

2020-21

Georgia High School
Association



Gymnastics Coaches Manual

Calendar and Important Dates:

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

GHSA and GHSGGJA Clinic	Nov. 30
Host Meet Directors Meeting (Finalize Dates)	Dec. 7
Head Coaches Meeting (Sign-ups for meets)	Dec. 14
Deadline to submit sanctioned event forms Now online https://app.ghsa.net/	Dec. 16
First day of practice	Jan. 4
Online Rules Clinic https://learn.ghsa.net/ghsa-line-rules-clinic-schedule	Jan. 11-Jan. 31
Date for first contest	Jan. 25
Team Entry/rosters form for Prelim Meet Due.*	March 15
Last day for competition	April 17
Final Rankings posted	April 18
Preliminary Meet entry forms due	April 19
Preliminary and State meet Buford Arena	April 22-24

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 2020-2021

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 more than three teams.
3. All invitational tournaments must be approved by the GHSA Executive Director.

<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 gymnasts (except when prevented by injury) must participate in a minimum of two (2) GHSA sanctioned 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 Mitchell: 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.

*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.

- 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.nfhs.org/sports-resource-content/2020-2022-scoresheets/>

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. 11-31.**

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

Scheduling Meets (Head Coach at School):

- Host Meet Directors Meeting (Finalize Dates) Dec. 7 (6:00 pm)

The final schedule of meet sites and times will be sent to all head coaches and/or AD's after meeting.

- Head Coaches Meeting (Sign-ups for meets) Dec. 14 (6:00 pm)

Based on a random draw order, each school will have the opportunity to sign-up for meets.

- The final meet schedule will be posted on the GHSGGJA Website. A direct link to the site is available on the GHSA Gymnastics page under “Fan Central”.
- After all teams have signed up for meets, meet directors will submit an application for a Sanctioned event and complete a contract with the help of the school's Athletic Director. Then, all head coaches will need to complete and submit the contracts.

<https://www.ghsa.net/sanctioned-events>

Scheduling Judges for Meets (GHSGGJA):

After the meet has been approved by the GHSA, the GHSGGJA will book judges accordingly.

- Review the Judging Calendar on GHSGGJA website. (reference below)
 - Once the season schedule has been finalized, we'll place the meet on the judging calendar.
 - If there is a conflict and we do not have enough judges for a meet, we will contact the host school.
 - If you come off a meet, you must notify the host school, Tripp Norris, and Amy Eubanks to avoid being billed for judging fees (*minimum of 48 hrs prior to meet*).
 - Invoices will be sent at the end of the season. Late Payment of Judging Fees Will Be Enforced (*all participating schools, if not paid by May 30*).
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- Contact information for Judges Association:
 - <https://gagymjudges2.wixsite.com/ga-gymnastics-judges>
 - President: Margaret Stephens (margaretstephens@gmail.com)
 - Vice President/Treasurer: Amy Eubanks (amye@westminster.net)
 - Booking Agent: Tripp Norris (frtripp@saintcolumba.net)

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 the GHSA.
- Invitational meets are limited to 8 teams per session (unless additional gymnasts and/or teams are approved by meet director).
- Timed warm ups (8 minutes or 2 minutes per gymnast) will begin prior to meet time and 30 second touch per gymnast per event. (Capital Cup format should not be used). Warm up sample below:

Date

Names of Schools

Open Gym at 3:15

Timed Warm Ups

Time	Vault	Bars	Beam	Floor
3:43-3:51	Team A	Team G	Team E	Team C
3:52-4:00	Team B	Team H	Team F	Team D
4:01-4:09	Team C	Team A	Team G	Team E
4:10-4:18	Team D	Team B	Team H	Team F
4:19-4:27	Team E	Team C	Team A	Team G
4:28-4:36	Team F	Team D	Team B	Team H
4:37-4:45	Team G	Team E	Team C	Team A
4:46-4:54	Team H	Team F	Team D	Team B

Meet Begins at 5:00

- Host coach must provide a warm up schedule for each team.
- 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 41 of the NFHS Judges Manual:

https://www.nfhs.org/media/3812326/2020-22-nfhs-girls-gymnastics-judges-manual_final.pdf

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

- The host school will send a copy of the meet score sheet (Varsity only) 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.
- The site will be updated weekly with team scores on the website. www.ghsa.net/gymnastics beginning early March.
- A sample scoresheet may be found at www.ghsa.net/gymnastics; however, other formats may be used. Please only send Varsity scores.

Preliminary Qualifying Meet:

The A-5A Preliminary (qualifying) Meet will be held April 22, 2021 at the Buford Arena at TBA.

The 6A-7A Preliminary (qualifying) Meet will be held April 23, 2021 at the Buford Arena at TBA.

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 two (2) 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 two (2) regular season meets and/or an individual score of 8.50 or better in two (2) regular season meets.
- 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.
- 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:

[\(https://www.nfhs.org/activities-sports/gymnastics-girls/\)](https://www.nfhs.org/activities-sports/gymnastics-girls/)

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

General

- 2018-2020 Element Clarifications
- 2018-2020 Frequently Asked Questions
- 2020-2022 Cue Sheets
- 2020-2022 Judges Manual
- 2020-2022 Meet Referee Deduction Sheet
- 2020-2022 Score Inquiry Form
- 2020-2022 Scoresheets
- Rules Writing Process Video

Rules

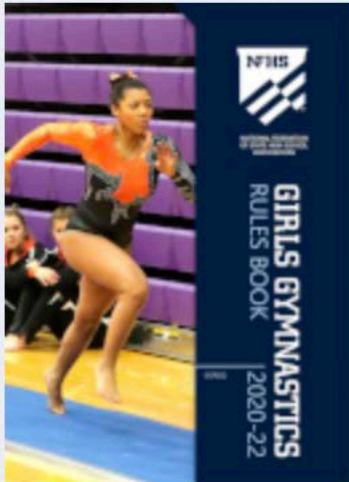
- 2020-2022 Points of Emphasis
- Girls Gymnastics Rules Interpretations 2020-2021
- NFHS Girls Gymnastics Uniform Rules

New rules for 2020-2022:

<https://www.nfhs.org/sports-resource-content/girls-gymnastics-rules-changes-2020-2022/>

Rule Books:

Publications



For your convenience, NFHS offers rules and case books in multiple formats. E-Books are available via iTunes and Amazon, while print publications can be purchased on **NFHS.com**. [↗](#)

[View e-Books](#)

[View Print Books](#)

View e-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>

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