

# 2025-26 GYMNASTICS MANUAL

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## Kansas State High School Activities Association

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# WELCOME

This *Gymnastics Booklet* has been prepared and designed to provide general information for use in the administration of the KSHSAA gymnastics program as well as the postseason tournament. No doubt questions will arise during the regular season, invitational tournaments, and prior to the start of the postseason tournament series, but we believe many of these questions will be answered by a thorough study of this manual.

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## Rules Meeting/Exam

The 2025 Rules Meeting will be Saturday, August 23, 2025, at 10 a.m. hosted at Olathe North High School.

The KSHSAA Executive Board requires all high school varsity head gymnastics coaches to satisfactorily complete an open book rules exam. The gymnastics exam is available July 29 - September 2. Enclosed is the NFHS gymnastics exam and information on taking the exam online.

The National Federation of State High School Associations *Girls Gymnastics Rules Book* and the Kansas State High School Activities Association *Handbook* shall be the rules that govern the Kansas interscholastic Girls Gymnastics program.

## Checklist for Participating Teams (*KSHSAA forms are available at [www.kshsaa.org](http://www.kshsaa.org)*)

- ☐ July 29 - September 2 - NFHS Gymnastics exam answers due to KSHSAA
- ☐ August 23 - Official (judge) registration ends
- ☐ September 30 - Team picture (with ID) due to KSHSAA
- ☐ October 1 - October 8 - Judge recommendations due to KSHSAA
- ☐ October 8 - Judges' applications for state meet due to KSHSAA
- ☐ October 17 - State Entry Form due to KSHSAA
- ☐ October 18 - School varsity final date for meet results to reach KSHSAA
- ☐ October 20 - Qualifying teams and individuals announced
- ☐ October 20 - State Meet rotation posted on KSHSAA website

## Projected Calendar Dates

Year	SCW	2025-26
Beginning Practice Date	7	8/18
Earliest Possible Competition	9	9/5
State Meet	16	10/25

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# STUDENT HEALTH & SAFETY

## Pre-Participation Physical Evaluation (PPE)

No student is eligible to represent any school team (in practice and games) until there is on file with the superintendent or principal a statement (physical form) certifying that the student has passed an adequate physical examination and is physically fit to participate. The form must be signed by any of the following licensed health care providers: a physician, a chiropractor, a physician assistant (PA) or an advanced practice registered nurse (APRN). The statement (form) must also be signed by a parent or legal guardian, stating the student has permission to participate. The physical examination shall not be taken earlier than May 1 preceding the school year for which it is applicable.

## KSHSAA Concussion and Head Injury Information Release Form

This form must be signed by all student-athletes and parent/guardians before the student participates in any athletic or spirit practice or contest each school year.

## Concussion Management / Kansas Law

Below is a summary of our recommendations to our member schools to comply with the state law and the NFHS playing rule. A complete and detailed version can be found on the KSHSAA website in the sports medicine and safety section.

1. If concussion consistent signs or symptoms are observed in an athlete, the athlete should be immediately removed from the practice or contest.
2. The athlete should not be allowed to return to any practice or contest until written clearance is obtained from a health care provider (MD or DO).
3. The KSHSAA and the NFHS strongly recommend the athlete not be allowed to return to the practice or contest the same day the concussion consistent signs or symptoms were observed.
4. A gradual return-to-play protocol should be followed before the athlete is allowed to return to unrestricted participation in their sport.
5. The signed concussion and head injury information release form must be on file with the school.
6. Be sure all of your coaches view the free online course from the NFHS: Concussions in Sports, What You Need to Know. This course can be accessed through the sports medicine and safety section of our website or directly through [www.nfhslearn.com](http://www.nfhslearn.com). Schools may choose to use this course in group settings with parents, students or with school staff at in-service meetings.

## KSHSAA Recommended Procedures to Consider When Inclement Weather Occurs During a Contest

The safety of athletes (participants), spectators, coaches/directors, school personnel and all others present at an athletic contest must be the first and foremost concern of contest officials and building administrators.

1. When an interscholastic contest has been scheduled and dangerous playing conditions exist or severe weather is anticipated, the following should be considered:
  - a. Prior to beginning an athletic contest, when severe weather is anticipated, the head contest official and the principals of each school, or their designees, will meet to review the suspension and/or postponement procedures. This would include any playing rule book coverage.
  - b. The host school administrator will be responsible for informing contest officials, visiting school administrators and, if applicable, the individual responsible for public address announcements of designated shelter areas.

- c. If a TORNADO WATCH has been issued, the host team building administrator and the head contest official will notify coaches, school administrators and, if applicable, the individual responsible for public address announcements that the possibility of abrupt suspension of play exists.
  - d. If a TORNADO WARNING has been issued, the contest should be suspended immediately. Participants, spectators and all personnel involved with the contest will be advised to “take cover.” The procedure will be announced, when available, over the public address system.
  - e. When lightning is observed in the vicinity of a contest conducted outdoors, play should be suspended.
  - f. If any other life-threatening condition occurs, play should be suspended immediately and predetermined directions to safe locations will be announced.
2. When a suspension of a contest occurs, the following should be considered:
- a. If the suspension is 45 minutes or greater, resuming at a later date should be considered.
  - b. When it appears that weather conditions are no longer a threat to the safety of participants, spectators or contest officials, administrators from all schools involved will meet with the head contest official to determine if play will continue. If any administrator or the head contest official casts a negative vote for play to resume, the suspension should continue.
  - c. If play is to be resumed, contestants will be given at least a 15 minute warm-up period prior to competition.

***For more information check out [www.kshsaa.org](http://www.kshsaa.org)>Sports Medicine & Safety***

## **Statement on Performance Enhancing Drugs and Nutritional Supplements**

In order to promote the health and safety among all student-athletes, reduce health risk, maintain ethical standards as well as reduce liability risk, students should not use any drug, medication (over-the-counter or prescription) or nutritional supplement, as defined by the World Anti-Doping Agency, for the purposes of performance-enhancement. All school personnel, including coaches and school nurses, should never recommend the use of any drug, medication (over-the-counter or prescription) or nutritional supplement, as defined by the World Anti-Doping Agency, for the purposes of performance-enhancement.

School personnel should not dispense or administer any drug, medication (over-the-counter or prescription) or nutritional supplement, unless the student-athlete is under the direct care of a licensed health professional, licensed to practice in the state of Kansas and practicing within their scope of practice as defined by the Kansas Board of Healing Arts, and only as prescribed.

We recommend that coaches, athletic directors, nurses and other school personnel develop strategies that address the prevalence and growing concerns of using any drug, medication or nutritional supplement for the purpose of performance-enhancement. Athletes should be encouraged to pursue their athletic goals through hard work, appropriate rest, proper hydration and good nutrition, not unsubstantiated shortcuts. School personnel, coaches and parents should allow for open discussion about dietary supplement use, and should strongly encourage obtaining optimal nutrition through a well-balanced diet.

*(adopted by the KSHSAA Sports Medicine Advisory Committee and Executive Board, April 2017)*

# KSHSAA POLICY INFORMATION

## KSHSAA Coach/Sponsor CPR/AED Training Requirement

Per KSHSAA Board Handbook **Rule 10-1-9**: Any person serving in the role of a head or assistant sport coach/aide or a head or assistant activity sponsor/aide in a KSHSAA member school shall be certified or trained in Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) administration.

