

2025-26

Georgia High School Association



Gymnastics Coaches Manual

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CALENDAR AND IMPORTANT DATES:

[Gymnastics | GHSA.net](#)

GHSA request for coaches' information due https://forms.gle/xvmx9ZY44ZWXsimN7	Nov. 1
First day of practice	Jan. 26
Online Rules Clinic GHSA On-Line Rules Clinic Schedule for 2025-2026	Jan. 19 – Feb. 9
Deadline to submit sanctioned event forms Now online: https://app.ghsa.net/	Jan. 22
Date for first contest	Feb. 9
Team Entry/rosters form for Prelim Meet Due*	March 16
Last day for competition	April 15
Final Rankings posted	April 16
Preliminary Meet entry forms due	April 17
Preliminary and State meet	April 23 - 25
Buford Arena	

*Coaches must submit rosters online on the GHSA MIS site by **March 16**. 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.

GHSA Gymnastics Constitution and By-Laws 2025-2026

(last updated 7/19/25)

GENERAL INFORMATION:

- A. Girls' gymnastics is a state championship event open to schools in all classifications. There will be two championship divisions: A-4A and 5A-6A.
 - 1. Competition in all meets will be held in the following events:
 - a. Balance Beam
 - b. Uneven Parallel Bars
 - c. Vault
 - d. Floor Exercise
 - e. All-Around (competition in preceding four events)
 - 2. The order of competition will be determined by block style.
 - 3. Open scoring will be used. (Note: the Capital Cup warm-up format is allowed, but schools will be expected to pay an extra \$10.00 per judge if using this format.)
 - 4. Beginning and ending dates for practice and competition can be found at the front of this publication.
- B. The GHSA gymnastics meets will be played 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.
- C. Each school desiring to participate in gymnastics must file its intent by March 1 of the preceding year by filing the form found on the GHSA web site.
- D. The number of regular-season gymnastics meets allowed is 10, including any invitational tournaments.
 - 1. The state elimination series does not count in these meets.
 - 2. An invitational tournament is defined as a competition involving more than three teams.
 - 3. All invitational tournaments must be approved by the GHSA Executive Director.
 - 4. Only two meets per week may be scheduled.
 - 5. All teams and gymnasts (except when prevented by injury) must participate in a minimum of three (3) GHSA sanctioned varsity meets during the regular season to be eligible to participate in the state Preliminary Meet. If an injury occurs, a doctor's statement with the date and 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 the penny@ghsa.net.
 - 6. Schools may organize and conduct invitational tournaments to assist in meeting the three (3) meet requirement.
 - a. These tournaments may be held outside the school, but must be run by school personnel and must be sanctioned by the GHSA. (Note: schools hosting a meet are responsible for paying the judges.)
 - b. Scores should be submitted to Penny Mitchell by the tournament director as soon as possible to determine rankings to be posted on the GHSA web site.
- E. There will be no interscholastic practice and/or scrimmages.
- F. No exhibitions are permitted during seasonal or invitational meets.

- G. In accordance with NFHS rules, the GHSA limits the number of participants a school may enter in a meet as follows:
1. For regular season meets, the limit is five (5) participants per event.
 2. For invitational meets during the regular season, the limit is four (4) participants per event, unless approved by the tournament director.
 3. For post-season meets, the limit is four (4) participants per event (including the All-Around competition).
- H. All gymnastics coaches are required to complete an online GHSA rules clinic as specified in the GHSA By-Laws.
- I. Tiebreaker Procedure when using three (3) or more judges.
1. Gymnast's scores are determined by dropping the high and low scores and averaging the two middle scores when 4 judges are used. When 2 or 3 judges are used, all scores will be averaged. All scores shall fall within the range determined by the Chief Judge's score.
 2. In the event of a tie, an average of all three (3) or four (4) judges' scores will be used.
 3. If a tie still remains, the score of the Chief Judge will be used.
 4. If, after the above steps, a tie still remains, the tie stands.

PRELIMINARY MEET:

- A. A Preliminary (qualifying) Meet will be held at Buford High School on April 22-23, 2026.
- B. Qualifying Information:
1. A total of eight (8) teams will qualify from the A-4A division and eight (8) from the 5A-6A 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.
 2. 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 and 9.00 or better on Vault and Floor Exercise in three (3) regular-season meets.
 3. There will be a limit of four (4) qualifying gymnasts per individual event who can represent a school that did not qualify as a team.
 4. If a gymnast qualifies at the Preliminary Meet, but can't advance because of illness or injury, the next individual will move up to take that spot at State Finals.
- C. The general information, entry form and roster form may be found on the GHSA website. Coaches must submit rosters online on the GHSA MIS site by March 15. Changes after this date can be sent to the GHSA office for approval. No changes will be made the week of the Preliminary Meet.
- D. Schools that do not meet the entry form deadline will not be able to enter the Preliminary Meet.
- E. All individual competitors must qualify in the Preliminary Meet to advance to the State Finals.
- F. Substitutions made after the Preliminary Meet for team competitors must be on the current submitted roster.
- G. Schools that qualify for the Preliminary Meet, but do not attend, will be fined by the GHSA.
- H. 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 Finals.

