



2022-2023 MINNESOTA STATE HIGH SCHOOL LEAGUE

Girls Gymnastics Rules, Policies, and Bylaws

General Information

See the [MSHSL Handbook Page](#) for information regarding the following:

- Multiple Level Teams at Sub-Varsity Level
- Official Squad Size
- Substitution in MSHSL Tournaments
- Weather Conditions (heat, cold & lightning)

See the MSHSL Official Handbook [Bylaw 501](#) for information regarding:

- Maximum Number of Contest Chart

CONTEST RULES

Refer to [Bylaw 402](#): Except as modified by the League, the National Federation of High School Association rules for the current year shall be the official game rules for all interscholastic contests in which League members participate.

END OF SEASON

Refer to [Bylaw 411](#)

- A. Student Participation on a Non-School Team While the Season is Still in Progress:
 1. The season shall end when the student or the student's team has been eliminated from further participation in a League tournament series.
 2. Students who have been eliminated from further participation in a League tournament series may participate as an individual or as a member of a non-school team in that sport.
- B. School Team Practice and Competition: The "end of season" shall be defined to be the last date of the state tournament in that sport.
 1. Schools may continue to conduct practice and training for all squad members, including the students who have been eliminated from further individual competition in a League-sponsored series until completion of the state tournament conducted by the League in that activity.
 2. Dual contests may be scheduled after the start of the official League tournament series providing the school does not exceed the maximum number of games/matches/meets permitted in that activity.
- C. No school may engage in any meet or meets, practice, training or other activities between the end of the season and the opening of the next season.
- D. During the Summer Vacation Period ([Bylaw 208](#) - Non-School Competition and Training - Team and Individual Sports) members of a high school team may participate on a non-school team and they may receive coaching or training from a salaried or non-salaried member of the student's sophomore, B-squad, junior varsity or varsity high school coaching staff in that sport provided the school has approved a summer coaching waiver for the coach or coaches of that sport.

VIDEO TAPING ANOTHER SCHOOL'S GAME

It shall be an ethical violation to tape another school's game, meet or contest without their permission. Further it may be a violation of the laws governing copyrights. Each school owns the copyrights to their games, meets and contests. Taping another school's game without permission could constitute a violation of the copyright law.

RESPONSIBILITY FOR SPECTATOR CONDUCT

In order to elevate standards of sportsmanship and encourage the growth of responsible citizenship among the students, member schools, fans and school personnel, the MSHSL held a Sportsmanship Summit and asked student participants to identify behavior expectations they felt should be in place at every school event.

These minimum behavior expectations provide a foundation upon which member schools, conferences, administrative regions and the League's Board of Directors can build specific guidelines for activities under their control.

MSHSL [Bylaw 409](#) RESPONSIBILITY FOR PARTICIPATING TEAMS, STUDENTS AND SPECTATORS, speaks to this issue, directly, and Bylaw 409-2 specifically states that, "School officials shall be held responsible for the proper conduct of teams, team members, students and home spectators regardless of where the contest is being held."

In all MSHSL activities, each participating school shall designate a person or persons from that school to serve as crowd control supervisors or chaperones. MSHSL tournament staff may require school administrators to contact the tournament manager prior to the start of the tournament game so that they can be immediately contacted to respond to behavioral issues regarding their team members, students and/or spectators at the tournament site. Each supervisor or chaperone should be immediately identifiable to the students and to the tournament site ushers and other security personnel. This will help to coordinate crowd control between school supervisors and tournament site personnel. 8/9/2005

MSHSL MINIMAL BEHAVIOR EXPECTATIONS FOR REGULAR AND POST-SEASON TOURNAMENT COMPETITIONS

- Respect the American flag and the National Anthem.
- Spectators must wear clothing that covers the entire torso. Those who do not comply or who wear clothing that is vulgar, obscene or that in some other way inappropriate, as determined by school/tournament personnel, will be removed from the arena/stadium if they do not cooperate with this behavior expectation.
- The use of appropriate language is expected at all times. Profanity, negative chants, booing, trash talk, name calling, personal attacks or other acts of disrespect are unacceptable and must be immediately addressed by school and/or tournament administrators.
- Respect the game/contest. Under no condition shall anyone other than the members of the official squad enter the playing surface. No one may interfere with the contest in any way.
- Hand-held signs, which do not obstruct the view of others, will be permitted provided they are in good taste. Signs, message boards, "white" boards or other similar items contest/tournament officials deem to be in poor taste will be removed.
- Artificial noise makers (i.e. megaphones, cowbells, sirens, whistles, thunder sticks, and other similar items) are not allowed.
- Laser lights are strictly prohibited.