### Components of the rule are as follows:

1. Following an initial 30-day grace period from the start of the season, personnel are not eligible to work as a coach or sponsor for their school until proof of completion of CPR/AED training is on file with their school.
2. Every coach/sponsor must complete CPR/AED training every two (2) years.
3. The training shall be coordinated by a certified CPR instructor.
4. Online only training courses are not accepted.
5. There must be a hands-on educational component to the training process.
6. On an annual basis by activity, a school administrator must acknowledge through the KSHSAA website that each coach/sponsor is currently trained in CPR/AED administration. To acknowledge rule compliance, a school administrator should login to the KSHSAA website and go to the Coach/Sponsor Requirements page. Select the activity and enter the date of CPR/AED training next to each coach/sponsor name. If you do not see the coach/sponsor listed, add that person through the Update Directory process online. All head and assistant coaches/sponsors should be listed for every activity!

### Training could be obtained from the following organizations:

- American Heart Association
- American Red Cross
- American Safety & Health Institute / Medic First Aid
- National Safety Council

### Potential sources for locating a certified CPR instructor:

- School nurse
- School/community athletic trainer
- Local emergency personnel: EMTs, firefighters, police officers
- Community hospital
- Contacting the organizations listed above

## KSHSAA Ejection Policy

### Requirements for Ejected Coaches

Any coach ejected from a contest shall be suspended from the next contest at that level and for all contests at any level (in that activity) until the suspension has been served. Additionally, coaches who are ejected from a contest (at all levels grades 7-12) are required to complete the NFHS Teaching and Modeling Behavior course prior to coaching in their next game. (The course fee is \$20 and can be completed in one hour.) The next game is defined as the next regularly scheduled day of competition. In addition, the school administrator is responsible for providing the KSHSAA administrator with a copy of the coach's certificate of completion of the online course. (The coach may print this as the final step on the online course.) Recurring ejections result in a requirement to repeat the course.

## Requirements for Ejected Players

Any player ejected from a contest for unsporting conduct or behavior shall be suspended from the next contest at that level and for all contests at any level (in that activity) until the suspension has been served. Additionally, any player ejected from a contest at any level of play (grades 7-12) for unsporting conduct or behavior will be required to successfully complete the free NFHS Sportsmanship Course online, prior to the KSHSAA and school reinstating his/her eligibility privileges. The school principal or athletic director is responsible for overseeing compliance with this requirement. There is no cost for the course which takes approximately 20 minutes to complete. Schools are not required to submit the student's certificate of completion to the KSHSAA but should retain it on file. An appeal process utilizing video images from a school designated (Hudl, NFHS Network, or coaches game film) source may be requested by school administration. Such an appeal must be initiated within 24 hours of the ejection.

## Ejection Policy for Player, Coach, Spectator Involving an Official

Any participant (player, coach, spectator) who is ejected for making contact with an official, who is ejected for unsporting behavior directed toward an official, or who negatively confronts an official following a contest, shall be subject to a non-appealable suspension from the next contest at that level and for all contests at any level (in that activity) until the suspension has been served. Local school leadership may levy additional sanctions as they deem appropriate.

### ***The KSHSAA staff reviews all ejection reports.***

**NOTE:** The requirement for all ejected students to complete the *NFHS Sportsmanship Course* and the requirement for all ejected coaches to complete the *NFHS Teaching and Modeling Behavior* course prior to being reinstated remains in effect.

## Prohibiting the Use of Drones (Unmanned Aircraft Systems or UAS's)

Unless granted special permission by the KSHSAA Executive Director, the use of drones (UAS) for any purpose is not permitted at any KSHSAA state tournament or postseason game or event. This prohibition applies to all fields of play, courts, arenas, mats, gym floors or pools, and includes a ban on the entire facility being used as part of the KSHSAA event, including the spectator areas and parking areas. During the regular season, member schools should have a drone policy. At no time should a drone be on or over the field of play.

### **If granted permission by the KSHSAA Executive Director, a drone may be utilized for filming purposes under the following conditions:**

1. Local law enforcement and host venue policies permit use of a drone.
2. The drone operator complies with all FAA regulations.
3. The host school provides written permission.
4. The venue owner provides written permission.
5. The drone is operated under the supervision of a school staff member (including a member of the coaching staff).
6. The drone is operated such that it is never closer than 30' from the boundary of the field of play projected vertically.
7. The drone is never operated directly over or within 30' of spectator seating.
8. The drone is never operated directly behind a goal.
9. The flight of the drone is within 5' of the center of a vertical cylinder (it is "tethered").
10. The drone is grounded whenever the wind speed exceeds 30 mph or whenever the pilot cannot maintain operation within the allowable vertical cylinder.
11. The drone operator/owner provides proof of third-party aviation liability insurance.

## **KSHSAA Multimedia Use Policy**

*Adopted by the Executive Board at their November 20-21, 2024 meeting.*

The member schools of the KSHSAA understand capturing images of student participants before, during, and after competitions/performances allow stakeholders the opportunity to share and reflect upon the experience. It is also a teaching and learning opportunity for student journalists. Photographing or video taping of events should never delay or disrupt an event nor compromise the safety of participants or photographers. School and event administrators may designate specified areas or times for photographers at any event.

### **Event/Competitor Pre-scout by Schools**

Member school staff or designees may not film any school's activity contest in which they are not a participant without advanced written permission from the principals of all schools involved in a contest/performance.

### **General Public**

1. Spectators of a KSHSAA event may not live stream any event. The host or designee are responsible for approving member schools and members of the media for livestreaming approval.
2. Video or photos should not be taken of individual students if the person taking the video or photos is not directly related to or preapproved by the student or member school administrator to capture video or photographic images.

### **Media**

Professional media should follow expectations and codes of conduct detailed by the Kansas Press Association, Kansas Broadcasters Association, and the KSHSAA.

## **KSHSAA Pre-Activity Timeout**

Purpose: As a proactive communication measure, schools are expected to designate a time prior to the start of any interscholastic contest to share event critical information with stakeholders. The following information should be shared/reviewed prior to the first contest at each location:

1. Introduction of home and visiting administration on duty (identify primary point of contact).
2. Identify the location of athletic trainer(s) or other qualified medical professionals.
3. Identify the location of the AED(s).
4. Identify emergency entrance/exits for the facility.
5. Identify the storm shelter location and communication plan for evacuation.
6. Identify the rapid body cooling plan (location of cold water immersion tub).
7. Identify the communication plan for leadership.
8. Identify the communication plan for respective groups (students, coaches, fans).
9. Identify any special events or concerns relative to the event.

These nine items are to be reviewed prior to the event by the ranking school leader of every school involved in the contest. Each participating school is to be represented in this pregame meeting. If an administrative representative is not in attendance, this responsibility belongs to the head coach.

**HAVE A PLAN. COMMUNICATE YOUR PLAN.**

## **The KSHSAA Code of Ethics**

### **for Coaches, Directors, Aides, Adjudicators, Judges and Officials**

Believing that mine is an important part in the nationwide school activity program, I pledge to act in accordance with these principles:

1. I will honor contracts regardless of possible inconvenience or financial loss.
2. I will study the rules, observe the work of other coaches, directors, adjudicators, judges, or officials and will, at all times, attempt to improve myself and the activity.