STATE MEET

- A. The “Dr. Lucia B. Norwood GHSA State Championship” Finals will be held on Friday, April 24, 2026, at Buford High School. The GHSA Coordinator is Penny Pitts Mitchell in the GHSA office (e-mail: penny@ghsa.net).
- B. In all Preliminary and State Meets, expenses are paid from the gross gate receipts, including the cost of officials, and the balance is sent to the GHSA Office.
- C. In all Preliminary and State Meets, a maximum of 10 athletes and two coaches will be given free admission.

NOTE: Gymnasts shall follow NFHS Rule 3-3-3 regarding uniforms and must rectify any violations before allowed to compete.

COACHING RESPONSIBILITIES:

It is your responsibility to read and have a working knowledge of the information presented in the GHSA Constitution and By-Laws.

- 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 score sheets are required.
- The scoresheets may be found here (We use GHSA score sheets):

[Gymnastics 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. 19 – Feb. 9**

[GHSA On-Line Rules Clinic Schedule for 2025-2026](#)

GYMNASTICS HOST SCHOOLS PROCEDURES:

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

ALL COACHES: GHSA sends a Google form to all schools listed as having a gymnastics team. Purpose: Create a list of Schools, Coaches, and Contact information. Schools must complete this form if they plan to have a team!

Please complete and submit the following form by Nov. 1:

<https://forms.gle/xvmx9ZY44ZWXsimN7>

DIRECTIONS FOR HOSTING MEET/S: Schools/Coaches wanting to host meets must complete several steps:

- Beginning Nov. 1, complete the GHSGGJA Request for Judges Form to schedule meets and request judges. (Access given to GHSGGJA).

<https://tinyurl.com/judges2026>

The Google form will request information to include: a) meet date and day, b) meet start time, c) meet location (name, address, city), d) meet level (Varsity, JV, and/or Middle School), e) the maximum number of teams the site can host, f) format (traditional or capital cup), g) meet director's information, h) billing information and contract.

- After filling out the GHSGGJA Request for Judges Form, the GHSGGJA Booking Agent will approve meets, based on the master schedule and judges' availability, in the order they are submitted and will relay this information to the host school/coach.
- After approval from the GHSGGJA Booking Agent, the host school/coach will complete and submit the Sanction of Event application AND contract for EACH meet:

1 - Log onto the GHSA MIS, click on Sanctioned Event Application.

<https://www.ghsa.net/sanction/17>

- See Sanctioned Event Application – Users Guide located on GHSA MIS for details.
- Complete and submit the form.
- The principal must sign the application.

2 - Once the sanctioned event application is completed, the Meet Director/Host must complete the Gymnastics Contract. This is completed in conjunction with the Sanctioned Event Application.

- Log onto the GHSA MIS, click on Scheduling.
- Click on Contest Contracts.
- Click Gymnastics Contracts.
- Click the Add Contract button
- Complete and submit the contract.
- Your application for Sanctioned Events must be approved PRIOR to the contract approval.

Additional information for Host School/Coach and Entry fees: When calculating entry fees, please review the following to ensure all meet expenses are covered.

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

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.

TEAM SIGN-UP PROCEDURE:

GHSA website list of meets: After approval from GHSGGJA and GHSA, the meet will be posted on the GHSA website where coaches can see all available meets for the season. Detailed information for each meet will be listed there along with meet entry fee information. Coaches wanting to enter meets, should reach out directly by email or text the Host School/Coach for approval and to receive information from the host school to register for entry into the meet.

This can be found by going to the GHSA website, Resources, For Schools, Sanctioned Events. Click on “View” for details and contact information:

https://www.ghsa.net/sanction-view?find_season=2025-2026&find_sport=GY

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 form.

Completed Contracts and Checks must be mailed to the Host School/Coach to secure a spot in each meet.

Summary:

- Look at the list of meets on the GHSA website.
- Choose the meets that will work for you.
- Contact the host to see if there is availability.
- If so, he/she will send you information on how to enter your team.
- After receiving confirmation that you can attend the meet, go to the GHSA website to complete a contract.

HOSTING MEETS AND MEET MANAGEMENT (MEET DIRECTOR AT HOST SITE):

- At the conclusion of the meet, meet directors must print a copy of the results (Varsity only) for the judges to verify scores. Additionally, teams are given the individual event score sheets and a copy of the results AFTER all scores have been verified by the judges.
- 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

- Meet management guidelines can be found on page 43 of the NFHS Judges Manual:
[Gymnastics-Girls](#)

PRELIMINARY QUALIFYING MEET:

The A-4A Preliminary (qualifying) and 5A-6A Preliminary Meet will be held April 22, 2026 at the Buford Arena at TBA.

Preliminary meet for Individuals will be held April 23, 2026 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.

OFFICIALS AND RULES:

Refer to the NFHS website Gymnastics section for updates on Rule Changes and Resources. Click here: [NFHS Gymnastics](#); Rule Books, click here: [Rule Books](#)

This section also includes information on the following:

Cue Sheets, Element Clarifications, Judges Manual, Meet Referee Deduction Sheet, Score Inquiry Form, Dance Passage Leap Chart, Points of Emphasis, Rules Interpretations, Uniform Rules.

CONTACT INFORMATION:

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