THANK YOU for supporting your student athletes and fine arts participants and for providing a positive environment in which educational activities are conducted.

Gymnastics Information – Regular Season

See the MSHSL Official Handbook [Bylaw 510](#) for information regarding:

- Contests
- Equipment Issued
- Last Date to Join a Team
- Practice Sessions before First Contest
- Season Begins

RULE MODIFICATIONS

A. National Federation Girls Gymnastics Rules book provides that **(Rule 2-1)**:

- **Article 1:** "it is recommended all the optional exercises be evaluated by at least four judges, one of whom shall be a chief judge."
- **Article 2:** "if it is not possible to have four acting judges at an event, it is strongly recommended that a minimum of two judges be used with one serving as the chief judge."
- **Waiver:** A waiver may be granted to a member school for specific dual meets where two judges cannot be secured for the varsity meet. A school shall contact the League Office to request a waiver for such a meet(s).
- During non-conference, non-MSHSL qualifying meets or tournaments and with the consent of all participating coaches, one judge may be assigned at an event.

B. **(Rule 4-2-2)**: The rule shall read: "A team's event score is determined by totaling the best four individual scores for each team in each event. In the event of a team tie, the five individual scores per event shall be added together for the team score."

EVENTS

- Vaulting
- Uneven Parallel Bars
- Balance Beam
- Floor Exercise

OFFICIAL SQUAD SIZE

Official Squad for Team Competition: A team shall consist of a maximum of five entries per event. At least one of these five must be an all-around competitor.

Squad Size Extension for Invitationals (approved August 2016)

Gymnastics teams may compete up to eight gymnasts in non-conference, non-qualifying invitationals, if the host team opts to offer this option. The roster extension must be agreed upon by all participating teams. A team's five varsity competitors must be designated for the team score PRIOR to the start of the invitational meet. Only those students deemed eligible by the school administration to compete at the varsity level may compete as the non-scoring varsity competitors.

Gymnastics Information – Post Season

ELIGIBILITY DURING MSHSL TOURNAMENTS - SUBSECTION, SECTION AND STATE

Refer to [Bylaw 206.4.B.1.d](#): A student must be fully eligible under all local school district policies, MSHSL Bylaws and Rules & Policies to be in uniform, occupy the bench or playing area, participate and receive individual/team awards, including all-tournament honors, in the awards ceremony.

MINIMUM REQUIREMENTS FOR PARTICIPATION IN LEAGUE-SPONSORED TOURNAMENTS

Refer to [Bylaw 405](#): A member school must schedule a minimum of three interscholastic varsity games, meets or matches to qualify for League-sponsored tournament participation in that sport.

QUALIFYING MEETS: SUBSECTION AND SECTION

Each Region A and Region AA Committee will establish the tournament format which determines the section's representative(s) to the State Meet.

TEAM ADVANCEMENT TO STATE MEET

- A. Each Class A and AA Section may advance its first-place team. The highest four scores are totaled for the team's event score. The team score is determined by totaling the team's event scores for all four events.
- B. Tie-Breaker for Section Team Competition: In the case of a tie, all five scores from each event will be totaled to determine the first place team.
- C. Official Squad Size: A team shall consist of a maximum of five entries per event. At least one of these five MUST be an all-around competitor. Each team may include four alternates. Alternates must participate in the meet to be eligible for medals and travel allowance. The official squad is set at the State Meet when the coach submits the lineup cards and designates the four team alternates.

INDIVIDUAL ADVANCEMENT TO STATE MEET

- A. Each Class A and AA Section may advance the first, second, and third place all-around finalists plus the next three highest scorers in each individual event.
- B. Tie-Breaker for Section Individual Competition: **Ties must be broken to determine the top three places/advancers.** In the event of a tie, use the policy below to determine the advancer.