3. I will conduct myself in such a way that attention is drawn not to me but to the young people participating in the contest.
4. I will maintain my appearance in a manner befitting the dignity and importance of the activity.
5. I will cooperate with the news media in the interpretation and clarification of rules and/or other areas relating to good sportsmanship, but I will not make statements concerning decisions made during the contest.
6. I will uphold and abide by all rules of the KSHSAA and the National Federation.
7. I will shape my character and conduct so as to be a worthy example to the young people who participate under my jurisdiction.
8. I will give my complete cooperation to the school which I serve and to the KSHSAA which I represent.
9. I will cooperate and be professional in my association with other coaches, directors, adjudicators, judges or officials and will do nothing to cause them public embarrassment.
10. I will keep in mind that the contest is more important than the wishes of any individual.
11. I will make responsible decisions about consumption of alcohol, including abstinence from alcohol at least 12 hours prior to a contest in which I will be involved.
12. I will not use tobacco or e-cigarette products while directly involved in interscholastic activities.

## Rule 22 - Outside Competition

Violation of this rule shall make a student ineligible for the remainder of that sport, scholars bowl or debate season, unless he or she is reinstated by the Executive Board.

### Section 1: General Regulations (apply to grades 7-12)

**Art. 1:** A student who is a member of a school athletic, scholars bowl or debate squad effective Monday SCW #7 through Friday preceding Memorial Day may not participate as a member of an outside team or as an independent competitor in the same sport, scholars bowl or debate activity. (*Exception: See **Rule 4, United States Olympic Committee-Sponsored National Trials and Competitions.***)

**NOTE:** Informal participation on the part of the student athlete, such as that experienced on the black top (concrete), in the park, local "Y", etc., is not considered a violation of this rule, provided it was not formally called or organized, no coaching takes place, where no official score is kept, time kept, officials used, etc.

Intra non-school youth group athletic participation is not considered a violation of this rule. Inter non-school youth group athletic participation is a violation.

**Art. 2:** A student shall not be prohibited from competing on a special team within his or her own school such as an FFA team, etc. All members of such teams must be bona fide students, however, and eligible under the rules of the Association.

**Art. 3:** A student becomes a member of a school's athletic squad, scholars bowl or debate team when he or she first participates in a practice session.

A student ceases to be a squad member after his or her last contest for the school's athletic squad, scholars bowl or debate team or when the membership on a squad is terminated. (*See **Rule 14-1-1, Bona Fide Student and Rule 30-2-2, Seasons of Activities.***)

## Rule 26 - Anti-Tryout and Private Instruction

A student who violates this rule shall be ineligible in that activity for a period of one year from the date of the violation, unless reinstated by the Executive Board.

### Section 1: General Regulations (apply to grades 7-12)

**Art. 1:** A student may receive instruction from their parent(s) at any time. A student's parent(s) may attend their student's private instruction session without violating the provisions of this rule.

**Art. 2:** A student may receive private instruction at any time of the school year. During the time a student is a member of a school athletic squad, starting with the student's first day of school practice and ending with the student's

last day on the school athletic squad, a student may receive private instruction subject to the conditions set forth in this rule.

**Art. 3:** Other individuals may be present at a student's private instruction session as long as they are there in a supportive capacity only and not giving or providing instructions to the student.

**NOTE:** Private instruction is defined as one student receiving instruction from one person during the period of instruction.

A group is defined as two or more students receiving instruction from an instructor during the same period of instruction.

Supportive capacity is defined as participating in the period of instruction without providing any instruction to the student or instructor or in a competitive situation/capacity.

**Doubles Tennis Exception:** Given the uniqueness of teamwork when playing doubles tennis, a doubles pair may receive private instruction and not be in violation. Once their school coach identifies a doubles team, those two doubles partners may participate in a private lesson together without violating this rule.

**Art. 4:** A student shall not participate in group training sessions or tryouts held by colleges or other outside agencies in a sport while he or she is a member of a school athletic team in that identical sport.

**Exception:** The Kansas Legislature in the 2011 session, enacted the following law:

*"(a) The Kansas State High School Activities Association (KSHSAA) and its member high schools, and administrators, principals, coaches, teachers and other affiliated with such association and member high schools, shall not adopt any rules and regulations or interpret any existing rule and regulation in any manner which would prohibit a student athlete from training with any Kansas state high school league-sponsored sport or competition while the student athlete is participating in nonschool swimming athletic training or diving athletic training, or both, during the high school sport season and throughout the year if:*

- (1) The nonschool swimming athletic training or diving athletic training, or both, is under the jurisdiction of and sanctioned by the national governing body of the sport, U.S.A. swimming, inc., or U.S.A. diving, inc. and is conducted in a manner which protects the health and safety of the student athlete; and*
- (2) the student athlete meets the reasonable and ordinary school-established requirements for participation in the student athlete's high school swimming program or diving program, or both, including requirements designed to protect the health and safety of such student athlete.*

*(b) This section shall take effect on and after July 1, 2011."*

**Rationale:** An Anti-Tryout and Private Instruction requirement:

- a. Protects the school/coach - student/athlete relationship;
- b. Establishes guidelines under which a student-athlete may receive private instruction;
- c. Helps preserve the school's staffing integrity;
- d. Promotes and helps protect the student/athlete relationship to the school's team;
- e. Provides opportunity for specialized individual training;
- f. Prohibits student/athletes from trying out for non-school teams during the school season of the same sport;
- g. Maintains a fair competitive environment for school teams;
- h. Protects the parent-child relationship.

## Rule 30 - Seasons Of Activities

### Section 1: General Regulations (apply to grades 7-12)

**Art. 1:** A student shall not have more than one season of possible eligibility in grade seven and one season in grade eight. A student shall not have more than four seasons of possible eligibility in grades 9-12, nor participate in more than one season of the same activity in a school year, regardless of whether the ninth grade is included in junior high or in a senior high school.

**NOTE:** If a student is ineligible due to transfer, scholarship, etc., or elects not to participate, the season(s) during that period shall be counted toward the total number of seasons possible. Seasons missed are not preserved for

participation at a later time. Transfer from another state with a different seasonal format, does not create an exception to this rule. (See **Rule 16-1-1, Semester Requirements.**)

**Art. 2:** Participation in a sport for any length of time, even though it may be only a part of one game, shall constitute a season.

**Art. 3:** During the school year a coach/coach's aide may only be involved with his/her athletes in a sport during the season.

During the school year, prior to or after season, a coach/coach's aide may not:

- a. Organize or conduct practices or competitions for his/ her athletes. However, a coach may be involved in one organizational meeting for a non-school league to assure no more than three of his/her athletes in basketball, six in 11-Player football, five in 8-Player football, four in volleyball, six in soccer, five in baseball, or five in softball are on the same outside team; (See **Rules 32-1, 33-1-4, 35-1-2, 38-1, 39-1, 43-1-1.**)
- b. Practice or compete with or against his/her athletes;
- c. Attend clinics or camps with his/her athletes.

Following the season of sport, seniors may receive instruction from their school coach, in the same sport.

**NOTE:** (For information pertaining to summer coaching restrictions, see **Rule 10-1-6.**) (See summer camp regulations, this section **Art. 6** for exceptions.)

**Art. 4:** Prior to the opening practice dates, there shall be no called or scheduled meetings where instruction is a part of the program.

**NOTE:** Coaches are permitted to check out equipment, distribute physical examination cards, and assign lockers to athletes prior to the first date of practice.

**Art. 5:** Interschool scrimmages (practices) in all activities shall be prohibited (**Exception**, see **Rule 35, Football**).

