



# Gymnastics Sport Handbook

## Winter of 2025-26

### **Section 1: Rules**

- A. All contests under the jurisdiction of the RIIL shall be played according to the National Federation of State High School Association Rules, except for any special rulings adopted by the RIIL and listed in this handbook below.
- B. The RIIL strongly recommends head coaches/officials obtain a copy of the most recent NFHS Rulebook.

### **Section 2: Mandatory Coaches Certification & Continuing Education**

- A. ALL Coaches must be appointed by their School Administration and upload their valid certificates to the Coaches' Certification website below. A coach is any adult with access to student-athletes through an education-based athletic program.
  - a. Including, but not limited to: Volunteer Coaches, Assistant Coaches, and Head Coaches.
- B. Coaching Requirements: Article 13
- C. Coaching Out of Season Rules: Article 7, Section 8
- D. Rules on Recruitment: Article 3, Section 11
- E. Sportsmanship Expectations for Coaches: Article 12, Section 3

### **Section 3: Medical Coverage/Emergency Action Plans**

- A. Medical Coverage should be provided by the host school, be in attendance and on duty for the duration of all interscholastic scrimmages and games during the regular season and all tournament round games. The medical personnel must introduce themselves to both coaches and referee prior to the start of the game.
  - a. Pre-Game Safety Checklist
- B. Schools are responsible for providing Medical Coverage for their team throughout the playoffs, including the Semis and Finals/Championships.
- C. Home team medical coverage shall be responsible for both teams unless the visiting school provides its own medical coverage.

D. Levels of Medical Coverage:

<b><u>Medical Professional Legal Limitations</u></b>
<ul style="list-style-type: none"> <li>A. Education/Schooling/Training &amp; Licensure</li> <li>B. Scope of Practice</li> <li>C. Able to Return to Play</li> </ul>
<b>Medical Doctors-MD/DO or Advanced Practice Provider-NP/PA</b>
<ul style="list-style-type: none"> <li>A. Advanced degree (Medical School/Successfully passed the licensing board, and RI Licensed)</li> <li>B. Preventative Care, On field Evaluation, Immediate Care, Diagnosis</li> <li>C. Can they Return to Play – Yes</li> </ul>
<b>Athletic Trainer (RI Licensed)</b>
<ul style="list-style-type: none"> <li>A. Minimum Bachelor's Degree (Successfully pass the BOC exam, and RI licensed)</li> <li>B. Preventative Care, On field Evaluation, Immediate Care, Assessment of injury, referral for further diagnosis</li> <li>C. Can they Return to Play during a game/contest? – YES</li> </ul>
<b>Physical Therapist (RI Licensed)</b>
<ul style="list-style-type: none"> <li>A. Degree varies from BS, MS to DPT (Successfully pass the board exam, and RI licensed.)</li> <li>B. Preventative Care, Rehabilitation, Orthopedic exam evaluation</li> <li>C. Can they Return to Play during a game/contest? – NO</li> </ul>
<b>Physical Therapist w/ Orthopedic Clinical Specialist (OCS) credential (RI Licensed)</b>
<ul style="list-style-type: none"> <li>A. Advanced Certification (Successfully pass the board exam, successfully complete requirements for and pass the OCS exam, and RI licensed)</li> <li>B. Rehabilitation, Orthopedic exam evaluation. On the field coverage - not qualified, no emergency training incorporated into initial certification or required to be annually updated.</li> <li>C. Can they Return to Play – NO (During a Game/Contest), Yes (In Clinical Setting)</li> </ul>
<b>Physical Therapists w/ Sports Certified Specialist (SCS) credential (RI Licensed)</b>
<ul style="list-style-type: none"> <li>A. Advanced Certification (Successfully pass the board exam, successfully complete requirements for and pass the SCS exam, and RI licensed)</li> <li>B. Rehabilitation, Orthopedic exam evaluation. On-the-field coverage – Qualified</li> <li>C. Can they Return to Play during a game/contest? – YES</li> </ul>
<b>EMT - Basic, Intermediate &amp; Paramedic</b>
<ul style="list-style-type: none"> <li>A. Successfully complete the EMT program, pass the board exam, and RI licensed)</li> <li>B. Emergency care</li> <li>C. Can they Return to Play during a game/contest? - NO, per RI EMS laws/regulations/protocols</li> </ul>
<b>School Nurse (RN)</b>
<ul style="list-style-type: none"> <li>A. Successful completion of a nursing program (Successfully pass the board exam, and RI licensed)</li> <li>B. Emergency care, referral for further treatment/diagnosis</li> <li>C. Can they Return to Play during a game/contest? – NO</li> </ul>

