



2026 State Gymnastics Tournament Information

CONGRATULATIONS

Congratulations to you and your team or individual(s) on qualifying for the WIAA State Gymnastics Tournament. Team competition will be held Friday, March 6 and Individuals competition will be on Saturday, March 7. Wisconsin Rapids Lincoln High School is once again hosting the competition. All coaches with qualifying teams or individual gymnasts must attend a virtual coaches meeting on Wednesday, March 4 at 8pm. Athletic Directors are more than welcome to attend. The Zoom link for the meeting is here: [Coaches Meeting Link](#).

PROOFING THE STATE MEET PROGRAM

Thank you to those that have already done this. We have transferred items from the Google Sheet into the program format. Coaches must proof one final time the information provided for the State Meet program. Coaches must access the Gymnastics web page (Sports, Gymnastics, Tournament, in the State Tournament Information box: Team/Individuals; All-Around; Team Standings. Coaches finding errors (including spelling) should email WIAA <kschneider@wiaawi.org>. This information will be posted on Sunday, March 1. Corrections may be made until 10:00 a.m. on Monday, March 2. Any changes made after the deadline will not appear in the program, but will be made in the final results.

***Team draw and rotations have been updated with 25-26 format.**

Friday, March 6 –Team Competition

10:30 a.m. Building opens for competitors

11:00 a.m. Building opens for spectators

10:30 a.m.- 11:30 a.m. All floor exercise music must be checked at the event venue

10:30 a.m. Judges Meeting (Choir Room) **Judges only*

11:00 a.m.- 11:30 a.m. General stretching and bar settings – Field House

11:30 a.m. All gymnasts, gather in balcony for march in preparation

11:45 a.m. March in (Note: Athletes must be attired in school-approved warm-ups and/or leotards). (Judges first – Athletes second)

12:00 p.m. Competition begins

8:00 p.m. Approximate conclusion of awards presentation

Saturday, March 7 –Individual Competition

8:30 a.m. Building opens for competitors

9:00 a.m. Building opens for spectators

8:30 a.m.-9:30 a.m. All floor exercise music must be checked at the event venue

8:45 a.m. Judges Meeting (Choir Room) **Judges only*

9:00-9:30 a.m. General stretching and bar settings –Field House

9:30 a.m. All gymnasts, gather in balcony for march in preparation

9:45 a.m. March in (Note: Athletes must be attired in school-approved warm-ups and/or leotards). (Judges first – Athletes second)

10:00 a.m. Competition begins

5:00 p.m. Approximate conclusion of awards presentation

ADMISSION/TEAM PACKETS

For TEAM competition, free admission will be provided to 15, this includes gymnasts, alternates, coaches, and managers. INDIVIDUALS competing at state will have free admission on Saturday, with no more than three coaches assigned to their school competitors. There are no provisions for free admissions for cheerleaders, administrators or bus drivers. All other people accompanying the team will be charged admission. Admission is \$9/day via online ticket purchase. [Tickets can be purchased via GoFan.](#)

All schools which have competitors will receive a packet of materials upon their arrival, which includes coaches' information (meet day reminders), program(s), three coaches wristbands, competing athlete floor passes, and other important information. Only coaches with the appropriate colored wristband will be allowed in the competition area. Please stay out of the competition area if you don't have an athlete competing at that time. Wristbands must be worn at all times and will not be replaced if lost/damaged. *THIS WILL BE STRICTLY ENFORCED!* See the map linked below for clarity.

[Wisconsin Rapids Field House Competition Area Layout](#)

PARKING

Parking permits will not be mailed - Parking attendants at Wisconsin Rapids Lincoln High School will have a list of all competing schools, which will allow one vehicle to park in the front of the school without charge. Inform your spectators that there is a parking fee of \$5 per vehicle.

[General spectator parking is located in the parking lot south of the school \(between the school and the stadium\).](#)

ACCESS/SEATING FOR INDIVIDUALS WITH DISABILITIES

There is ADA seating located on the east side of the fieldhouse (bottom two rows of bleachers). Ushers are available for assistance.

There are public restrooms, concession stands, and drinking fountains which are ADA compliant.

DINING GUIDE/PLACES TO STAY (Click to View)

Wisconsin Rapids Area Convention & Visitors Bureau / Stevens Point Areas Convention & Visitors Bureau
Guide/Lodging

HOUSING AND MEALS

Each school is responsible for their own housing and meals. Concessions will be available at Wisconsin Rapids Lincoln High School. PLEASE NOTE: When calling for your room reservations, please inform the hotel you are participating in the WIAA State Gymnastics Tournament. NO carry-in, by spectators, will be allowed. [See and communicate Wisconsin Rapids clear bag policy with your spectators.](#)

COACHES HOSPITALITY ROOM (Aux Room outside of the east gym doors)

A complimentary Coaches Hospitality Room will be available for a good portion of the day on both Friday and Saturday. A limited menu of food and water will be available for coaches and event workers. For a wider selection, you will need to solicit the concession stand. Hospitality Room is sponsored by North Shore Gymnastics Sales, Kwik Trip, and the Wisconsin Gymnastics Coaches Association.

