

INTRODUCTION

This booklet is a compilation of the rules associated with the conduct of an American Sokol National Slet and Festival. Districts/Units may also choose to apply some or all of the rules/procedures contained herein to local competitions.

It is the responsibility of directors, coaches, judges, etc. to become thoroughly familiar with the contents of these rules/procedures.

The National Board of Instructors reserves the right to explain, define and interpret any provision of the rules for the conduct of the National Slet and Festival; the District Board of Instructors reserves the right to explain, define and interpret any provision of the rules for the conduct of District Tournaments.

It is the responsibility of the Unit Directors to supply an adequate number of qualified judges when requested by the meet governing body.

Artistic gymnastic judging rules, infractions, deductions, etc. are no longer specified in this booklet; instead, the appropriate USA Gymnastics rules/regulations for judging should be used.

PREPARED BY: AMERICAN SOKOL BOARD OF INSTRUCTORS

Sis. Cyndi Duff, Rules Chairman

Questions, comments and suggestions should be addressed to the Rules Chairman in care of the American Sokol, 9126 Ogden Ave., Brookfield, IL 60513. Email correspondence can be sent to Cyndi Duff, familyz.in.motion@gmail.com, with a copy sent to the National Director.

Rule modifications and updates maybe submitted at any time, and will be reviewed and approved by the National Board of Instructors at the next District Directors Conference. Should the need arise, the National Director reserves the right to call for a special vote to approve any change, if that change needs to be addressed prior to the next Directors Conference.

AMERICAN SOKOL TOURNAMENT RULES
TABLE OF CONTENTS

	<u>Page</u>
Section I - General and Artistic Rules	
(1) Age Groups	1
(2) Eligibility of Competitors	1-2
(3) Contestants' Classification/Advancement.	2
(4) Areas of Competition	2
(5) Artistic Gymnastic Competition Levels & Age Group Divisions . .	3
(6) Competition Uniforms	4-6
(7) Number of Contestants on Teams	6
(8) All-round, Special Events Competition & Open Invitational Style	6
(9) Entries	7
(10) Calisthenics Participation	7
(11) Awards	7-8
(12) Protests and Disputes	8
(13) Instruction in Regards to Warm-ups	8
(14) Instructions in Regard to Optional Exercises	8
(15) Guarding & Assistance	9
(16) Dimensions for various Apparatus	9
(17) General Instructions to Judges	9
(18) Vault.	9
(19) Scoring	9
(20) Accidents	10
Section II - Rhythmic Gymnastic Rules	
(1) Types of Competition	11
(2) Competitive Divisions	11
(3) Rules for Compulsory Exercise	11
(4) Apparatus Regulations	11
(5) Definitions & Rules for Competitions	11
(6) Rhythmic Gymnastic Attire	11
(7) Awards	11
Section III - Volleyball Rules (ALL)	12
Section IV - Uniform and Conduct Rules (ALL).	13
Section V - Tournament Rules Comment/Suggestion Request Form.	14

AMERICAN SOKOL TOURNAMENT RULES

SECTION I - GENERAL AND ARTISTIC GYMNASTIC RULES

I-(1) AGE GROUPS

Tots - Under six, at the discretion of Unit Director.
Girls - 6 thru 11 years of age. *
Boys - 6 thru 11 years of age. *
Junior Girls - 12 thru 17 years of age. *
Junior Boys - 12 thru 17 years of age. *
Women - 17 years of age and over.
Men - 17 years of age and over.

* Classification of 12 year olds to Boys/Girls or Juniors is left to the discretion of individual units.

NOTE: For purposes of entering individuals in age group related competitive divisions, the individual's age on the date of Opening Ceremonies shall be used to determine the appropriate age group division. It is recommended that placement of 12 year olds in competitive divisions be consistent with their participation during the Sokol season preceding the National Slet and Festival.

When a Junior becomes 17, they may become a regular member of the organization according to the American Sokol Constitution and By-Laws. If a 17 or 18-year-old is still a high school student, they shall be eligible to compete either as a Junior or as an Adult.

Once a 17 or 18-year-old high school student chooses to compete as an "Adult", they must compete as an Adult in all aspects (artistic gymnastics, rhythmic gymnastics, volleyball, etc.).

