

EAST RIDGE GYMNASTICS POLICIES

2025-2026

East Ridge Activities Purpose Statement:

We choose to lead students, to be people of empathy who serve others while developing skills as a student, teammate, and person of character.

ERHS Gymnastics Purpose Statement:

East Ridge Gymnastics strives to provide a productive environment for gymnasts to build sportsmanship, leadership, and character through patience, dedication and respect.

Priorities:

1. Home Life
2. School
3. Gymnastics

● Home life is always the most important, please communicate with the coaches to let them know if you will miss a practice, meet, or be late to either due to a family emergency or very special event. Practices will be modified for gymnasts who need to leave early or miss for religious obligations. Family vacations should be planned outside the months of Gymnastics season.

● Academics are second on the priority list. Gymnasts must show progress in all classes. The coaches will be checking grades every 2 weeks to make sure all gymnasts are on the right track.

● Third on the list is gymnastics. Gymnastics is a challenging sport which requires dedication, passion, and determination. Practices and meets must be more important than working, social events, and other distractions. These sacrifices will be well worth it!

❖ The following policies and rules apply to ALL East Ridge gymnasts with NO exceptions!

ACADEMICS

- Student-Athletes must continuously earn and accumulate enough credits to stay on track to graduate.
- A grade of C+ must be maintained by each student-athlete to be eligible to practice and compete. If a gymnast is earning less than a C+ in a class, she will be asked to sit out of practice to do school work. A gymnast will not be able to practice or compete unless a report card shows improvement with a C+ or above.
- A gymnast with a failing grade is ineligible to compete until the next report shows she is passing.
- Students who are truant or unexcused from school for more than one hour will not be eligible to practice or compete that day.
- A student must be at school for half of the day on a meet day in order to compete

- **Fundraising and Volunteering**

- Volunteer support on this gymnastics team is an expectations
- Each family is required to volunteer at each fundraiser or event
- Anyone that does not complete their volunteer obligations will be subject to a \$500 support fee.
- This is something that needs to be taken very seriously, and if not, could impact your athletes participation.
- Volunteer support and fundraising helps buy the necessary things for these student athletes. (Equipment, apparel, team bonding activities etc..)
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- **Practice**

- Attendance is required for all mandatory practices.
 1. First un-excused absence: Warning
 2. Second un-excused absence: Drop down a level of competition (Varsity competes JV or JV sits out).
 3. Third and or anymore un-excused absence: You will NOT be allowed to compete in the next conference meet.
- Practices will begin at 3:45pm and end at 6:15pm Monday- Friday. With a few mandatory or optional Saturday practices from 11:00am-1:30pm.
- Gymnasts must wear a leotard, NO practicing in a T-Shirt. We WILL have tank top Friday!
- Acceptable reasons for being late: doctor appointment, school work (with a teacher's note), family emergencies, etc.

THE COACHES WILL REQUIRE A NOTE EXPLAINING WHY YOU WERE LATE!

- All gymnasts must be on time to practice, NO EXCUSES. Any taping or other needs from the trainer must be completed before 3:45pm. Be dressed, taped, hair up, snacks eaten and on the floor AT 3:45pm ready for the warm up. Failing to be on the floor and ready to start practicing by 3:45 will be addressed and disciplined on a team bases.
 - Taping will be done by the trainer unless he is absent. Coaches want to use their time in the gym for coaching their athletes. Spending time taping distracts the coaches from giving attention to the athletes practicing.
- If a student is unexcused from school for one hour, they will not be eligible to participate in practice or a meet on that day. Coaches will be notified each day of all athletes attendance.
- Conditioning, flexibility, and rehabilitation will be a part of everyday practice. This is to reach the full potential of each athlete and most importantly prevent injuries. Gymnasts will participate in these activities with a positive attitude.

BYLAW 208.00 NON-SCHOOL COMPETITION AND TRAINING (TEAM AND INDIVIDUAL SPORTS)

1. During the High School Season:

Cross Reference: Bylaw 411.10.C Definition (End of Season)

a) Lessons/Training: During the League high school season athletes may take lessons from professionals and other non-school coaches without limit as to where, when or who may provide the training. Athletes may not miss a high school practice, game, or meet to take a lesson or train for a non-school event.

b) Competition: Athletes may compete in non-school events/competitions that do not match the events in which athletes currently compete in high school competition.