- a. Schools may not hold interschool scrimmages (practices) in athletics, (**Exception**, see **Rule 35, Football**) scholars bowl or debate. Interschool is defined as middle/junior school with another middle/junior school and senior high school with another senior high school. This does not eliminate scrimmages between alumni and the school team.

During a scrimmage there can be no score kept and no clock. Use of officials is permitted. Should one or more game elements (score or time) be involved, it would no longer be a scrimmage, but must count toward the number of contests allowed during the season. Intrasquad scrimmages, games among teammates, even with score, time and/or officials used would not be considered a game.

In Gymnastics, Swimming and Diving and Track and Field (pole vault and adaptive activities only) schools who employ the same coach or share facilities and equipment, may practice together and not be in violation of the prohibition on interschool scrimmage.

**EXCEPTION:** When combined with an interscholastic athletic event, it is permissible to conduct interschool scrimmages. (Illus: Fifth quarter in football and sixth quarter in basketball, etc. where the intent is to provide those not participating significantly in the interscholastic competition to have an opportunity to participate informally under modified game conditions.) Participation in a modified game condition (fifth quarter/6th quarter), as described above, would not count toward the four- or six-quarter limitation.

- b. KSHSAA Officials Clinics: Prior to the opening practice dates, a school's athletic team may participate in a clinic designed for the improvement of athletic officials provided the clinic received prior approval from the KSHSAA Executive Board. Coaches may be present and work with their students at these clinics. Team participation shall be limited to intra-squad scrimmages or being used as demonstration teams for those phases of the clinic that requires players to be on the floor/field.

**Art. 6:** No school-organized spring or summer practice or school-organized summer camps, shall be permitted. (See **Rule 20-1-1e, Awards.**)

- a. Beginning SCW #48 through Sunday of SCW #3, coaches may coach teams in non-school competitions and/or conduct workouts or practices or conduct a one-week camp (per sport) for his/her players only. Only students enrolled at the school may attend these coach organized activities.
- b. The school shall not be involved other than to approve the use of facilities, dates and to be assured by the coach there will be no violations of KSHSAA rules and/or regulations.
- c. Member schools, the coaches, and coaches' aides they employ, may not sponsor and/or organize contact football camps. (See **Rule 10-1-6, Qualifications of Coaches**, and **Rule 35-1-5, Football**)

- d. School uniforms or player equipment may not be used.

**Exception:** Use of school owned football helmets in non-school, football activities is permitted with prior approval of the school's administration.

- e. If school facilities (gymnasium, fields, balls, bats, etc.) are used, the coach must lease them per board of education policy.
- f. No coach(es) or other school representative(s) may directly or by implication, direct a student to attend these coach organized activities as a condition for team membership.
- g. A student shall not receive pay or expenses for working at a camp involving a sport in which he/she participates.
- h. The camp program shall not include any type of competition with teams or another camp.

**Art. 7:** School coaches in all KSHSAA sponsored sports may hold only voluntary weight training and conditioning beginning Sunday of SCW #5 through and including Sunday of SCW #7. No school team practices shall be permitted until Monday of SCW #7.

**Art. 8:** Beginning Monday of SCW #7, the following practice rules apply to football, boys and girls cross country, boys soccer, girls volleyball, girls gymnastics, girls tennis and girls golf:

- a. Only one practice per day is permitted the first 5 days of practice. All individuals shall only practice once per day for the first five days the individual practices, no matter when the person joins the team or if the person misses days due to injury/illness.
- b. No single practice may last longer than 3 hours. All warm-up, stretching, conditioning and weight lifting is included as part of the 3 hour limit.
- c. A separate walkthrough is permitted in addition to the single practice. The walkthrough cannot be longer than 1 hour and must be separated from practice by at least 3 hours of rest. A walkthrough is defined as a teaching opportunity with the athletes in which no protective equipment is worn. No physically exerting activity, including any conditioning or weight lifting, may take place during the walkthrough.
- d. Beginning on practice day 6, double practice sessions are permitted for any individual who has completed 5 days of single practices. Double practice sessions cannot be held on consecutive days. The day following a double practice day would be either a single practice day or a rest/recovery day.
- e. On days of multiple practices, no single practice may last longer than 3 hours and total practice time combined shall not exceed 5 hours.
- f. To be deemed a practice, a majority of the squad members must participate in the organized team training session.

**Art. 9:** Executive Board policies governing summer marching band and spirit activities are published in the KSHSAA Music Manual and the KSHSAA website.

## **Section 2: Senior High Regulations**

**Art. 1:** The final date for school competition in all athletics shall end on the date the state championship series is scheduled. The final date for a member school's athletic practice is the date the school is eliminated from post-season competition.

**Art. 2:** A student who is enrolled at the start of a season of sport, must be a member of the squad for the majority of the scheduled varsity contests, in order to be eligible for postseason competition. (See **Rule 14-1-1, Bona Fide Student**; and **Rule 22-1-3, Outside Competition**.)

## **Section 3: Middle /Junior High School Regulations**

**Art. 1:** The opening date for athletic practice in any sport shall be Monday of Standardized Calendar Week #7. All athletic competition and practice shall close on the last day of school. (See **Rule 35-1-1, Football**.)

## **Rule 37 - Gymnastics (Girls & Boys)**

**Art. 1:** Schools are encouraged to schedule as many quadrangular or smaller meets as possible. It is recommended these events start after school hours.

## Section 2: Senior High Regulations

**Art. 1:** All school practice and competition shall be confined within the opening dates of practice and state championship meets on Standardized Calendar Week #16.

**Art. 2:** Practice shall not begin prior to Monday of Standardized Calendar Week #7.

**Art. 3:** Competition shall not begin prior to Friday of Standardized Calendar Week #9.

**Art. 4:** The latest closing date for the state championship meet shall be Standardized Calendar Week #16 (girls).

- a. For boys' gymnastics, when there are eight or more teams competing, there will be both team and individual champions recognized.

**Art. 5:** Events for boys' meets shall be established by the Executive Board. The events for girls' competition are those recommended in the National Federation Girls' Gymnastics Rules.

**Art. 6:** No girl or boy representing a member high school shall participate in more than ten meets during a season, exclusive of regional and state meets.

## Section 3: Middle/Junior High School Regulations

**Art. 1:** No student shall participate in more than eight meets during a season, nor in more than two events per day. All-around may be counted as one of these two events.

**EXCEPTION:** Ninth grade students in junior high schools shall be permitted to compete in the same number of athletic competitions as ninth graders in senior high schools.

## Rule 52 - Citizenship/Sportsmanship

**INTRODUCTION**—The effective American secondary school must support both an academic program and an activities program. We believe that these programs must do more than merely coexist—they must be integrated and support each other in “different” arenas. The concept of “sportsmanship” must be taught, modeled, expected and reinforced in the classroom and in all competitive activities. Therefore, all Kansas State High School Activities Association members stand together in support of the following sportsmanship policy.