I-(2) ELIGIBILITY OF COMPETITORS

Any youth or adult member in good standing of the American Sokol or Sokol U.S.A. and guest organizations shall be eligible to enter the American Sokol National Slet and Festival. If a Sokol member who for reasons of temporary transfer of employment or school attendance is participating actively in a Unit other than his own, wishes to compete with the Unit of which they are a guest, they must apply for clearance first to his own Unit Board of Instructors, which in turn applies to the District Board of Instructors, which finally applies to the National Board of Instructors for approval.

For the purposes of individual competition in (Artistic Gymnastics, Rhythmic Gymnastics, Fitness Challenge, etc.), individuals holding DUAL MEMBERSHIP shall be considered members of the unit, which holds their official voting rights per American Sokol records.

For the purposes of forming unit teams (gymnastics, volleyball, marching, etc.), individuals holding DUAL MEMBERSHIP shall be considered members of the unit which holds their official voting rights per American Sokol records.

I-(2) ELIGIBILITY OF COMPETITORS (continued)

For the purposes of forming tag-teams (Adult artistic gymnastics only), the teams may be comprised of individuals in any Adult Age Group or Competitive Level. Each individual on a tag-team must specify the piece(s) of apparatus they will compete when submitting their entry forms. Teams may be made up of Sokol members from units or districts.

I-(3) CONTESTANTS' CLASSIFICATION/ADVANCEMENT

Each contestant shall enter the Level suitable to their development and caliber. However, if a competitor should be compelled to re-enter the same Level, or to drop to a lower Level than in which they previously competed and won first place, then they must submit such action to their District Board of Instructors for approval who, in turn, will submit it to the National Board of Instructors for approval. Each step is to be in writing for documentation purposes. If this request is approved by the National Board of Instructors, the competitor's earned points count toward their individual and team score.

This rule DOES APPLY when changing age groups (6-8 to 9-11, 9-11 to 12-14, 12-14 to 15-17 and 15-17 to 'Adult'). This DOES NOT apply to Adult age groups.

Once an official entry form designating which Level a contestant will enter is submitted, that contestant cannot change Levels, unless approved by the National Board of Instructors.

I-(4) AREAS OF COMPETITION

Unit
District
National

I-(5) ARTISTIC GYMNASTIC COMPETITION LEVELS AND AGE GROUP DIVISIONS

The Competitive Levels will be detailed when exercises are distributed.

Girls: Appropriate number of Sokol Gymnastics Levels
Appropriate number of USA Gymnastics Levels
Two age groups: 6-8 and 9-11*

Boys: Appropriate number of Sokol Gymnastics Levels
Appropriate number of USA Gymnastics Levels
Two age groups: 6-8* and 9-11*

Junior Girls: Appropriate number of USA Gymnastics Levels
Two age groups: 12-14* and 15-17*

Junior Boys: Appropriate number of Sokol Gymnastics Levels
Appropriate number of USA Gymnastics Levels
Two age groups: 12-14* and 15-17*

Women: Appropriate number of Sokol Gymnastics Levels
Appropriate number of USA Gymnastics Levels
Five age groups: 18-24*, 25-34*, 35-49*, 50-59*, 60+*

Men: Appropriate number of Sokol Gymnastics Levels
Appropriate number of USA Gymnastics Levels
Five age groups: 18-24*, 25-34*, 35-49*, 50-59*, 60+*

*Age on the DATE OF OPENING CEREMONIES is used to distinguish 8 vs. 9 year old, 14 vs. 15 year old, 24 vs. 25 year old, 34 vs. 35 year old, 49 vs. 50 year old, and 59 vs. 60 year old.