- E. The judgment of the medical person will be final with regard to the medical condition of a player. No player may continue to play against the medical person's advice under any circumstance.
- F. An Emergency Action Plan with clearly defined written and practice protocols as required by RI General Laws must be developed and in place at every high school.
  - a. When possible, an athletic trainer should be present at all practices and games. An athletic trainer is a key component in any strategy to minimize injury risk and optimize safety for all participants.
  - b. *Rationale:* An effective emergency action plan (EAP) must be in place as a prompt and appropriate response to any emergency situation that can save a life. The EAP should be designed and practiced to address all teams (freshman, junior varsity, and varsity) and all practice and game sites.

#### **Section 4: General Regulations for all Sports**

- A. Heat Acclimatization: RIIL R&R Article 7, Section 3
- B. Definition of a Game/Scrimmage: RIIL R&R Article 7, Section 2
- C. Coaching Out of Season Rules: RIIL R&R Article 7, Section 8
- D. Use of Equipment During the Summer: RIIL R&R Article 6, Section 13
- E. Sportsmanship Expectations for Coaches, Student-Athletes, & Spectators: RIIL R&R Art. 12, Sect. 3
- F. Loyalty to Home School: RIIL R&R Article 7, Section 7
- G. National Events: RIIL R&R Article 7, Section 11
- H. Penalties for Ejections: RIIL R&R Article 6, Section 7
- I. Protest Procedure: RIIL R&R Article 5

**Section 5: Sport Advisory Committee**

- A. Each Sport Advisory Committee is comprised of Member School Administrators, Athletic Directors, Coaches, Officials, and other relevant individuals who work with and report to the RIIL on all matters concerning their sport.
- B. Gymnastics Sport Advisory Committee Membership:

Committee Role	Member	School
Sport Director	Melissa Gendreau	
Co-Director (RIIAAA)	Bobby Palazzo	Classical
Athletic Director	Christy Belisle	Mt. Hope
Athletic Director	Dino Campopiano	Pawtucket
Athletic Director	Kelly Moniz	Prout
Coach	Sue Paul	South Kingstown
Coach	Shannon Farrel	Middletown
Official	Nikki Pannone	

- C. The 2024-25 and 2025-26 Alignment received the following endorsements & approvals:
  - a. Sport Committee Approval: 04/24/24
  - b. Survey of all Member Schools: 05/01/24
  - c. RIIAAA E-Board Approval: 05/17/24
  - d. PCOA Approval: 06/17/2024

**Section 6: Season Dates (All dates are subject to change):**

A. Important Dates:

<b>School Year</b>	2025-26
<b>Sport</b>	<b>Gymnastics</b>
<b>Start Date</b>	Monday, December 1, 2025
<b>Days in the Preseason</b>	10
<b>Games Can Begin</b>	Thursday, December 11, 2025
<b>Week #1 Begins On</b>	Monday, December 15, 2025
<b>Week #2 Begins On</b>	Monday, December 22, 2025
<b>Week #3 Begins On</b>	Monday, December 29, 2025
<b>Week #4 Begins On</b>	Monday, January 5, 2026
<b>Week #5 Begins On</b>	Monday, January 12, 2026
<b>Week #6 Begins On</b>	Monday, January 19, 2026
<b>Week #7 Begins On</b>	Monday, January 26, 2026
<b>Week #8 Begins On</b>	Monday, February 2, 2026
<b>Last Day of the Regular Season</b>	Saturday, February 7, 2026
<b>Days in the Postseason</b>	7
<b>Championships Concluded By</b>	Sunday, February 15, 2026

A. Postseason:

a. Team State Championships:

- i. TENTATIVE for Saturday, February 14, 2026
- ii. Location: The Murray Center at Rhode Island College
- iii. Top-4 Teams in each Division Qualify for the Team State Championship

b. Individual State Championship:

- i. TENTATIVE for Sunday, February 15, 2026
- ii. Location: The Murray Center at Rhode Island College
- iii. Top student-athletes in the State qualify for the Individual State Championship

c. New England Championship: Saturday, March 14, 2026

B. Divisions:

- a. Gymnastics two (2) Divisions (asterisk denotes mid-alignment movement):

<b>State Championship Division (Div. 1)</b>	<b>Division 2</b>
<b><u>7 Teams</u></b>	<b><u>8 Teams</u></b>
Barrington	Cranston West
Coventry	Chariho
LaSalle	East Greenwich/North Kings. Coop
Mt. Hope	Middletown
Portsmouth	Prout/EWG Coop
South Kingstown	Rogers/East Providence Coop
Toll Gate/Pilgrim Coop	Westerly
	West Warwick

C. Regular Season Format:

- a. Teams will compete in ~7-9 total Meets vs. every team in their division.
- b. Teams will compete against every team in their Division twice for 12-14 competitions.
- c. Each Team will host approximately 2 meets during the regular season.
- d. The initial schedule will be coordinated by the Sport Director. All changes to the schedule after the schedule is released to schools will be controlled by the Athletic Directors.

D. Score Reporting for all Regular Season and Postseason League Games: In accordance with Article 6, Section 14, all contest scores are to be reported on-line on the RIIL Website. Coaches obtain access to the system through their Athletic Director.

E. It shall be the responsibility of school officials/administrators/supervisors to provide a safe and secure environment for the teams and officials by ensuring the playing field and sidelines are continuously cleared of **everyone** except certified & appointed coaches, team managers/scorers, student-athletes, medical personnel, and school designated personnel. Media are allowed with prior permission of the host school.

F. Home teams shall set a date/time for all contests.

- a. If there is a conflict in the date/time of the contest with the visiting team(s) and mutual agreement cannot be reached, the visiting school Principal/Athletic Director shall submit a

**written request** to the RILL to review the circumstances of the disagreement and render a decision. **This must be done prior to the submission of the Home Confirmation Schedule.**

- b. Once the Home Confirmation Schedule is submitted, changes will not be allowed unless there are extenuating circumstances.

F. Postponement of Regular Season Varsity Games after the confirmation deadline:

- a. Where unusual circumstances prevail or where weather conditions are unfavorable, a game may be postponed by mutual consent of the Principals and/or Athletic Directors
- b. Postponed games shall be rescheduled to the next day when the teams, facility, and officials are available.
  - i. Includes weekends and/or school vacations.
  - ii. League games must take precedent over non-league games or lesser events
  - iii. Rescheduled games must be within all other guidelines contained in this handbook and the RILL Rules & Regulations.
- c. Additional Officials Fees for Games Changed within Two Weeks of original date/time:  
Article 6, Section 5

G. Practice Limitations:

- a. Preseason Practice Limitations are also located in Heat Acclimatization: Article 7, Section 3
- b. Scrimmages allowed after 5 days of practice
- c. Games allowed after 10 days of practice

**Section 7: Postseason Qualification & Format:**

A. State Team Championships (D1 & D2):

- a. Qualification/Standards for team and individual participation will remain exactly the same as in the past.
- b. A Team's W-L record in league competitions will be used to qualify for the state championship. The Top-4 Teams in each Division will qualify for the State Championship meet.
- c. Division 1 and Division 2 will each have a Championship Meet designed exclusively for the team championship. Standards will be established in each of the four events. Teams will compete in Olympic order according to the standings. If there is a tie for 1st - 3rd a coin flip will be used for event placement in the team meet. If there is a tie for 4th place a tiebreaker meet will take place.

B. State Individual Championship Meet:

- a. The Top individuals in each event throughout the season will also qualify for the Individual State Championship based on the standards established at the beginning of the season.
- b. The Individual Championship Meet is designed exclusively for individual competition. Standards will be established in each of the four events:
  - i. Vault: 8.5

- ii. Bars: 7.8
  - iii. Beam: 8.2
  - iv. Floor: 8.3
  - v. All Around: 32.8 with no score lower than a 6.5
- c. All athletes who exceed the standard in three separate regular season meets will qualify to participate. The RILL will recognize the Top-8 competitors in each of the four events and the Top-8 All-Around for those gymnasts who qualify in all four events.