GYMNASTICS TIE-BREAKING PROCEDURE FOR ADVANCEMENT TO THE INDIVIDUAL STATE MEET

Article 1 - Individual:

- A. Tie Breaking procedure for Vault:
 1. Average all the judges' scores of the tied vault, if a tie still remains;
 2. use the Chief Judge's score of the tied vault, if a tie still remains;
 3. use the vault value of the vault that is tied; the higher value advances, if a tie still remains;
 4. add the total of all judges' execution deductions; the athlete with the fewer execution deductions advances, if a tie still remains;
 5. use the Chief Judge's execution deductions; the athlete with the fewer execution deductions advances, if a tie still remains;
 6. use the average of all landing deductions of the tied vault, if a tie still remains;
 7. use the Chief Judge's landing deduction of the tied vault, if a tie still remains;
 8. a flip of a coin will determine the gymnast who will advance.

- B. Tie Breaking procedure for Balance Beam, Uneven Bars and Floor Exercise:
1. Average all the judges' scores, if a tie still remains;
 2. use the Chief Judge's score, if a tie still remains;
 3. use the number of completed advanced high superior elements of all judges, if a tie still remains;
 4. use the Chief Judge's completed advanced high superior elements, if a tie still remains;
 5. use the total Bonus category points given by all judges, if a tie still remains;
 6. use the total Bonus category points given by the Chief Judge, if a tie still remains;
 7. add the total of all judges' execution deductions; the athlete with the fewer execution deductions advances, if a tie still remains;
 8. use the Chief Judge's execution deductions; the athlete with the fewer execution deductions advances, if a tie still remains;
 9. a flip of a coin will determine the gymnast who will advance.

Article 2 - All-Around:

At the first-level meet, the all-around competitors will privately indicate to the meet referee the event where the score would be used if a tie occurs. If a tie occurs after averaging and totaling the judges' scores in all four events, it will be resolved in the following sequence:

1. when there are two or three judges, go to (3);
2. when there are four judges per event, average the four judges' scores in each event and total these scores for all four events, if a tie remains;
3. total the Chief Judge's scores in each event to determine the higher place, if a tie remains;
4. add the total of all judges' execution deductions from each event; the athlete with the fewer execution deductions advances, if a tie still remains;
5. use the total of the Chief Judge's execution deductions from each event, the athlete with the fewer execution deductions advances, if a tie still remains;
6. the score of the events selected by the gymnasts prior to competition would be applied:
 - a. if the gymnasts selected the same event, the gymnast with the higher score in that event would receive the higher place.
 - b. if the gymnasts selected two different events the scores of the two events would be totaled for each gymnast. The gymnast receiving the higher combined score would receive the higher place, if a tie still remains;
7. a flip of a coin will determine the gymnast who will advance.

QUALIFYING SCHOOL INFORMATION

A packet of information will be provided to each team that qualifies at the conclusion of the section tournament. Information for individual state qualifiers will be posted on the MSHSL website.

CLASSES

The state tournament will be conducted in two classes, determined by school enrollment.

Class AA & A: Divided equally by two

AWARDS

Section

- Medals: to first – sixth place individuals and members of each of the first – second place teams.
- Trophies: to the first and second place teams.

State

- Certificates of Participation: to all State Meet participants
- Certificates of Recognition: to one head coach of each qualifying team.
- Medals: to first – sixth place individuals and to one head coach and each member of the first – third place teams.
- Trophies: to the first - third place teams.

Note: It is a violation of MSHSL policy for a member school or a representative of a member school to establish, distribute or accept any awards not provided by the MSHSL for section or state tournament.

GYMNASTICS STATE MEET SCHEDULE

- Session 1: Class AA Team Championships Friday 11:00 a.m. - 2:30 p.m.
- Session 2: Class A Team Championships Friday 6:00 – 9:30 p.m.
- Session 3: Class AA Individual & All-Around Championships Saturday 11:00 a.m. - 2:30 p.m.
- Session 4: Class A Individual & All-Around Championships Saturday 6:00 – 9:30 p.m.

STATE MEET ETIQUETTE

March-In and Awards

- Gymnasts will be allowed to carry flowers during the Parade of Champions at the State Meet. Please avoid flower arrangements that contain glitter. (No stuffed animals, boas, sunglasses, etc.)
- Gymnasts must be in their school approved uniforms during march-in and during the Awards Ceremony.

Coaches Dress Code

- Coaches should wear dress clothes or school approved warm-ups during competition. Hats and shoes with heels of any type are not allowed in the competition area.