**PHILOSOPHY**—Activities are an important aspect of the total education process in the American schools. They provide an arena for participants to grow, to excel, to understand and to value the concepts of SPORTSMANSHIP and teamwork. They are an opportunity for coaches and school staff to teach and model SPORTSMANSHIP, to build school pride, and to increase student/community involvement; this ultimately translates into improved academic performance. Activities are also an opportunity for the community to demonstrate its support for the participants and the school, and to model the concepts of SPORTSMANSHIP for our youth as respected representatives of society. **Sportsmanship is good citizenship in action!**

**ALL ACTIONS are to be FOR, NOT AGAINST; POSITIVE, NOT NEGATIVE or DISRESPECTFUL!**

### Section 1: General Regulations (apply to grades 7-12)

**Art. 1:** SPORTSMANSHIP is a general way of thinking and behaving. The following sportsmanship policy items are listed below for clarification:

- a. Be courteous to all (participants, coaches, officials, staff and fans).
- b. Know the rules, abide by and respect the official's decisions.
- c. Win with character and lose with dignity.
- d. Display appreciation for good performance regardless of the team.
- e. Exercise self-control and reflect positively upon yourself, team and school.
- f. Permit only positive sportsmanlike behavior to reflect on your school or its activities.

**Art. 2:** Enforcement Procedure:

- a. It is encouraged and recommended by the Kansas State High School Activities Association that local boards of education adopt these regulations and reinforce them as indicated herein.
- b. The Executive Board of the Kansas State High School Activities Association shall be responsible for the interpretation of these regulations, including “desirable and unacceptable behavior” and shall publish them in the association's *Citizenship/Sportsmanship Manual*.

# GENERAL INFORMATION

## Required Rules Meeting and Exam (*Head Coaches and All Registered Judges*)

### 1. Rules Meeting

- Must attend rules meeting conducted prior to the season.
- Attendance card must be completed, signed and turned in at the end of the meeting (*head coach and judge only*).
- The KSHSAA strongly recommends that all assistant coaches attend the rules meeting.

### 2. Rules Exam

- Must take an NFHS open book gymnastics exam. Answers must be submitted online **July 29 - September 2**. Exams for coaches will be available on the gymnastics page of the KSHSAA website. Exams for judges will be available through Arbiter. Both coaches and judges have TWO attempts to pass the gymnastics exam.
- The exam will be taken online only. Online exams will be completed on the KSHSAA website. See instructions with test.
- *NFHS 2024-26 Gymnastics Rules Book* - \$7, at meeting and via mail
- Must score 90% or better. If not:  
Coaches - school name is printed in *KSHSAA Activities Journal*; Judges - not eligible for postseason
- KSHSAA must receive test answers by **September 2**. If not:  
Coaches - \$100 fee to KSHSAA, school name is printed in *Activities Journal*; Judges - placed on probation or suspension

## School Responsibilities

### 1. KSHSAA Registered Judges are Required

Please ask to see judge's license for proof of current year registration. It is recommended that registered judges be used for all non-varsity competition as well.

### 2. Communication

Please communicate with visiting schools and judges prior to each contest in order to eliminate unwanted challenges.

### 3. Reports to KSHSAA

Please report unusual situations or sportsmanship challenges to the KSHSAA (for reports on judges, see Form S found at [www.kshsaa.org](http://www.kshsaa.org)). The KSHSAA would also like to be informed of positive and rewarding experiences that take place.

### 4. Officials Recommendations Form (Due October 8)

**State Judges** will be assigned by the KSHSAA based on the recommendations submitted by participating member schools. Please submit the Officials Recommendations Form (found at [www.kshsaa.org](http://www.kshsaa.org)) **BETWEEN OCTOBER 1-8**. Please list at least five judges and the event for which you would recommend them.

**FAILURE TO SUBMIT JUDGES RECOMMENDATIONS WILL RESULT IN A \$50 FINE TO MEMBER SCHOOLS!**

### 5. All schools hosting a gymnastics event will be required to send the KSHSAA and other attending schools their meet results no later than 24 hours after the meet has concluded.

## Coaches

### 1. Participation Dates - 2025 Season

- Monday, August 18 - First day of practice
- Friday, September 5 - First day of competition
- Saturday, October 25 - Last day of 2025 season

**The 2025 season is from August 18 - October 25.**

The final date for a member school athletic practice is the date the school is eliminated from postseason competition.

### 2. Practice

Practice rules are in place for all fall activities. Please see **Rule 30-1-8**

### 3. Athlete Physicals

ALL high school and middle school athletes must have a KSHSAA physical examination/parental consent form completed and turned in before they are allowed to practice!

The physical may not be taken/dated earlier than **May 1, 2025**.

No student representing a member high school shall participate in more than 10 meets (*exclusive of the state meet*).

### 3. Who Can Coach?

KSHSAA Rule 10 - Only certified coaches (certified in compliance with the standards established by the Kansas State Board of Education) or coaches aides (through application and approval from the KSHSAA) are allowed to work with the team. No outsiders or volunteers may coach or assist with coaching duties, with the exception provided for individuals who are certified staff, employed by the member school at the same school site.

During the school year, coaches may only be involved with their athletes during the season of sport.

- COACHES MAY transport their athletes to nonschool competition in their sport outside the season-of-sport.
- COACHES MAY NOT transport their athletes to camps/clinics in their sport outside the season-of-sport.

## Judges

### 1. Registration

The last date for individuals to register online as a KSHSAA gymnastics judge is August 23.

### 2. KSHSAA Rule 11 - Athletic Officials

Neither a member school nor an approved school shall take any action to prevent an athletic official from officiating a contest because of the official's race, sex, religion or national origin. Neither shall a member school or an approved school participate in a contest for which an athletic official has been excluded from officiating because of the official's race, sex, religion or national origin.

### 3. Meet Contracts

The Arbiter online assigning program will be used by some league commissioners. Judges will receive and accept contracts via email. Email reminders will be sent to judges prior to the contest.

All contracts must be made in writing, clearly setting forth the terms. It is advisable to confirm the date at least a week prior to the meet. A judge's word is his/her bond. If contracts are broken by schools or judges, the KSHSAA should be notified.

The host school should make the judge's check available to all judges prior to the meet or immediately thereafter.

### 4. Communication

Contact school—If you do not hear from the school prior to your assignment, please contact them regarding details you might need: meet time, location of contest, where to park.

### 5. Reports to KSHSAA

Please report unusual situations or unsportsmanlike conduct by athletes, coaches or fans which distract from the educational environment. The KSHSAA would also like to know of positive and rewarding experiences that take place.

## 6. Postseason Application

Judges, please make application with the KSHSAA to work the state tournament. The application form is located online and will also be mailed to all registered judges in early September.

Please complete and return the application form **NO LATER THAN OCTOBER 8.**

## 7. Postseason Assignments

- Assignments of judges for postseason will be based on schools' recommendations.
- Priority and first consideration will be given to those who have met the following standards for the 2025 season:
  - a. Attending a KSHSAA gymnastics rules meeting
  - b. Scoring a 90% or above on the written exam
  - c. Receiving recommendations from participating member schools

The state meet will use two judges per event (all four events running simultaneously) and the meet referee.

The KSHSAA will make every attempt to provide for equal geographical distribution of judges at all postseason meets, insofar as possible.

Please note and enforce: **Rule 2-2-1b.2** that judges are to be placed apart from one another.

# Coaches and Judges

## 1. Questionnaire Participation

Please complete and return surveys received from the NFHS and/or KCA (*Kanas Coaches Association*) and KGA (*Kansas Gymnastics Association*). Your input is valued and appreciated.

Please contact the KSHSAA with any concerns regarding the gymnastics program (*i.e., suggestions for change or modification to the rules*).

## 2. Recruiting New Judges

There is an ongoing need for recruiting officials in all activities and providing them with opportunities to work so they can improve their skills.

Please encourage former gymnasts, parents and those who officiate in other sports to register as a gymnastics judge.

