gymnast's Signature \_\_\_\_\_ Birth date \_\_\_\_/\_\_\_\_/\_\_\_\_

Gymnast's Primary Medical Insurance Carrier \_\_\_\_\_

Parent/Guardian Name (print) \_\_\_\_\_ Phone \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Name (print) \_\_\_\_\_ Phone \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

## TEAM ROSTER

This is now submitted electronically and there is an excel template that must be followed and submitted to the committee in a timely manner to avoid penalties.

You will need to provide the following information for each gymnast on your team:

- Gymnast Name (first and last)
- Girls Skill level (C3, C4, O1, O2, O3, O4) Boys Skill level (L-4, L-5, L-6, L-7)
- Birthdate (age group is determined based on the gymnast's age as of April 1<sup>st</sup>)

An example of the excel template is below:

TEAM NAME	LAST NAME	FIRST NAME DOB SKILL	SEX	WAIVER	PAI D	REMARKS
DENVER	Flinstone	Bambam 2/2/2002 O-2	G	Y	P	N/A
AURORA	TEST	USER 5/5/2004 C-5	G	N	N	
LITTLETON	GYM	BOY 5/5/2004 L-4	M	Y	Y	