I-(6) COMPETITION UNIFORMS

GYMNASTICS

- A) Girls: Regulation T-shirt and shorts may be worn OR any color combination red, white and/or blue leotard may be worn with optional white gymnastic foot apparel.
- B) Boys: Regulation T-shirt and shorts may be worn OR any color combination red, white and/or blue gymnastic jersey (or tank-top style shirt) and any combination red, white or blue gymnastic shorts, white sock and white gymnastic foot apparel may be worn. Foot apparel is optional for Vault and Floor. Shorts may optionally be replaced with red, white or blue gymnastic pants.
- C) Junior Girls: Regulation T-shirt and shorts may be worn OR any color combination red, white and/or blue leotard may be worn with optional white gymnastic foot apparel.
- D) Junior Boys: Regulation T-shirt and shorts may be worn OR any color combination red, white and/or blue gymnastic jersey (or tank-top style shirt) and any combination red, white or blue gymnastic shorts, white sock and white gymnastic foot apparel may be worn. Foot apparel is optional for Vault and Floor. Shorts may optionally be replaced with red, white or blue gymnastic pants.
- E) Women: Regulation polo shirt and shorts or long pants may be worn OR any color combination red, white and/or blue leotard may be worn with optional white gymnastic foot apparel and optional form-fitting shorts.
- F) Men: Regulation polo shirt and shorts or long pants may be worn OR any combination red, white and/or blue gymnastic jersey (or tank-top style shirt) and any color combination red, white or blue gymnastic shorts, white sock and white gymnastic foot apparel may be worn. Foot apparel is optional for Vault and Floor. Shorts may optionally be replaced with red, white or blue gymnastic pants.
- G) Gymnastic Teams: All gymnasts from the same unit, that are in the same age group, and are competing in the same level, shall wear the same uniform.
- H) Rhythmic Competitors: Females may wear red, white or blue, or any combination thereof, leotards or unitards, or they may elect to wear their regulation uniform.

MISCELLANEOUS

- I) Volleyball: Volleyball teams must be uniformly dressed with 3" to 6" numbers on front of shirt and 6" numbers on the back. Shorts/pants must be uniform in color.

UNIFORM INFRACTION WILL BE STIPULATED IN SLET MANUAL AND ENFORCED BY THE MEET DIRECTOR.

- J) Basketball: Basketball teams must be uniformly dressed with 3" to 6" numbers on front of shirt and 6" numbers on the back. Shorts must also be uniform.

UNIFORM INFRACTION WILL RESULT IN LOSS OF FOUR (4) POINTS; TO BE ENFORCED BY THE MEET DIRECTOR.

NOTE: Other special event competition uniform will be addressed in the Slet Manual.

I-(6) COMPETITION UNIFORMS - CONT.

J) Judges' Uniforms: Men must wear either the regulation Sokol uniform OR gray OR navy blue trousers or shorts and white shirt.

Women judges must wear either the regulation Sokol uniform or navy slacks, shorts or skirt with regulation blouse, or a white blouse.

Certified Judges from other Organizations (USA Gymnastics, etc.) may wear the prescribed uniforms of their Organization.

K) Warm-ups: All Sokol competitors may wear a warm-up suit of any color combination of red, white and/or blue. Warm-up suits are not to have any loud or outlandish printing on them.

L) Coaches:

Men: Men will wear regulation Sokol uniform, or may substitute navy blue trousers/shorts with a Sokol Unit or Lodge coach's shirt or white top, or may substitute a warm-up suit.

Women: Women will wear regulation Sokol uniform, or may substitute navy blue skirt, slacks, or shorts with A Sokol Unit or Lodge coach's shirt or white top, or may substitute a warm-up suit.

N) Guest Organizations: Guests may compete in their own official uniform, without loss of points and wear their team warm-ups.

O) Uniform Violation Procedure for Gymnastic Competition:

The Meet Director will first issue a warning to the gymnast and report the warning to the coach during the beginning line up.

Gymnast must be in compliance at the beginning of the warm up on their first apparatus or a 0.2 deduction for incorrect attire (includes jewelry) will be given. The Meet Director will inform the tabulators in writing to take the deduction from the competitor's all-around score.

Uniform Infractions

Female Competitors:

- Acceptable attire is a one-piece leotard with or without sleeves
- Spaghetti straps are not acceptable. Straps must be a minimum of 2 cm (7/8") wide
- No bare midriffs
- Backless leotards are not acceptable
- The leg cut of the leotard must be below the pelvis/hip bone.
- No team names, words, or letters is allowed on the leotard. Exception is the word Sokol, Unit/Lodge name or manufacturer's logo
- Underwear (including bras) should not be visible
- One pair of stud earrings are allowed; one earring per ear.
- Rings, necklaces and bracelets are not acceptable.

