

GENERAL RULES 2019

(Updated July 26, 2018)

- 1) Every member of the Slovak Catholic Sokol has the right to compete at the International Meet as long as they are a member in good standing for one year (3 months for single premium life) in his or her Assembly or Wreath prior to the date of competition. A minimum \$5000.00 policy is required to compete in any international event effective January 1, 2008. Any \$3000.00 policy will be grandfathered in prior to January 1, 2008. They must also be certified by their Assembly or Wreath secretary that they are bonafide members and their dues are paid up, and enter and qualify under the rules set by the Supreme Physical Fitness Board.
- 2) The Group Physical Director, Directress or Sports Director plus the Group President must sign all entry blanks.
- 3) Members of the Supreme Physical Fitness Board cannot compete in the International Meet.
- 4) Every participant in the International Meet must be in sound mental and physical condition and/or have a medical release if deemed necessary.
- 5) No competitor will be allowed to compete in Gymnastics and/or Track and Field events unless he or she knows their Calisthenic Drill exercises.
- 6) No one will be allowed to compete without having been registered and assigned a number. Participants will be allowed to compete only in the events that have been entered on the official entry blank.
- 7) Group Sports Director, Physical Director and Directress will be responsible for the behavior of the members of their own group. Good sportsmanship is a must.
- 8) All participants must be at the start of each event in which they are entered at the time listed in their schedule, or at any final announcement of the event. Participants will not be allowed to enter or compete after the event is started.
- 9) Any group sending an unqualified drill contestant to the International Meet will lose all earned points and the group will be penalized an additional 25 points toward the International Meet Flag and possible withholding of financial reimbursement by the Supreme Assembly.
- 10) Each competitor is required to compete in each competition in which he or she is registered. No scratches allowed, unless written verification by the Medical Staff is given. Any unauthorized scratches will be penalized 5 points toward the International Flag. In order to re-enter into competition, a medical release form is required with verification from the Medical Staff.
- 11) A competitor must be at least 8 years of age by August 31st of the Slet year. Age of competitor on the first day of the meet will determine what age division the competitor will enter beyond age 8.
- 12) All competitors must compete within their age group for all events with the exception of the relays and only if you cannot field in a team in that age.

- 13)** Male and female competitors, 13 years and over, will compete in senior calisthenics. Exception to the rule will be made provided the Supreme Physical Director/Directress grants written permission. A competitor cannot compete in both junior and senior calisthenic competition.
- 14)** Inappropriate or offensive clothing, body piercing, and /or tattooing may result This will be determined by the Physical Fitness Board. At the coaches meeting on arrival day, any questionable items, needs to be brought forth. At this time, the Physical Fitness Board will determine eligibility.
- 15)** A. For security reasons, each Slet participant will be issued an Identification Badge, which must be worn by the athlete at all times, both on and off the site of competition. Security personnel in the area where our athletes are housed will check badges/wristbands. Persons not having badges will not be permitted to enter this area.
B. Contestants shall not visit the rooms of members of the opposite sex.
C. No consumption of alcoholic beverages or use of narcotic drugs will be permitted. Those found breaking these rules will be disqualified, lose all individual points, and reimbursement by the Supreme Assembly will be withheld.
- 16)** Any competitor who refuses to obey the directions of the referee or other proper official, or who conducts himself in an unbecoming manner offensive to the officials, spectators or competitors at any meet of the Slovak Catholic Sokol, may be disqualified by the referee from future competition at the meet. If the referee thinks the offense worthy of additional punishment, he shall make a detailed report of the offense to the Supreme Physical Fitness board.
- 17)** A first aid station will be located near the place of competition and will be under the supervision of the Medical Staff. In case of injury or sickness, every participant either junior or senior is to see medical attention IMMEDIATELY.
- 18)** Protest should be made within 24 hours. This protest must be in writing indicating names and specified rule violation, and it must be signed by a member of the Group Physical Fitness Staff present at the International Meet. Protests should be presented to the Supreme Physical Director/Directress or Sports Director, whoever is in charge of the event. A \$20.00 fee must accompany the protest. (This fee is sent to the Special Olympics in the name of the protesting group).
- 19)** Headquarters is to be notified by letter, who will represent the Group at the Slet if other than the Physical Director/Directress, their assistants and/or Sports Director cannot attend.
- 20)** Only Slet participants are permitted to ride the bus to the Slet. In addition, only Slet participants are permitted to stay in the dorms.
- 21)** The Group Physical Director, Directress, Sports Director and their assistants must be at all events to supervise their group participants. If for any reason, any of the above mentioned people will be absent from an event, they must receive prior permission from the Supreme Physical Director, Supreme Physical Directress or Supreme Director of Sports and Athletics.
- 22)** No judges or officials are to be approached by anyone other than the Supreme Director of Sports and Athletics, the Supreme Physical Director or Supreme Physical Directress. If there is a concern, it must be brought to the appropriate person and they will determine whether the judge or official needs to be addressed with the issue. One day per diem will be assessed to anyone who breaks this rule.

