

2023-24

Georgia High School Association



Gymnastics Coaches and
Officials Manual

Calendar and Important Dates:

<https://www.ghsa.net/gymnastics>

GHSA request for coaches' information sent to all schools Determine host school sites for meets.	Nov. 1
First day of practice	Jan. 8
Online Rules Clinic https://learn.ghsa.net/ghsa-line-rules-clinic-schedule	Jan. 9-Jan. 30
Deadline to submit sanctioned event forms Now online https://app.ghsa.net/	Jan. 22
Date for first contest	Jan. 22
Team Entry/rosters form for Prelim Meet Due.*	March 15
Last day for competition	April 10
Final Rankings posted	April 10
Preliminary Meet entry forms due	April 11
Preliminary and State meet Buford Arena	April 17-19

*Coaches must submit rosters online on the GHSA MIS site by **March 15**. The roster will include eight (8) gymnasts plus two (2) alternates. Changes after this date can be sent to the GHSA office for approval. No changes will be made the week of the Preliminary Meet. Schools that do not meet the entry form deadline will not be able to enter the Preliminary Meet.



General:

There will be two championship divisions: A-5A and 6A-7A. 1. Competition in all meets will be held in the following events: (a) Balance Beam (b) Uneven Bars (c) Vaulting (d) Floor Exercise (e) All-Around (competition in preceding four events)

Rules:

The GHSA gymnastics meets will be conducted according to the rules published by the National Federation of State High School Associations with such GHSA modifications as may be found in this section.

GHSA Constitution and By-Laws 2023-2024

Reference Section 9: Gymnastics

Season:

1. The number of gymnastic meets allowed is 10 and includes regular-season meets and/or invitational meets.

The state elimination series does not count in these meets.

2. An invitational tournament is defined as a competition involving 4 or more teams.

<https://app.ghsa.net/sanction-app>

Click on "Create a sanctioned event application." Complete and submit and ask your principal to sign it.

4. Only two meets per week may be scheduled.

5. In accordance with GHSA By-Laws, only one night before a school day per week may be used for competitions beginning at 6:00 p.m. or later.

6. All teams and **individual gymnasts** (except when prevented by injury) must participate in a minimum of three (3) GHSA sanctioned varsity or junior varsity meets during the regular season in order to be eligible to participate in the state Preliminary Meet. If an injury occurs, a doctor's statement with the dates and the type of injury and the release date to participate must be presented prior to the Preliminary Meet. Scan and email the doctor's statement to penny@ghsa.net.

7. In accordance with NFHS rules, the GHSA limits the number of participants a school may enter in a meet as follows:

- For regular season meets, the limit is five (5) participants per event.
- For invitational meets during the regular season, the limit is four (4) participants per event (unless additional entries are approved by meet director).
- For Prelims and State, the limit is four (4) participants per event (including the All-Around competition)





Coaching responsibilities

- Review GHSA guidelines for all sports coaching duties. This includes checking eligibility, submitting rosters, attending rules clinics, scheduling, etc.
- For competition, coaches must prepare an event scoresheet for each competitor for each event and turn these into the scorer's table before warm ups begin. One scoresheet is needed for each judge; therefore, if there are two judges per event, two scoresheets are required.
- The scoresheets may be found here: <https://www.ghsa.net/gymnastics-manuals-and-score-sheets>

GHSA rules Clinic:

All gymnastics coaches are required to complete an online GHSA rules clinic as specified in the GHSA By-Laws. **The following link is open from Jan. 9-30th.**

<https://learn.ghsa.net/ghsa-line-rules-clinic-schedule>

2023-2024 GHSA Gymnastics Host Schools/Coaches and Teams meet sign-up procedures:

Entry fees will be required for all teams to pay the host school to attend their meet in the 2024 Season. This procedure was passed by the GHSA Executive Committee Meeting held Oct. 2, 2023.

All Schools and individuals must compete in three meets to be eligible to compete in the State Qualifying meet.

Schools may sign-up for meets on the GHSA site beginning **December 1.**

1. **GHSA website list of meets:** After approval from GHSGGJA and GHSA, the meet list has been posted at <https://docs.google.com/spreadsheets/d/13Z3zXhN4cMTJyKXeOJFPdsRSA3XoQrv/edit?pli=1#gid=216774014> . Detailed information for each meet will be listed there along with the meet entry fee information.

2. Coaches wanting to schedule meets should reach out directly by email or text to the Host School/Coach to be added to the meet. They will be sent a link from host school to register. (Host School/Coach will prepare a google form for each meet to send to coaches).
3. GHSA contracts and Meet Entry Fees: After approval and registering for the meet with the Host School/Coach, coaches must complete and submit GHSA contract. This can be found at <https://www.ghsa.net/sanction/17>. You will be able to see the how to get to the contracts on the Gymnastics page on the website. **Completed Contracts and Checks must be mailed to the Host School/Coach to secure a spot in each meet.**
4. Host School/Coach request for judges through GHSGGJA: For each meet the school hosts, the head coach of the host school will request judges through the booking officer from the GHSGGJA and complete a contract with the judges' association. The form may be found on the GHSA website, under Gymnastics. https://docs.google.com/forms/d/e/1FAIpQLSf0J61Ehz8dZ8_3T7Jd2BfE0-tJVHP4N8iktHwHF9P6nNDJKQ/viewform
5. GHSGGJA invoices: GHSGGJA will send invoices to Host School/Coach throughout the season by email. Failure to pay the invoice within 14 days will result in a 10% penalty being added to the invoice for each month it is late. Invoices not paid on time are also subject to a fine being imposed by GHSA.



