

**WISCONSIN INTERSCHOLASTIC ATHLETIC ASSOCIATION**  
**2023-24 NFHS Gymnastics Rules Book**

*(PLEASE KEEP WITH YOUR RULES BOOK)*

**NATIONAL FEDERATION ALLOWED ADAPTATIONS**

- a. Scoring
  - (1) Team score is determined by adding the top four raw scores in each of the four individual events. (Rule 4-2-2)
  - (2) Varsity and junior varsity team scores may not be added to determine a final team score.
  - (3) Closed scoring will be used for all competition. (Rule 4-4-4)
- b. In situations where equipment failure occurs during warm-ups or during the meet, the equipment will be replaced or repaired if possible. If replacement or repair is impossible, the chief judge will rule to omit the event from the meet. (Rule 3-1)
- c. Coaches will be allowed unlimited inquiries without penalty. (Rule 5-1-6)

**STATE ASSOCIATION REGULATIONS**

- a. All-around shall be considered as an individual event in all meets, and all-around entries shall compete in all events listed above.
  - (1) Junior varsity all-around participants must compete at the same level, in all events, to be considered for all-around scoring unless all head coaches involved agree differently.
- b. A girl may compete in both varsity and junior varsity competition in the same meet, but she may not enter the same event in both competitions.  
Note: A girl who competes in both varsity and junior varsity competition on the same day is considered to have participated in one meet.
- c. A school may enter (for any of its teams) a maximum of five girls per event in dual and multischool competition. If a team does not have five entrants per event, their opponent may fill the open positions which are not to be counted towards the team total.
- d. Seeding
  - (1) Dual meets: The host school will determine if teams compete as a unit or alternate competitors.
  - (2) Meets involving three or more schools: A team must perform as a unit, after which competition will be rotated.
  - (3) A girl who is up on two events simultaneously must be moved down three positions on the second event.
- e. Schools are encouraged to conduct meets with all events running concurrently, and it is strongly recommended that regular season meets be conducted with no less than two events being run concurrently.
  - (1) When two events are run simultaneously, sessions will be determined by the host school.
- f. CD or MP3 player is permitted for floor exercise at all meets, and each school will be responsible for its own music and the mechanics thereof with the exception of the WIAA State Meet.
- g. The host school must provide a minimum of 60 minutes for warm-up stretches, bar settings, and equipment warm-ups prior to the scheduled meet starting time.
- h. For regular season meets, both duals and invitationals, where Modified Capital Cup is used if the first round of warm-ups occurs before march in, then a two-minute touch is allowed, but not required. Following the first round, each team receives a ten-minute warm-up.
- i. If a Non-Modified Capital Cup meet is held, a two-minute touch per level is allowed for each event.
- j. The official equipment for all competition will be provided by the host school. If the host school cannot provide official equipment, the visiting schools must be notified and allowed to bring official equipment if possible.  
Note: Visiting schools are allowed to bring their own vaulting board to all meets with the understanding that any other competing school may also use it.
- k. Members of teams below the varsity level will not be penalized for failing to wear uniforms prescribed in the rules, provided: (1) a reasonable attempt is made to conform to the regulations and (2) participant safety is not jeopardized. The WIAA office should be informed about questionable situations.
- l. Judges may sit together as per Wisconsin judges protocol. (Rule 2-2-2, b2)
  - (1) Judges must mark independently.
  - (2) No communication with other judges unless there is a question or discrepancy concerning scores or awarding proper credit to skills.
- m. Invitationals and conference meets are required to have line judges for floor exercise.
- n. Coaches must report to their school administration within 48 hours following a contest any player or coach ejection. School administrators must then report the ejection to the WIAA via written communication within three (3) school days following the contest. This written communication must also include a plan of action to prevent future ejections. Officials will continue to provide electronic reports to the WIAA.