I-(6) COMPETITION UNIFORMS - CONT.

Male Competitors:

- No team names, words, or letters is allowed on the competition uniform. Exception is the word Sokol, Unit/Lodge name or manufacturer's logo
- Rings, necklaces and bracelets are not allowed.

I-(7) NUMBER OF CONTESTANTS ON TEAMS

All Divisions of Children, Jr. Girls, Jr. Boys, Women and Men: All members in the same Age Group and Skill Level comprise a team. The team score shall be the accumulation for all events of the top 3 scores on each event.

Women tag-teams may consist of 2 to 4 members. Men tag-teams may consist of 2 to 6 members. Adult tag-teams may be composed of individuals from any Adult Age Group Division and Competitive Level.

A Junior team may be composed of individuals from both the 12-14 and 15-17 year-old age groups.

An Adult team may be composed of individuals from any of the five age groups.

UNIT/LODGE TEAMS ONLY may be formed in all Divisions. All remaining contestants shall compete as individuals. Tag Teams may be comprised of competitors from any Unit within their District.

I-(8) ALL-ROUND, SPECIAL EVENTS COMPETITION & OPEN INVITATIONAL STYLE

- A) The gymnastic all-around competition consists of the total points scored on apparatus.
- B) The special events may include the separate competitions in such events as: Fitness Challenge, Team Cal or Marching, Team Games, Swimming, Diving, Special Numbers, Rhythmic Gymnastics and others which will be selected by The National BOI.

All events shall be selected by the National Slet and Festival BOI and District Directors and announced prior to each tournament.

I-(9) ENTRIES

The official contestant entries shall carry a specified DUE DATE. Amount of entry fees to be determined by the National Slet and Festival Committee and BOI. Payment must be included at time entries are submitted. All entry forms, participant waivers of claims forms must be properly signed by the contestant or by the parents or guardians if the contestant is not of legal age. Name of Unit/ Lodge Director must be listed on the entry form

The Coach, Director or team captain will have complete responsibility for his team; for example: having the team on the floor at the proper time and assuming responsibility for the behavior and discipline of the team.

A DOUBLE entry fee will be assessed for late entries postmarked beyond the specified date. **Late entries and entry changes other than scratches will not be accepted less than 2 weeks prior to the Opening Ceremony date. Incomplete entries (forms with no fees) are subject to Double entry fee penalty. Any change (division, age group, team makeup, etc.) after the deadline are subject to DOUBLE entry fees penalty.**

I-(10) CALISTHENICS PARTICIPATION

ALL SOKOL CHILDREN AND JUNIORS SHALL TAKE PART IN THEIR AGE APPROPRIATE CALISTHENICS IN THE NATIONAL SLET AND Festival EXHIBITION. Violation of this rule shall forfeit the contestant's individual placement and placement of his team in the meet. Inability to comply must have the approval of his Unit, District and National Directors.

All Adult contestants are not required but are strongly encouraged to take part.

I-(11) AWARDS

A) This section applies to Artistic Gymnastics, Rhythmic Gymnastics, Fitness Challenge, etc. competitions.

Individual Competitor Award Formula:

# Competitors	# Awards
1-6	3
7-9	4
10-12	5
13-15	6
16-18	7

One additional award for each additional 3 competitors, or portion thereof.

In case of ties, duplicate awards will be given. A tie will negate the following place(s).

I-(11) AWARDS - CONT.

In the case of an all-around type event, awards will also be given for individual events that comprise the all-around event based on the above formula.

B) This section applies to all **Team** oriented competitions: Artistic Gymnastics, Volleyball, Team Cal or Marching, etc.

Team Competition Award Formula:

# Teams	# Awards
1-6	3
7-9	4
10-12	5
13-15	6
16-18	7

One additional award for each additional 3 teams, or portion thereof.

In case of ties, duplicate awards will be given. A tie will negate the following place(s).

