

2018-19
Georgia High School
Association



Gymnastics Coaches and
Officials Manual

Calendar and Important Dates:

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

Online Rules Clinic https://learn.ghsa.net/ghsa-line-rules-clinic-schedule	Nov. 12-Dec.3
Deadline to submit sanctioned event forms Now online https://app.ghsa.net/	Dec. 3
Deadline to sign up for meets	Dec. 31
First day of practice	Jan. 7
Date for first contest	Jan. 28
Team Entry form for Preliminary Meet Due.*	March 15
Last day for competition	April 19
Preliminary Meet entry forms due	April 23
Preliminary Qualifying Meet Buford Arena	April 27
State Meet Ola High School	May 3

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

General:

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

Rules:

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

<https://www.ghsa.net/sites/default/files/documents/Constitution/Constitution2018-19Completecx15.pdf>

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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/>

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 three (3) 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. Fax the doctor's statement to the GHSA office.

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.
- For post-season meets, the limit is four (4) participants per event (including the All-Around competition)

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 Nov. 12- Dec. 3.

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

Scheduling Meets (Head Coach at School)

Go to GHSA.net; find "sanctioned events" and search for Gymnastics. The meets with contact information can be found there. Schedule your meet online.

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

Coaching responsibilities

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

<https://www.nfhs.org/sports-resource-content/2018-2020-scoresheets/>

Hosting Meets (Meet Director at Host Site)

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.

(b) Scores should be submitted online to the GHSA office by the meet director as soon as possible to determine rankings to be posted on the GHSA web site.

Meet management

guidelines: http://www.nfhs.org/media/1019363/2018-2020-judges-manual_final.pdf Page 41

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 a booking request has been received, 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*).
 -
- Contact information for Judges Association:
 - www.gagymjudges.wixsite.com/ga-gymnastics-judge
 - President: Margaret Stephens (margaret.stephens@westrock.com)
 - Vice President/Treasurer: Amy Eubanks (amy@westminster.net)
 - Booking Agent: Tripp Norris (frtripp@saintcolumba.net)

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

The host school will send a copy of the meet score sheet with judges' signatures to GHSA within 24 hours of the completion of the meet. The site will be updated weekly with team scores on the website. www.ghsa.net/gymnastics

Please use the following form for submission of results at www.ghsa.net/gymnastics.

Meet management (Meet Director at Host Site)

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)

Host coach must provide a warm up schedule for each team.

Invitational meets are limited to 8 teams per session.

Preliminary Qualifying Meet:

A Preliminary (qualifying) Meet will be held April 27, 2019 at the Buford Arena with the first session (A-5A) beginning at 10:00 a.m., and the second session (6A-7A) beginning at approximately 1:00 p.m.

- Qualifying Procedures:
 - TEAMS: A total of eight (8) teams will qualify from the A-5A division and eight (8) from the 6A-7A division for the Preliminary Meet by averaging the top three (3) scores during the season. A team's minimum score is determined by compiling the top three (3) individual event scores. In case of a tie for 8th place, the teams tied will qualify for the Preliminary Meet.
 - INDIVIDUALS: A gymnast may qualify for an individual event even if her team does not qualify by meeting the following standards – An all-around score of 34.0 or better in three (3) regular season meets and/or an individual score of 8.50 or better in three (3) 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/>)

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

General

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

Rules

- 2018-2020 Points of Emphasis
- Girls Gymnastics Rules Interpretations 2018-19
- Girls Gymnastics Rules Poster-2018-20
- NFHS Girls Gymnastics Uniform Rules (April 2016)

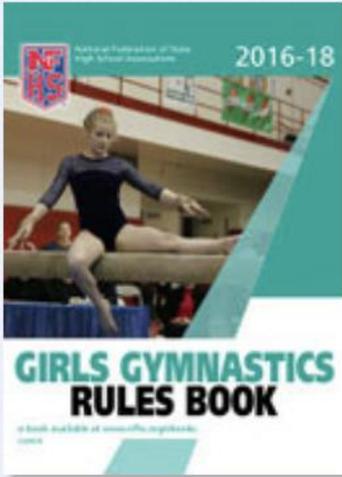
New rules for 2019:

<https://www.nfhs.org/sports-resource-content/girls-gymnastics-rules-changes-2018-20/>

<https://www.nfhs.org/articles/new-scoring-procedures-balk-definition-highlight-2018-19-girls-gymnastics-rules-changes/>

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](#)

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

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

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