Interested individuals may register at the gymnastics rules meeting or contact the KSHSAA.

# Cooperative Agreements and Team Scores

**Rule 29-2-1b** - In those activities where there is an absence of an effective program in one of the schools, a combined program may be established, provided a need is shown to the Executive Board. Examples which may constitute needs are: (1) insufficient numbers; (2) lack of staff; and (3) lack of facilities.

For a quasi-team sport, schools in a cooperative agreement may compete together during the regular season but must then represent their own school in postseason.

**Rule 30-1-5a** - Interschool scrimmages (practices) in all activities shall be prohibited. In Gymnastics, Swimming & Diving and Track & Field (pole vault and adaptive activities only), schools who employ the same coach and share facilities and equipment may practice together and not be in violation of the prohibition on interscholastic scrimmage.

Based on the qualifying standards for state competition (the top eight (8) teams will qualify for the state meet, based on the average of their top four (4) meet scores) and based on the fact that Rule 29 does not allow schools in gymnastics to compete together in postseason competition, schools in a Cooperative Agreement in Girls Gymnastics may remain as such (practice together and attend the same meets); however, the two schools must compete under their school name and be scored separately.

## Posting Meet Results on Gymnastics Website

All coaches will enter the results for their team into the KSHSAA online results form. This is no longer completed at the KSHSAA office; it is the responsibility of the coach and should be completed within 48 hours of the completion of the meet.

All schools hosting a gymnastics event will be required to send the KSHSAA and other attending schools their meet results no later than 24 hours after the meet has concluded.

Please send to [ssmith@kshsaa.org](mailto:ssmith@kshsaa.org) and [kswatson@kshsaa.org](mailto:kswatson@kshsaa.org).

## Competition Area

- **NFHS Gymnastics Rule 5-1-1:** Only competitors and officials shall be permitted on the floor during competition. Coaches and/or gymnasts may be present to spot except on floor exercise. (Officials would include the judge's student assistants.)
- The KSHSAA will work with the state manager and the meet referee in reasonably accommodating a press pass for photo opportunities. Only those with a KSHSAA issued state gymnastics pass will be granted access to the floor.
- School administrators, parents, other students and spectators are to remain seated in the spectator area (exception: event manager). This is extremely important for the safety of the gymnasts and to allow judges an unobstructed view of the performance they are judging.

# POSTSEASON INFORMATION

The 2025 state meet will be hosted by Olathe East High School, on Saturday, October 25, 2025, at 10 a.m. Michael Wolgast will be the tournament manager. One meet will include all classes.

## Meet Information

### 1. No Regional Meets

There will be no regional qualifying meets in the 2025-26 season.

### 2. State Meet Organization

The state meet shall be conducted in one day with one session. All four events will run simultaneously with two judges per event. Continuous bump rotations will be used.

### 3. Pre-Meet Warm-Ups

During the regular season and postseason competitions, the host school will announce the warm-up times and rotation to be used. At the request of the KCA, state host schools will determine the warm-up (traditional, capital cup, modified capital cup).

### 4. Scoring System

The dual meet scoring system shall be used in KSHSAA postseason meets. The event score for a team is computed by adding the three highest scores of the competitors for that team in that event. The team score is computed by adding the four event scores.

## Qualifying for State Meet

**Teams:** The top eight (8) teams will qualify for the state meet, based on the average of their top three (3) meet scores. Results of non-invitational as well as invitational meets will be considered.

**Individuals:** The top five (5) gymnasts in each individual event who do not qualify as a member of team will advance to state competition. These individuals will be determined by averaging their top three (3) scores from the season.

- In the event a gymnast has less than three scores in the event, the missing scores are entered as zeros.
- Individuals qualifying for the state meet must have a minimum average of 7.0 on the event they are qualifying for.

## Team Entries

A team is limited to five (5) entries per event. There is no limit to the number of all-around gymnasts from a given school.

## Entry Form

The State Entry Form is due to the KSHSAA **NO LATER THAN FRIDAY, OCTOBER 17.**

Schools are asked to submit entries if uncertain about qualifying for the state meet. Qualifying schools will be invoiced by the KSHSAA.

## State Qualifiers

- Regular Season Results - All coaches will enter the results for their team into the KSHSAA online results form. This is no longer completed at the KSHSAA office, it is the responsibility of the coach and should be completed within 48 hours of the completion of the meet.
- Posting Meet Scores - A spreadsheet of team and individual scores will be posted on the KSHSAA gymnastics website throughout the season.
- State Qualifiers Determined - The last day for meet results to be considered for state competition is Saturday, October 18. The eight (8) qualifying teams and five (5) individuals per event will be determined and announced on MONDAY, OCTOBER 20.
- Meet Rotation - The final meet rotation will be posted on the KSHSAA website **Monday, October 20, 2025**.

## Medals And Trophies

Individual and all-around medals will be presented to the first through sixth place individual winners. Trophies and medals will be presented to first, second, and third place teams.

## State Program

All schools participating must send a photograph of their team and coaches (in uniform) to the KSHSAA no later than **October 1!** Please send a high quality photo in a JPG or PNG format with identification of the participants. Email team photos to [kswatson@kshsaa.org](mailto:kswatson@kshsaa.org).



## 2025-2026 KSHSAA HEAD COACHES & SPONSORS ONLINE RULES MEETINGS AND EXAMINATION DATES

**Head Coaches:** Required to complete the Online Rules Meeting and Online Exam

**Assistant Coaches:** Required to complete the Online Rules Meeting. This requirement only applies to assistant sport coaches (not assistant activity sponsors).

**All requirements must be completed within the date ranges provided below.** In activities in which a rules meeting is required, **coaches may fulfill their rules meeting attendance requirement online OR at an onsite officials rules meeting** (see Officials Rules Meeting Schedule online at [kshsaa.org](http://kshsaa.org) > *Officials > Central Hub*).

	Online Rules Meeting	Online Exam
Volleyball	July 29 - August 28	July 29 - August 28
Tennis (Girls)	NA	July 29 - August 21
Golf (Girls)	NA	July 31 – August 21
Football	July 31 – September 3	July 31 – September 3
Cross Country	NA	July 31 – September 3
Gymnastics	NA	July 29 - September 2
Boys Soccer	July 29 – August 28	July 29 – August 28
Spirit	August 18 – October 3	August 18 – October 3
Debate, Speech & Drama	August 18 – October 3	NA
Music	September 1 – October 31	NA
Unified Bowling	NA	August 29 - September 25
Scholars Bowl	September 16 – October 20	NA
Esports	October 8 – November 25	NA
Wrestling	October 8 – November 25	October 8 – November 25
Basketball	October 8 – November 25	October 8 – November 25
Swim/Dive (B&G)	NA	October 15 – December 1
Bowling	NA	November 3 – December 1
Tennis (Boys)	NA	February 3 - March 5
Girls Soccer	November 25 – March 12	November 25 – March 12
Golf (Boys)	NA	February 5 – March 12
Baseball	February 5 – March 12	February 5 – March 12
Softball	February 5 – March 12	February 5 – March 12
Track & Field	February 5 – March 12	February 5 – March 12

### To access the online rules meeting and online exam:

1. Go to [kshsaa.org](http://kshsaa.org) > Login (top right of page)
2. Login with your school's User ID and your unique KSHSAA password. **Coaches have different login credentials for each school where they coach, including middle schools (a HS/MS coach in the same district has two different logins).**
  - If you do not know your password, use the *Forgot your password?* link or check with your Athletic Director.
3. Select the *Exams & Online Meetings* link at the top of the page and select the link to take the exam or view the rules meeting for the appropriate activity and follow the prompts.