I-(12) PROTESTS AND DISPUTES

In all cases of protests or disputes arising out of the contest, the Level Director and the Board of Appeals shall have the power of the final decision. The Board of Appeals consists of: Level Director, two members of the National Board of Instructors or two District Directors or their representatives. Each session will have its own Board of Appeals.

A Protest must be first submitted verbally to the Meet Director

B. Meet director and the Board of Appeals shall have the power of the final decision. This protest should be acted upon and a decision rendered immediately. The Meet Director will inform the person who appealed.

C. The verbal protest must be followed up in writing, using the standard Protest Form by Unit Coach or Unit Director prior to termination of the competition session and given to the Meet Director who files form for documentation.

I-(13) INSTRUCTIONS IN REGARD TO WARM-UPS

All contestants, once lined up for competition, are not allowed to practice on any apparatus, unless Capital Cup style is being used. All contestants, shall remain in their designated places until directed to another apparatus, event or dismissed by the Meet Director.

Judgment on conduct and attire considered unsuitable for a Sokol activity is at the discretion of the Meet Director.

I-(14) INSTRUCTIONS IN REGARD TO OPTIONAL EXERCISES

Refer to the current USA Gymnastics Junior Olympic Guidelines and the F.I.G. Handbook currently in use.

I-(15) GUARDING AND ASSISTANCE

Spotting the contestant during his performance is allowed.

Touching is when the spotter touches the gymnast but does not actually help them do a skill. Assistance is when the spotter actually helps the gymnast do a skill. A contestant may be assisted to a starting position on any apparatus but not to an extent that the routine would be simplified.

For Deductions refer to appropriate USA Gymnastics rules for Touching/Assisting deductions.

I-(16) DIMENSIONS FOR VARIOUS APPARATUS

A) Gymnastic Equipment:

The appropriate section(s) of the current USA Gymnastics Men's/Women's/Rhythmic Rules and Policies apply unless otherwise specified.

It is the head judge's responsibility to see that the apparatus is set at the correct height before their session starts. From then on, it is the gymnast's responsibility to make sure the apparatus is at the correct specifications for their own needs.

When the apparatus will not adjust to the stipulated height, the next closest, lower, position should be used.

Each unit may bring its own spring board(s) but it must be available for everyone's use within that session. Spring boards must meet USA Gymnastics specifications.

B) Other Special Event Equipment:

Full specifications will appear in the Slet Manual.

I-(17) GENERAL INSTRUCTIONS TO JUDGES

Refer to the appropriate (Women's or Men's) USA Gymnastics Judging instructions, rules and procedures.

I-(18) VAULT

Girls and Women: Refer to USA Gymnastics Rules governing number of vaults and mounts.

Boys and Men: Only one vault is permitted for all levels

I-(19) SCORING

APPROACH AND RETREAT

Competitor is required to acknowledge the judge(s) before AND after the routine.

I-(20) ACCIDENTS

All accidents must be reported to the Meet Director and to the Medical Personnel in attendance. A well-equipped first aid kit shall be accessible and at least one person capable of rendering first aid must be in attendance at all times. All contestants will be required to submit a completed waiver of claim form. Meet Director will have Incident Report form. A Release of Liability form needs to be completed after all injuries.

SECTION II - RHYTHMIC GYMNASTICS RULES

II-(1) TYPES OF COMPETITION

Two types of competition exist within the National Age-Group Competitive Program.

- A. Individual Competition - involves a single gymnast performing a set of different routines for an all-around score, compulsory and/or optional as determined by the National BOI.
- B. Group Competition - involves a set of a specified number of gymnasts performing a single routine in unison, compulsory and/or optional as determined by the National BOI.

II-(2) COMPETITIVE DIVISIONS

Girls:	One age group*: 10-12 Appropriate number of levels
Junior Girls:	Two age groups*: 12-14 and 15-18 Appropriate number of levels
Women:	Four age groups*: 17-24, 25-34, 35-49, 50+ Appropriate number of levels

* Age on the date of Opening Ceremonies is used to distinguish age groups

II-(3) RULES FOR COMPULSORY EXERCISES

Judges should score all levels, including Level 3, based on a total score of 10.0 for a National or an International Slet and National Slet and Festival event. Refer to the USA Gymnastics Rhythmic Program Rules and Policies for all specifications and deductions.