6. Entry fees may vary.: When host schools are determining entry fees, hosts will review the following:

- 1 – Judges fees
- 2 – Travel fees
- 3 – Facility rental fees, insurance, hospitality, and meet management fees, such as having an athletic trainer, meet workers, custodian fees, etc.
- 4 – Meet Format

Sending in scores to GHSA (Meet Director at Host Site)

- The host school will send a copy of the meet score sheet with judges' signatures to GHSA within 24 hours of the completion of the meet.) Scores should be emailed to Penny@ghsa.net by the meet director as soon as possible to determine rankings to be posted on the GHSA web site. Do not fax.
- Teams will be ranked after completing 3 meets.
- The site will be updated weekly with team scores on the website. www.ghsa.net/gymnastics

If there is a conflict and we do not have enough judges for a meet, we will contact the host school.



Hosting Meets and Meet management (Meet Director at Host Site):

- Schools may organize and conduct meets. These meets may be held outside the school, but must be run by school personnel and must be sanctioned by GHSA.

- At the conclusion of the meet, meet directors must print a copy of the results for the judges to verify scores. (**Varsity**

only) Additionally, teams are given the individual event score sheets and a copy of the results.

- Meet management guidelines can be found on page 43 of the NFHS Judges Manual: <https://nfhs.org/activities-sports/gymnastics-girls/>

Preliminary Qualifying Meet:

The A-5A Preliminary (qualifying) and 6A-7A Preliminary Meet will be held April 17, 2024 at the Buford Arena at TBA.

Preliminary meet for Individuals will be held April 18, 2024 at the Buford Arena at TBA, if needed.

All qualifying teams will agree to pay an entry fee of \$100 per team or \$25 per individual. Make checks payable to Buford City Schools.

- Qualifying Procedures for the Preliminary Meet:
 - TEAMS: A total of eight (8) teams will qualify from the A-5A division and eight (8) from the 6A-7A division for the Preliminary Meet by averaging the top three (3) scores during the season. A team's minimum score is determined by compiling the top three (3) individual event scores. In case of a tie for 8th place, the teams tied will qualify for the Preliminary Meet.
 - INDIVIDUALS: A gymnast may qualify for an individual event even if her team does not qualify by meeting the following standards – An all-around score of 34.0 or better in three (3) regular season meets and/or an individual score of 8.50 or better on beam and bars in three (3) regular season meets and a score of 9.0 or better in three (3) regular season meets on Vault and Floor is now the requirement. (new)
- All individual competitors must qualify in the Preliminary Meet to advance to the State Finals.
- Substitutions made after the Preliminary Meet for team competitors must be on the current submitted roster.
- In case of illness or injury or a gymnast, the next person in line may take their place.

- Schools that qualify for the Preliminary Meet, but do not attend, will be fined by the GHSA.
- The top four (4) teams in each division and the top eight (8) individuals in each event and All Around at the Preliminary Meet will advance to the State Meet.



Officials and Rules: Refer to the NFHS website Gymnastics section

<https://nfhs.org/activities-sports/gymnastics-girls/>

The Gymnastics Resource section includes the following information and is updated as needed:

General

- 2022-2024 Cue Sheets
- 2022-2024 Element Clarifications
- 2022-2024 Judges Manual
- 2022-2024 Meet Referee Deduction Sheet
- 2022-2024 Score Inquiry Form
- 2022-2024 Scoresheets (we use GHSA scoresheets)

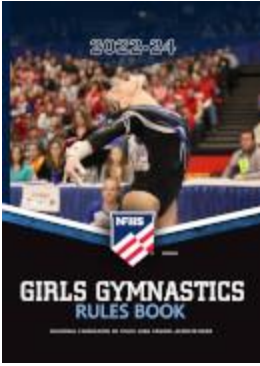
Rules

- 2022-24 Rules Book Correction
- Dance Passage Leap Chart - Updated 10/4/2022
- Girls Gymnastics Points of Emphasis - 2022-24
- Girls Gymnastics Rules Interpretations - 2022-23
- NFHS Girls Gymnastics Uniform Rules

New rules for 2022--2024:

<https://nfhs.org/sports-resource-content/girls-gymnastics-rules-changes-2022-24>

Rule Books:



<http://www.nfhs.org/articles/rules-books-and-case-books-available-as-e-books/>

View Print Books

<http://www.nfhs.com/c-208-gymnastics-girls.aspx>

Contact information:

GHSA Associate Director

Penny Mitchell

Gymnastics

478-957-9775

penny@ghsa.net

Gymnastics Sport Liaison for GHSA

Amy Eubanks

404-771-5017

amyjoebanks@gmail.com