23. It is the responsibility of all group leaders to ensure that all participants are at each event and remain at the event. If it is necessary for a participant to leave an event, he or she must be accompanied by an adult AND a chaperone or member of the SPFB must be notified.

DRILLING

- 1) Every participant must compete in Individual and Team Drill Competition and also take part in the Mass Drill practice and Mass Drill Exhibition. Any competitor found absent, unless excused by the Medical Staff, Supreme Athletic Director or Supreme Director or Directress will lose his or her points, prizes and any financial reimbursement.
- 2) Group Physical Directors, Directresses, Assistant Physical Directors, and Directresses as well as Sports Directors are exempt from competition, however, they may compete if they meet qualifications.
- 3) Throughout team drill competition, all participants must remain in drill uniform until all competition; awards and pictures are completed.
- 4) Throughout the team drill competition, all Slet participants must remain in the drill area.**

TRACK AND FIELD

- 1) The Slovak Catholic Sokol will follow the US Track and Field Rules and Regulations.
- 2) Each competitor must enter in and compete in at least two (2) events, excluding relay, and may compete in only four (4) events. Relay is not to be counted as an event. A minimum of five (5) entries will be needed to conduct an event. If all 5 entries are from the same group no points will be given for the event, but the event will take place. If an event is cancelled an alternative event will be chosen from the qualification form and will be substituted for a cancelled event. The original event will be cancelled.
- 3) If the age of a participant has been concealed or falsified, that particular member shall be barred from further competition, and any prizes or points won shall be forfeited.
- 4) Each group is limited to fourteen (14) persons per event.
- 5) Coaching of the contestants during the progress of any event shall not be permitted. Upon the violation of this rule, it shall be the duty of the referee to have such offender removed immediately.
- 6) Each competitor shall keep in his respective lane from start to finish. In races with one or more turns, he shall not cross in front of a competitor until he is on stride in advance of his nearest competitor. Where the course has one or more turns and the lanes are staggered, each contestant must stay within his lane.
- 7) Any competitor during the progress of a race, who steps out of his lane, or off the track, is subject to disqualification.
- 8) All competitors must run the full distance of the race unless excused due to injury.

- 9) Any competitor willfully jostling or running across or obstructing another competitor so as to impede his progress shall be disqualified from further competition and shall forfeit any prizes or points he may have acquired in previous events.
- 10) No competitor, after leaving the track, shall be allowed to rejoin, either for the purpose of gaining a place or to pace or assist other competitors.
- 11) When, in any heat of a race, an interference is made, the official in charge shall have the power to disqualify the competitor who was at fault if he considers the foul intentional. If an additional foul or interference occurs the track official shall have the authority to disqualify the competitor who was at fault and to allow the hindered competitor to start in the next round of heats just as if he had been placed in his trial.
- 12) If a competitor breaks a record in a preliminary, semifinal or final race, the competitor shall be credited for the record if electronic timing is used for that race.
- 13) No individual points shall be given if the competitor does not meet the qualifying standard for that event.
- 14) No individual points shall be given to the members of the winning relay teams.

GYMNASTICS

1. Only gymnasts and coaches will be permitted on the floor.
2. No equipment is to be moved or adjusted without the permission of the meet supervisor.
3. Any questions for the judges must go through the meet supervisor first.
4. No food or drink will be permitted in the gymnastics area or near any equipment.
5. No flash photography.
6. Dress code must be followed and obeyed (please refer to dress code page).
7. Each gymnast, coach and spectator must conduct themselves in a mannerly order.
GOOD SPORTSMANSHIP!!!!
8. Each gymnast must salute the judge before and after competing. Saluting the judge signifies the start and finish of a routine.
9. Each competitor's exercise will be judged from the time he/she begins the routine. Any accidental brushing or scraping of the toes or heels on the mat or apparatus base shall not terminate the exercise but will be considered as bad form and be so marked by the judges.
10. Falling off the apparatus shall not terminate the exercise. The routine shall be rated with points being taken off for each fall.

11. Placing someone to assist in order to prevent an accident is permitted but if the assistance or coaching is actually tendered, this shall cause deduction in the rating according to the degree given. If a competitor is too short to jump to a hang on the apparatus, he may be assisted for this and not take a deduction.
12. No verbal coaching is permitted while a routine is taking place. A deduction will occur. Coaches may consult with competitor after first vault. A coach violating this rule will not be permitted on the floor following second warning.
13. The supreme physical director or directress shall make all final decisions relative to the meet.
14. Each competitor must enter at least two (2) events.
15. There must be at least three (3) competitors in each age group on each individual piece of equipment to constitute gymnastic competition and scoring. Those three (3) competitors may not be from the same group.
16. Men's and Women's gymnastics will be conducted in accordance with rules and regulations of the (FIG) International Gymnastics Federation, the (USGF) United States Gymnastic Federation and regulations of the Slovak Catholic Sokol.
17. Any gymnast or coach of said gymnast who approaches a judge to protest a score might be subject to disqualification. The meet director will handle all protests.
18. No individual place points will be given to the winner unless the score exceeds 8.0.