School Cancellation due to Weather

- ❖ If there is no school due to weather, there will be no meets/practices.

Lettering

- A gymnast can earn a letter by meeting ONE of the below criteria:
 1. Compete at the varsity level on any combination of events nine times throughout the season.
 2. Compete at the sectional meet.
 3. Be a senior with previous competition experience at the high school level.

MSHSL rule for Eligibility

Good Standing

In order to be eligible for regular season and League tournament competition a student must be in good standing.

2. Student Code of Responsibilities

Participation in interscholastic activities is a privilege which is accompanied by responsibility. As a student participating in League sponsored activities, I understand and accept the following responsibilities:

- A. I will respect the rights and beliefs of others and will treat others with courtesy and consideration.
- B. I will be fully responsible for my own actions and the consequences of my actions.
- C. I will respect the rights and property of others.
- D. I will respect and obey the rules of my school and the laws of my community, state and country.
- E. I will show respect to those who are responsible for enforcing the rules of my school and the laws of my community, state and country.

3. Penalty

A student who is dismissed from school or who violates the Student Code of Responsibilities is not in good standing and is ineligible for a period of time as determined by the school principal acting on the authority of the local board of education. The League specifically recognizes that certain conduct requires penalties that may exceed those penalties typically imposed for first violations.

Drug/Alcohol Use

- A student shall not at any point in time during season, regardless of quantity:
 - Use, consume, or be in possession of a beverage containing alcohol
 - Use, consume, or be in possession of tobacco (this include vaping)
 - Use, consume, or be in possession of buy, sell or give away any other controlled substance or drug paraphernalia.

- The student shall lose eligibility for the next two consecutive interscholastic contests or two weeks. 14 calendar days, whichever is greater, of a season in which the student is a participant.

- The student shall lose eligibility for the next six consecutive interscholastic contests or three weeks, 21 calendar days, whichever is greater, in which the student is a participant.
- The student shall lose eligibility for the next 12 consecutive interscholastic contests or four weeks, 28 calendar days, whichever is greater, in which the student is a participant.
- Any violations of the MSHSL rules for Eligibility will result in loss of “post season” awards with the exception of lettering for that sport if your lettering policy has been met. (Exceptions to this may be “medaling at the Section and State Level Competitions)
- This includes any and all information/pictures that may appear on social media such as Facebook, Instagram, Snapchat, Twitter etc.
- For more information please visit this website

https://www.mshsl.org/sites/default/files/2021-08/mshsl-handbook-2021-2022-200-series_1.pdf

Team Selection

- Earning a Varsity or JV spot in the line-up depends on the following:
 1. Attitude
 2. Work ethic
 3. Sportsmanship
 4. Completion of assignments
 5. Form
 6. Skill
- The line-up may change on a weekly basis and sometimes even during a meet depending on injury/illness/or because of any factors listed above.
- The line-up will be announced to the gymnasts on Wednesday for a conference meet and Friday for an invitational.

Competition

- Varsity has five competitors per event. The top four scores are used to tally the team score. J.V. has 8 competitors per event with the top 4 scores used to tally the team score. New conference rules have added the use of a “C” team. A “C” team may be used to compete in exhibition during regular dual meet competitions on alternating pieces of equipment during the same time regular varsity and junior varsity compete. It is the host school’s decision whether or not to allow a “C” team to compete. Schools can place up to 8 “C” team exhibition members to compete.

- ❖ Each meet is mandatory for all gymnasts.
- Schools in our conference: Cretin-Derham Hall, Roseville Moundsview/Irondale, Stillwater, Park
Woodbury, White Bear Lake, Forest Lake

Rules at meets:

- Once warm-ups begin gymnasts are not allowed to be in the stands with parents or friends until competition has ended.
 - No glitter, nail polish, jewelry, (One stud is allowed in each ear) All tattoos must be covered. No undergarments can be showing. Undergarment colors can only be black or nude.
 - No cell phones are to be used during competition time. A 1.0 penalty can be issued to the team. Any coach can confiscate the cell phone at any time until the end of the meet. Cell phones must be put away when warm-ups start and until the last girl from each team has competed and awards are announced.
- ❖ Gymnasts are required to ride the bus or van to all away meets and back to promote unity.