The written text is the Official Version. Visual aids such as floor patterns, illustrations, and videotapes may be provided as a supplement to the text. If a difference is noted between the text and the visual aid, the text MUST be followed.

II-(4) APPARATUS REGULATIONS

All apparatus must meet USA Gymnastics specifications. Refer to USA Gymnastics Rhythmic Program Rules and Policies. Adherence to the apparatus specifications is the responsibility of the Coach and the Gymnast.

II-(5) DEFINITIONS AND RULES FOR COMPETITIONS

See the USA Gymnastics Rhythmic Technical Handbook for Coaches and Judges. Sections V thru VIIIC and X thru XVIIIIA.

II-(6) RHYTHMIC GYMNASTICS ATTIRE

See Section 1 - General Rules - Paragraph 6-0 - Uniform Violations on Apparatus

II-(7) AWARDS

See Section 1 - General Rules - Paragraph 11 - Awards

SECTION III - VOLLEYBALL COMPETITION RULES

RULES PERTAIN TO ALL DIVISIONS

- III-(1)** USAV RULES will be followed with modifications to fit Sokol Rules. Rules modifications will be noted in the General Rules for the Volleyball Tournament in the Slet Manual.
- III-(2)** Teams must be uniformly dressed with shirts that have with 3" to 6" numbers on the front and 6" numbers on the back. Shorts/pants must be uniform in color.
- III-(3)** Teams must submit a team roster with each player's number as part of their entry forms.
- III-(4)** You must begin with 6 players; in the event 1 player should be injured you will be allowed to play with 5 players. No less than 5 players on the court.
- III-(5)** Each team must supply appropriate number of officials as specified in the Tournament Manual.
- III-(6)** The game before or following your scheduled game shall be YOUR TEAM'S RESPONSIBILITY to officiate.
- III-(7)** Anyone not complying with Rule III-(6) shall automatically obtain ONE LOSS.
- III-(8)** If any team members are not qualified to umpire, you must obtain someone who is.
- III-(9)** Each team shall have ONE CAPTAIN. The referee shall only recognize this appointed person.
- III-(10)** All must adhere to the starting times. After 5 minutes, the first game will be forfeited & after 15 minutes the second if 6 players are not standing on the court in position.
- III-(11)** On a mixed team of Juniors & Adults, at least 3 of the players playing at all times must be Adults.
- III-(12)** All participants are highly encouraged take part in the Calisthenics in the National Slet and Festival Exhibition.

A 'Masters' Division Tournament may be held if interest warrants. Minimum age for participation on a Masters Division Team is 35. Entry in the Masters Division is independent of Unit participation in the regular Tournament.

A GRIEVANCE COMMITTEE will be formed, consisting of 1 representative from each district participating. ONE WOMAN for the females & ONE MAN for the males. This person should not be committed to any other activity.

SECTION IV - CONDUCT RULES

Conduct rules for Sokol group activities, such as Competitions, Exhibitions, National Slet and Festivals:

1. Improper conduct or improper dress will not be tolerated at any Sokol function.
2. Recognition of leaders in charge (no matter what organization they are from).
3. No smoking or drinking of alcoholic beverages while in regulation uniform and in public view.
4. No gum chewing while in regulation uniform.
5. No profanity.
6. Be punctual!
7. Proper behavior is desired at all times to keep an orderly running function.
8. Need to follow the general rules of the event while representing Sokol, such as outside competitions, trips or any other times you may be recognized as a Sokol member.
9. Every participant's conduct should be above reproach at all times.
10. All youth under the age of 18 must be the responsibility of an adult supervisor at all times.

TOURNAMENT RULES COMMENT/SUGGESTION REQUEST FORM

New _____

Page # _____ & Rule # _____

Comment / Suggestion: _____

Reason or Situation: _____

New _____

Page # _____ & Rule # _____

Comment / Suggestion: _____

Reason or Situation: _____

Submitting Director or Coach: _____

Unit: _____

Submit completed form to Cyndi Duff – Tournament Rules Chairman, PO BOX 821092, North Richland Hills, TX 76182; also send email copy to National Physical Director, mfiordelis@yahoo.com.