GROUP QUALIFICATIONS

1. Each group must hold a qualifying Track/Field and Gymnastic meet.
2. Each group is required to supply appropriate equipment for qualification meets (i.e. stop watches, shot puts, music, props, etc)
3. All paperwork shall be turned in by the due date.
4. A fine of \$100.00 for late entry will be billed to the group president.

TORCH BEARERS

The selection of Torch Bearers for our Slet "Grand Finale" will be subject to the following guidelines:

1. They will be ten (10) years old or older. In the event a real flame torch is used the participant must be a minimum of 13 years old.
2. Carrying the torch is a one-time honor, previous torchbearers will not be considered.
3. The torch bearer will be the highest scoring male and female track/field and the highest scoring all-around male and female gymnast, that satisfy #1 and #2 above.

4. In case of a tie the following apply:
 - a. The older competitor breaks the tie. If the same age
 - b. The number of first place finishes breaks the tie. If still a tie:
 - c. The participant who competed in the most number of Slets breaks the tie. If still a tie:
 - d. The highest calisthenic scorer breaks the tie.
5. If the above criteria still produce a tie, the Supreme Physical Director and Directresses and the Supreme Director of Sports and Athletics will make the final decision.

Methods of Scoring for Team and Individual Prizes

1. INTERNATIONAL MEET WINNER

The group scoring the most points in Individual, Team Drill, Gymnastics, Track and Field Competitions for men's women's, boy's and girls.

2. INTERNATIONAL GYMNASTIC WINNER

The group scoring the most points in all the gymnastic events by the men, women, boys and girls.

3. INTERNATIONAL TRACK AND FIELD WINNER

The group scoring the most points in all the track and field competition for the men, women, boys and girls.

4. INTERNATIONAL DRILL WINNER

The group scoring the most points in all the drill competition (including team and individual competitions) for the men, women, boys and girls.

5. TEAM DRILL COMPETITION

The group scoring the most points in the men, women, boys' and girls' division.

6. INDIVIDUAL ALL-AROUND GYMNASTIC WINNER

The individual male and female gymnast who has the highest scores in all-around, will be considered the all-around winner.

7. INDIVIDUAL TRACK AND FIELD WINNER

The individual male and female athletes who have scored the most points in the age division entered. If a tie occurs in any age group the winners will be co-winners.

8. INDIVIDUAL EVENT WINNER

Five (5) places will be declared in each of the gymnastic, calisthenics and track and field events.

9. SYSTEM OF POINTS

Track and Field and Gymnastics

The following point system will be used:

First Place 7 points
 Second Place 4 points
 Third Place 3 points
 Fourth Place 2 points
 Fifth Place 1 point

Team Drill

The following point system will be used:

First Place 50 points
 Second Place 30 points
 Third Place 20 points
 Fourth Place 10 points
 Fifth Place 5 points

Individual Drill

The following point system will be used:

- First Place 10 points
- Second Place 6 points
- Third Place 4 points
- Fourth Place 3 points
- Fifth Place 1 point

PRIZES

GROUP PRIZES (TROPHIES)

1. International Meet Winner (Flag)
2. International Meet Gymnastic Winner
3. International Meet Track and Field Winner
4. International Meet Drill Winner
5. Men's Calisthenics Team Winner and 2nd and 3rd Places
6. Women's Calisthenics Team Winner and 2nd and 3rd Places
7. Boys' Calisthenics Team Winner and 2nd and 3rd Places
8. Girls' Calisthenics Team Winner and 2nd and 3rd Places

INDIVIDUAL ALL-AROUND WINNERS

1. Male All-Around Gymnastic Winner (all 4 age groups)
2. Female All-Around Gymnastic Winner (all 4 age groups)
3. Male High Scorer in Track and Field (all 4 age groups)
4. Female High Scorer in Track and Field (all 4 age groups)
5. Mens Individual Calisthenic Winner
6. Womens Individual Calisthenic Winner
7. Boys 13-15 Individual Calisthenic Winner
8. Girls 13-15 Individual Calisthenic Winner
9. Boys 10-12 Individual Calisthenic Winner
10. Girls 10-12 Individual Calisthenic Winner
11. Boys 8-9 Individual Calisthenic Winner
12. Girls 8-9 Individual Calisthenic Winner

INDIVIDUAL PLACE WINNER

- First Place Gold Medal
- Second Place Silver Medal
- Third Place Bronze Medal
- Fourth Place Ribbon
- Fifth Place Ribbon