### Assistant Coach rules meeting attendance tracking:

When assistant coaches login to the website and view the rules meeting, they will receive automatic credit. **If coaches choose to view the rules meeting in a group setting for their specific sport**, the head coach login should be used. Attendance for the assistant coaches will then need to be recorded manually on the KSHSAA website by the athletic director or principal by logging in and navigating to Administration > Coach/Sponsor Requirements.

### Dual high school/middle school coaches for same activity:

Only complete the requirements for one school and contact the KSHSAA to receive credit for the other school.

### Official & Coach (same activity):

Complete the requirements as an official and contact the KSHSAA office to receive coach credit.



## 2025-26 Girls Gymnastics Rules Exam

1. On bars, which statement is correct?
  - A. A mounting device may not be stacked on top of another mounting device.
  - B. A mount trainer mat does not need to be removed following the mount.
  - C. A gymnast may place a board on an 8-inch skill cushion.
  - D. The safety zone mat is prohibited on the uneven bars.
2. On beam, what is the deduction for insufficient sureness of performance throughout the exercise?
  - A. Up to 0.20
  - B. 0.20
  - C. 0.15
  - D. 0.10
3. On floor exercise, what is the deduction for lack of variety of acro and dance?
  - A. 0.50
  - B. 0.40
  - C. up to 0.20
  - D. 0.05
4. What is the definition of a pass?
  - A. The arrangement of all movements within a routine.
  - B. The outward display of personality.
  - C. A series consisting of two or more directly connected acro elements.
  - D. A violation of the rules resulting in a loss of credit for a vault or element.
5. Which of the following is a duty of the chief judge?
  - A. Act as the routine timer during a balance beam routine.
  - B. Notify the coach of a deduction for improper uniform so the gymnast has the opportunity to correct the error before the next event.
  - C. Allow a gymnast to mount the uneven bars using multiple mounting devices stacked on top of each other.
  - D. Allow plywood to be used under a board to mount the beam.
6. On vault, what is the deduction if the coach facilitates in the second flight phase of a handspring vault.
  - A. No deduction
  - B. 0.10
  - C. 0.50
  - D. 1.0

7. On bars, what is the deduction for lack of an element with a direction change (excluding the mount and dismount)?
- A. 0.05
  - B. 0.10
  - C. 0.20
  - D. 0.30
8. On floor exercise, what is the deduction for lack of artistry?
- A. No deduction
  - B. 0.20
  - C. 0.15
  - D. Up to 0.10
9. On floor exercise, what is the deduction for concentration pause longer than two seconds?
- A. Each 0.40
  - B. Each 0.30
  - C. Each 0.20
  - D. Each 0.10
10. Which uniform is acceptable?
- A. A unitard that is ankle length with or without sleeves
  - B. Baggy sweat pants
  - C. Tennis shoes
  - D. Baggy shorts
11. Which of the following is a correct statement?
- A. It is permissible for participating schools to waive competitive equipment rule specifications.
  - B. The maximum total matting including the sting mat shall not exceed 12 inches.
  - C. An all-around competitor must compete in all four events.
  - D. Changes in the team lineup are not allowed prior to the team starting competition on that event.
12. On vault, which of the following is not considered a balk?
- A. The gymnast falls during the run.
  - B. The gymnast stops during the run prior to reaching the board.
  - C. The gymnast contacts the board without coming to a rest or support on top of the table.
  - D. The gymnast stops in a prone position on top of the table.
13. On vault, what is the deduction for hip angle?
- A. No deduction
  - B. 0.10
  - C. Up to 0.30
  - D. 0.50

- 14 . On bars, what is the deduction for a pirouette (turn in handstand) that finishes at 50 degrees from vertical?
- A. 0.05
  - B. 0.10
  - C. 0.20
  - D. 0.30
- 15 . On floor exercise, what is the value of a ring jump with a full twist at head height?
- A. Advanced High Superior
  - B. High Superior
  - C. Superior
  - D. Medium
- 16 . On beam, what is the deduction for a routine that is less than 30 seconds?
- A. No deduction
  - B. 0.50
  - C. 1.0
  - D. 2.0
- 17 . What is the procedure a gymnast should follow if there is an equipment failure or interference?
- A. The gymnast may stop immediately and request permission from the chief judge to continue from the point of interruption.
  - B. The gymnast may continue the routine until its conclusion and then ask for the score before deciding whether to repeat the routine.
  - C. The score from the first performed routine is the only score that counts.
  - D. The gymnast may continue the routine until conclusion. The routine may then be repeated. After the second routine the gymnast may choose the better score between the first routine and the second routine.
- 18 . What is the proper procedure to follow when there is a uniform violation?
- A. Each judge should take a 0.2 deduction for the uniform violation.
  - B. Each judge should take a 0.2 deduction for the uniform violation only after one warning.
  - C. The chief judge deducts 0.2 from the average score after one warning was issued on a previously competed event.
  - D. The chief judge should immediately deduct 0.2 for the uniform violation.
- 19 . On vault, when using the safety zone mat, which statement is correct?
- A. The safety zone mat may be positioned so 6 inches of space is open between the front of the board and the safety zone.
  - B. The sides of the safety zone mat may be positioned so 6 inches of space may be left open between the side of the board and the safety zone.
  - C. There are no requirements regarding the positioning of the safety zone mat around the board.
  - D. The safety zone mat shall be placed against the board.

- 20 . On vault, what is the deduction for legs bent in support for all vaults with saltos (early tuck)?
- A. Up to 0.30
  - B. 0.30
  - C. 0.20
  - D. 0.10
- 21 . On vault, what is the value of a round-off flic flac on - Repulsion off?
- A. 8.6
  - B. 8.8
  - C. 9.0
  - D. 9.2
- 22 . Which statement is correct regarding jewelry?
- A. Hoop earrings are legal.
  - B. Two earrings in each ear are legal.
  - C. Multiple body piercings are legal.
  - D. Athletes may wear stud earrings not to exceed one per ear.
- 23 . In Scoring, what is the value of the Composition category for bars, beam and floor?
- A. 1.0
  - B. 0.8
  - C. 0.6
  - D. 0.4
- 24 . In Scoring, what is the value of the Execution category for bars, beam and floor?
- A. 4.0
  - B. 4.6
  - C. 4.8
  - D. 4.9
- 25 . In Bonus, which statement is correct about combining superiors, high superiors and advanced high superiors?
- A. Only two mediums can be combined for one back-to-back superior.
  - B. One superior linked with one advanced high superior can be combined for one high level back-to-back superior credit.
  - C. In a direct connection of three or more superiors, high superiors and advanced high superior elements, the second element in the series may be used twice when awarding BBS credit.
  - D. Back-to-back superior credit can be awarded even if there is a fall between the two elements.
- 26 . On Vault, which statement is correct?
- A. The squat vault is worth 8.0.
  - B. Tape is allowed on the vault table.
  - C. Tape is allowed on the hand placement mat.
  - D. Chalk may be used on the hand placement mat.