Dress Expectations

- March-in warm ups and competition leotards need to be worn until after the awards are completed.
- Hair policies- face and ears need to be 100% clear during competition. No strands hanging down from anywhere are allowed. If hair falls over your face or touches equipment it is a .1 deduction.

Dual Meets

- 1st rotation: Home Vault (varsity -> JV) Away Bars (JV -> Varsity)
- 2nd rotation: Home bars (JV -> Varsity) Away Vault (Varsity -> JV)
- 3rd rotation: Home Beam (Varsity -> JV) Away Floor (JV -> Varsity)
- 4th Rotation: Home Floor (JV -> Varsity) Away Beam (Varsity -> JV)

Invitationals

- Invites are usually 8-16 team meets against schools outside of our conference. Some invites are JV and Varsity, while others are strictly Varsity.

Conference Champions

- Are determined by which school in our conference has the most Varsity Wins from the conference duels meets throughout the season.

JV Conference

- Is the final meet of the season for JV gymnasts and is a way to celebrate and show off all their hard work and skills they've achieved throughout the season!

Section 3AA Meet

- We are in Section 3AA. This section is different from our conference.

The first-place team at Sections will advance as a team to the State Tournament with the other 7 section championship teams.

- The top three all-arounders are automatically in the state meet for all around as well as all four events. The top three individuals on each event excluding those who already qualified as the top three all-arounders will advance to the state meet on those events.

- Teams in our Section: Eagan, Apple Valley/East View, East Ridge, Two Rivers, Park, Hastings, Woodbury, Rosemount

Off Season/Summer

- Success in the sport of gymnastics is the result of dedication and discipline. Continuing to maintain current skill levels and learn new skills are essential for a successful high school gymnastics program. As a result, East Ridge offers summer and off-season practice/camp opportunities.

- Off season- there will be a camp offered for all High School athletes in June and July, where their season coaches are able to coach them.
- Registration will be through <https://commed.sowashco.org/>

RULES

1. Any taping or other needs from the trainer **MUST** be completed before 3:45pm, strolling in late for this will be addressed and disciplined on a team basis.
2. Gymnasts must not enter or leave the gym without permission from a coach. This is to maintain a safe environment for all gymnasts.
3. Tardiness will be dealt with on an individual basis between the coaches and gymnasts involved. If you are late twice without a note, this will count as an unexcused absence.
4. A gymnast who is going to be late, leave early or miss practice, must notify the head and one of the assistant coaches at least 24 hours in advance.
5. If a student is late to practice because she is meeting with a teacher, she must receive a note from the teacher and give this to a coach.
6. There will be no sitting or standing around in the gym or at practice. Laziness is not something the coaches want to see from the gymnasts. This issue will be addressed and disciplined on a team basis.
7. Injured athletes must attend practice to work on whatever areas are possible and to assist others unless the coach excuses you.
8. Getting ice/ice bucket and other training room needs will be for after practice.
9. Following an injury, you must have a note from the doctor stating you have been cleared to practice or participate in a meet.
10. Gymnasts will NOT have access to their phones during practice or meets. Parents can contact the coach if for some reason they need to be in contact with their daughter during practice time.
11. Bullying is not to be tolerated. There will be no negative or bad talk towards yourself, your teammates or coaches.
12. When you enter the gym, you are to focus on your team and how you can improve your gymnastics for yourself and your teammates. Any outside drama can be left at the door and for conversation after practice.

Baulking on a skill will not be tolerated in the gym:

- ❖ This will be discussed with the gymnast and coach to better understand why the skill is not being performed.

In case of conflict, follow these three steps:

1. Student athlete contacts and addresses the issues with the coach. If not resolved...
2. Coach and parent make contact to discuss issue. If not resolved...
3. Athletic director, coach, parent, and athlete will have a meeting.

Conflicts will not be discussed over text message only through phone call or in person

Be thankful and appreciative to your parents, coaches, and school for this opportunity to compete for this team and program!