ORDER OF COMPETITION

2022-2023								
Class A-AA Team Championships					Class A-AA Individual Championships			
Vault	Uneven Parallel Bars	Balance Beam	Floor Exercise		Vault	Uneven Parallel Bars	Balance Beam	Floor Exercise
8	1	2	3		1	2	3	4
4	5	6	7		5	6	7	8
3	8	1	2		4	1	2	3
7	4	5	6		8	5	6	7
2	3	8	1		3	4	1	2
6	7	4	5		7	8	5	6
1	2	3	8		2	3	4	1
5	6	7	4		6	7	8	5

2023-2024								
Class A-AA Team Championships				Class A-AA Individual Championships				
Vault	Uneven Parallel Bars	Balance Beam	Floor Exercise		Vault	Uneven Parallel Bars	Balance Beam	Floor Exercise
1	2	3	4		2	3	4	5
5	6	7	8		6	7	8	1
4	1	2	3		5	2	3	4
8	5	6	7		1	6	7	8
3	4	1	2		4	5	2	3
7	8	5	6		8	1	6	7
2	3	4	1		3	4	5	2
6	7	8	5		7	8	1	6

2024-2025								
Class A-AA Team Championships				Class A-AA Individual Championships				
Vault	Uneven Parallel Bars	Balance Beam	Floor Exercise		Vault	Uneven Parallel Bars	Balance Beam	Floor Exercise
2	3	4	5		3	4	5	6
6	7	8	1		7	8	1	2
5	2	3	4		6	3	4	5
1	6	7	8		2	7	8	1
4	5	2	3		5	6	3	4
8	1	6	7		1	2	7	8
3	4	5	2		4	5	6	3
7	8	1	6		8	1	2	7

2025-2026								
Class A-AA Team Championships				Class A-AA Individual Championships				
Vault	Uneven Parallel Bars	Balance Beam	Floor Exercise		Vault	Uneven Parallel Bars	Balance Beam	Floor Exercise
3	4	5	6		4	5	6	7
7	8	1	2		8	1	2	3
6	3	4	5		7	4	5	6
2	7	8	1		3	8	1	2
5	6	3	4		6	7	4	5
1	2	7	8		2	3	8	1
4	5	6	3		5	6	7	4
8	1	2	7		1	2	3	8

ORDER OF COMPETITION

2026-2027								
Class A-AA Team Championships				Class A-AA Individual Championships				
Vault	Uneven Parallel Bars	Balance Beam	Floor Exercise		Vault	Uneven Parallel Bars	Balance Beam	Floor Exercise
4	5	6	7		5	6	7	8
8	1	2	3		1	2	3	4
7	4	5	6		8	5	6	7
3	8	1	2		4	1	2	3
6	7	4	5		7	8	5	6
2	3	8	1		3	4	1	2
5	6	7	4		6	7	8	5
1	2	3	8		2	3	4	1

2029-2030								
Class A-AA Team Championships					Class A-AA Individual Championships			
Vault	Uneven Parallel Bars	Balance Beam	Floor Exercise		Vault	Uneven Parallel Bars	Balance Beam	Floor Exercise
7	8	1	2		8	1	2	3
3	4	5	6		4	5	6	7
2	7	8	1		3	8	1	2
6	3	4	5		7	4	5	6
1	2	7	8		2	3	8	1
5	6	3	4		6	7	4	5
8	1	2	7		1	2	3	8
4	5	6	3		5	6	7	4

2027-2028								
Class A-AA Team Championships					Class A-AA Individual Championships			
Vault	Uneven Parallel Bars	Balance Beam	Floor Exercise		Vault	Uneven Parallel Bars	Balance Beam	Floor Exercise
5	6	7	8		6	7	8	1
1	2	3	4		2	3	4	5
8	5	6	7		1	6	7	8
4	1	2	3		5	2	3	4
7	8	5	6		8	1	6	7
3	4	1	2		4	5	2	3
6	7	8	5		7	8	1	6
2	3	4	1		3	4	5	2

2028-2029								
Class A-AA Team Championships					Class A-AA Individual Championships			
Vault	Uneven Parallel Bars	Balance Beam	Floor Exercise		Vault	Uneven Parallel Bars	Balance Beam	Floor Exercise
6	7	8	1		7	8	1	2
2	3	4	5		3	4	5	6
1	6	7	8		2	7	8	1
5	2	3	4		6	3	4	5
8	1	6	7		1	2	7	8
4	5	2	3		5	6	3	4
7	8	1	6		8	1	2	7
3	4	5	2		4	5	6	3