## **Section 8: RILL Rules & Regulations Specific to Gymnastics**

- A. **Rosters** shall be completed via the RILL website and made available to the public no later than 10 days after the start of practice. Rosters must be updated when students are added/removed from the team. Rosters must include: full name and grade.
- B. **Uniforms:**
- a. Schools shall consult the NFHS Rulebook for specific regulations pertaining to uniforms
- C. **RI Interscholastic Injury Fund:**
- a. The Injury Fund is a non-profit organization separate from the RILL.
    - i. Additional information can be found at: <http://www.injuryfund.org/>
  - b. The purpose of the nonprofit Injury Fund is to establish, raise, maintain and distribute funds to the athletic departments of high schools participating in the Rhode Island Interscholastic League. Distributions will be made to assist athletes, coaches or officials injured in sanctioned interscholastic competitions and practices with their medical expenses that exceed the amount paid by the injured party's primary, required medical insurance. Any and all financial assistance rendered by the RI Injury Fund to RILL Member Schools shall be given purely on a voluntary basis and in such amounts and in such manner as the Board of Directors in its sole discretion shall determine.
  - c. Non-League competitions scheduled to spread awareness of and benefit the Injury Fund are allowed by RILL Rules in addition to any stated game caps contained herein.
  - d. Students, Coaches, and Officials whose teams participate in an Injury Fund event in a given sport are covered by the Injury Fund
  - e. **Injury Fund Format:** The coaches association will schedule events for multiple teams to compete at a single location in the pre-season to provide schools the opportunity to participate.
- D. In the event a "playoff game" must be suspended because of conditions which make it impossible to continue to play, the game will be rescheduled and restarted from the exact point of the suspension of play.
- E. **Playoff Warmup:** Teams must be allowed no less than 20 minutes to warm up on the field prior to the start of any playoff game unless specific warmup procedures are contained elsewhere in this handbook.

- F. Six (6) gymnasts can compete per event plus one additional gymnast may be allowed to exhibition.
- G. Top 4 female scores per event will count towards the final meet score. Males are allowed to compete although their score cannot be used toward the team score they can qualify as an individual gymnast.
- H. Score cards are to be provided by the coaches at each meet.
- I. Electronic Scoring will be used to keep track of the meet results and qualifiers
- J. All scores are to be placed on the RILL site within 24 hours and sent to the statistician, Elaine Lyden
- K. All State and All Division accolades are determined by averaging the top 3 scores the gymnast achieved during the regular and post season meets.
- L. Gymnasts are then ranked by the statistician.
- M. The top 6 gymnasts from both divisions will receive All State first team honors, the next 6 will receive All State second team honors.
- N. All divisions are broken into Division 1 and Division 2. The top 6 gymnasts from each division will receive All Division first team honors, the next 6 will receive All Division second team honors and the next 6 thereafter will receive All Division third team honors
- O. Note: Individuals are placed into divisional categories based on if they make it to the state championship meet or not.

### **Section 9: Officials**

- A. RILL assigned official's authority extends to pre and post-game oversight. Fighting and unsportsmanlike penalties will always be within the authority of the officials at the contest site.
- B. Police protection, when necessary, must be provided by the home school. The home school is responsible for all crowd control measures. There is an urgent need for increasing vigilance in this matter. Schools must make every effort to ensure that players, officials, and spectators are protected. The duties of the police will be determined and outlined by the home school.
- C. The home team should provide an adult game supervisor at all home events. An adult game supervisor must be present at ice hockey, basketball, field hockey, lacrosse, baseball, softball, football, soccer, volleyball and wrestling contests. The supervisor shall not be a student, nor a coach involved with the game. The supervisor shall identify themselves to the game officials thirty (30) minutes prior to the start of the game. The supervisor shall be responsible for game administration and crowd control. They should notify the police, and event staff to seek appropriate assistance when applicable. In the event of a problem, the Principal/Athletic Director must notify the RILL office the next day and submit a written report detailing the incident(s).