- 27 . On bars, what is the deduction on a dismount that lands in a squat position and then falls.
- A. 0.10 + up to 0.30
  - B. Up to 0.30 + 0.5
  - C. 0.30 + 0.5
  - D. Up to 0.1 + up to 0.5
- 28 . On bars, which of the following is a new event requirement?
- A. A superior release/flight element (excludes dismount).
  - B. Kip.
  - C. A 360-degree clear hip circle, stalder circle, or pike circle that ends in a clear support.
  - D. Element that achieves (within 20 degrees) or passes through vertical in a stretched position.
- 29 . On beam, which statement is correct?
- A. A board may be placed on an 8-inch skill cushion.
  - B. The safety zone mat may not be used on beam.
  - C. A series cannot be broken when there is a fall.
  - D. A folded panel mat or a mount trainer mat may be placed on an 8-inch skill cushion.
- 30 . On beam, what is the deduction for lack of balance in quantity and level of acro vs. dance in composition?
- A. 0.30
  - B. 0.20
  - C. up to 0.10
  - D. 0.05
- 31 . On beam, which of the following is the new part of an existing event requirement?
- A. Minimum 360-degree turn on one foot.
  - B. Dance series or mixed series (acro & dance) of Difficulty (on the beam).
  - C. Superior dismount.
  - D. One acro flight element (must start and finish on the beam).
- 32 . On floor exercise, what is the deduction for the coach inside the border marking to adjust placement of or to remove additional matting?
- A. 2.0
  - B. 1.0
  - C. No deduction
  - D. 0.50
- 33 . On floor exercise, what is the deduction for failure to hold the ending pose?
- A. 0.05
  - B. 0.10
  - C. 0.15
  - D. 0.20

- 34 . On floor exercise, which of the following is not a dance passage?
- A. Split leap 180° with ½ twist, wolf jump with 1/1 twist.
  - B. Pike jump 90° with ½ twist, split jump 180° with ½ twist.
  - C. Straddle pike jump with ½ twist, flic flac, tuck jump with 1/1 twist.
  - D. Switch leg leap 180°, run, run straddle pike jump with 1/1.
- 35 . On floor exercise, which of the following is correct?
- A. The twisting salto must be at least 360°.
  - B. Music and movement must begin simultaneously.
  - C. Music and movement do not need to end simultaneously.
  - D. The full turn on one foot must be at least a superior.
- 36 . Which of the following is not a duty of the meet referee?
- A. The meet referee may judge one of the first routines in each event.
  - B. The meet referee shall accept written inquiries from coaches to determine whether the inquiry is submitted on time and is appropriate.
  - C. The meet referee shall require a change in scores once they are approved by the chief judge.
  - D. The meet referee shall enforce all meet regulations and rules of competition including assessing team deductions.
- 37 . Which statement is incorrect?
- A. The proper uniform shall be a two-piece leotard of moderate proportions with matching clear or skin-colored or black undergarments.
  - B. Casts or splints on any body parts are prohibited.
  - C. One stud earring may be worn in each ear.
  - D. Gymnastics footwear, if worn, shall be a neutral color.
- 38 . On vault, which vault value is correct?
- A. ¼ on - 1 ¼ off is 9.4
  - B. Round-off flic flac on – 1 ½ off is 9.8
  - C. Round-off flic flac 1/2 on – handspring off is 10.0
  - D. Round-off flic flac on – Back tuck ½ off is 10.0
- 39 . On vault, which of the following is an up to 0.30 deduction?
- A. Touch with only one hand on the vault table.
  - B. Failure to pass through the vertical.
  - C. Head contacting the table during the support phase (includes a deduction for extreme arm bend).
  - D. Coach standing between the board and vault table.
- 40 . On beam, which of the following acro elements receives advanced high superior credit?
- A. Flic-flac with support of one arm.
  - B. Front salto to sit.
  - C. Free (aerial) walkover forward.
  - D. Backward roll to handstand.

- 41 . On bars, what is the deduction for lack of variety of elements?
- A. 0.50
  - B. 0.40
  - C. 0.30
  - D. up to 0.20
- 42 . On beam, which of the following fulfills the dance/mixed series event requirement?
- A. Flic flac landing on both legs to split jump 180 degrees (from cross landing in cross).
  - B. Body wave forward, body wave backward.
  - C. Needle scale to cartwheel.
  - D. Cartwheel, cartwheel.
- 43 . On beam, what is the deduction for the dismount landing too close to the beam?
- A. 0.50
  - B. 0.30
  - C. 0.10
  - D. 0.05
- 44 . On beam, which of the following is a back-to-back superior?
- A. Tuck jump, split jump with 135° split with  $\frac{1}{4}$ .
  - B. Cat leap, cat leap.
  - C. Double stage jump, sissonne 180°.
  - D. Wolf jump, wolf jump with  $\frac{1}{2}$ .
- 45 . On beam which element receives advanced high superior credit?
- A. Sheep jump at head height.
  - B. Sissone with 180° split.
  - C. Switch leg leap with 180° split.
  - D. Split jump  $\frac{1}{2}$  with 180° split.
- 46 . On floor exercise, which of the following is an up to 0.2 deduction?
- A. Incorrect rhythm during execution of direct connections.
  - B. Additional trunk movements to maintain balance/control upon landing of acro elements.
  - C. Failure to end with the music.
  - D. Overtime.
- 47 . On floor exercise, what is the value of a whip salto with a 1/1 twist?
- A. High superior
  - B. Superior
  - C. Medium
  - D. Advanced High Superior

- 48 . On floor exercise, what is the deduction for insufficient extension (open) of body prior to landing acro elements?
- A. Chief judge deduction of 0.10
  - B. Up to 0.30
  - C. 0.50
  - D. 1.00
- 49 . On floor exercise, what is the deduction for insufficient height on leaps, jumps and hops?
- A. 0.30
  - B. 0.20
  - C. 0.10
  - D. up to 0.20
- 50 . What is the deduction for a cast that is less than 45°?
- A. 1.00
  - B. 0.50
  - C. 0.05
  - D. 0.30

<https://exam-creator.s3.amazonaws.com/gymnastics-girls/Vault 1-9c7e5f2d24274233bd6f182ad0ae07b5.mp4>

- 51 . On this vault, what deduction should be taken in the support/repulsion phase?
- A. Incomplete LA twist, up to 0.30.
  - B. Insufficient exactness of LA twist, up to 0.10.
  - C. Prescribed LA twist incomplete, up to 0.30.
  - D. Legs bent in support for all salto vaults (early tuck), up to 0.30.

<https://exam-creator.s3.amazonaws.com/gymnastics-girls/Vault 2-a8fb681028e64b7d85c73eef94801352.mp4>

- 52 . On this vault, what deduction is taken in the first flight phase?
- A. Failure to pass through vertical, up to 0.30.
  - B. Under rotation of salto vaults, up to 0.20.
  - C. Legs separated, up to 0.20.
  - D. Extra arm swings, up to 0.10.

<https://exam-creator.s3.amazonaws.com/gymnastics-girls/Uneven Bars-58c72433a6e84d449165a3eb8adb0974.mp4>

- 53 . In the beginning of the routine on bars, what is the value of a toe-on underswing (sole circle) backward to handstand?
- A. Advanced high superior
  - B. High superior
  - C. Superior
  - D. Medium

<https://exam-creator.s3.amazonaws.com/gymnastics-girls/Balance Beam-fcdc9dda344e4b2a99be5964d70ff38c.mp4>

- 54 . In this video on beam, what is the value of the mount?
- A. Medium
  - B. Superior
  - C. High superior
  - D. Advanced high superior

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