LOCKER ROOM INFORMATION

Locker rooms will be available. Each school should bring its own towels, as none will be furnished. Each contestant should bring a lock, as Wisconsin Rapids cannot be responsible for lost or stolen valuables.

EQUIPMENT USED AT STATE MEET IS AS FOLLOWS:

All equipment will be provided by Wisconsin Rapids Lincoln High School.

REMINDER - Schools will be allowed to bring hand placement mats and simone mats. Vaultboards will still be allowed. Take them to the Fieldhouse, put them at the south side of the field house between the bleachers and the head table. No other equipment will be permitted and all additional matting is provided by the tournament host.

TEAM TRAINERS (ATC Certifications)

The Aspirus Health medical team will be on site. The trainers will do taping as requested; however, schools must provide their own medical supplies (tape, wraps, etc.). The following are examples of items or supplies that will not be provided by the WIAA or Lincoln High School: Modalities - Moist Heat Pads, Ultrasound, Electrical Stim, Whirlpool, KT Tape, Ointments, Balms, Lotions, Foam Rollers, Thera Bands, Cupping Therapy, Graston Therapy, Competitive splints or braces.

If you have an athletic trainer attending the meet, please have that person contact Nicole Pyan, LAT at (715)424-6750 ext. 4184 or email <nicole.pyan@wrps.net>. Please remember to bring your emergency permission to treat cards/forms for your student-athletes.

SOUVENIR APPAREL

The official apparel provider for the 2026 WIAA State Gymnastics meet is Tier1Sports. Pre-orders for State Meet apparel are available online at [[Tier1Sports.com](https://www.tier1sports.com)]. Pre-orders must be placed prior to midnight on Monday, March 2 for pick-up onsite at the State Meet.

Tier1Sports offers numerous customization options and items are made-to-order. We encourage you to pre-order your apparel to reduce wait times and ensure your size/color/customization, but apparel will be available to customize and order onsite.

PARTICIPANTS' SEATING/ATHLETE COMPETITION FLOOR

The Balcony is reserved for gymnasts and team personnel only. Athlete Competition Floor -- Only athletes, with their Team Athlete Floor Pass, competing on Friday, will be allowed in the competition area on Friday. Only athletes, with their Individual Qualifier Athlete Floor Pass, competing on Saturday will be allowed on the competition area on Saturday.

MODIFIED CAPITAL CUP WARM-UP FORMAT

The State Meet will use the Modified Capital Cup Warm-up Format

Team Competition – Friday

There are 10 rounds of competition. Each round will have one Div. 1 team and one Div. 2 team competing in each event. Two Vaults, Two Uneven Bars, Two Beams and One Floor will be in place for competition.

Vault and Uneven Bars:

Division 1 will compete on the vault and uneven bars along the north side of the Fieldhouse (closest to the hallway/bathrooms/cafeteria). Division 2 will compete on the vault and uneven bars along the south side of the Fieldhouse (on the side of the Head Table used by announcer/meet referee/meet scoring). Each Div. 1 and Div. 2 team will have a 10-minute touch on their respective equipment, followed by their competition start.

Balance Beam:

Division 1 will compete on the beam along the north side of the Fieldhouse while Division 2 will compete on the beam along the south side of the Fieldhouse. Each Div. 1 and Div. 2 team will have a 10-minute touch on their respective equipment, followed by their completion start.

Floor:

One Div.1 team and one Div. 2 Team will share the floor for a touch time of 10 minutes. The Div. 1 and Div. 2 teams will alternate competition with Div. 1 first in odd years and Div. 2 first in even years. This year's order of competition is as follows: 2-1-2-1-2-1-2-1-2-1.

COMPETING ORDER

TEAM - Coaches must submit a final roster prior to the program correction deadline of Monday, March 2 at 10am. Prior to starting an event, please confirm the order of competitors in ScoreFlippers and at the scorer's table. Please notify the music table of any order changes for Floor Exercise.

TEAM AWARDS

The following awards will be presented to each division:

1. Trophies to championship and runner-up teams.
2. Medals to members (actual number) of championship and runner-up teams.
3. Extra state medals for the championship and runner-up teams can be ordered.

Individual Competition – Saturday

There are 5 rounds of competition. Each round will have groups of individual qualifiers representing the Sectional where they qualified. One group of Div. 1 qualifiers and one group of Div. 2 qualifiers will compete each round in each event. Two Vaults, Two Uneven Bars, Two Beams and One Floor will be in place for competition.

Vault and Uneven Bars:

Individual qualifiers (5-8+ depending on ties) in each Div. 1 and Div. 2 sectional groupings will have a touch time varying due to group size and equipment adjustments. The touch time for each group is 2-minute per person, plus 1-3 min.+ for equipment adjustments, followed by competition. (There is a possibility that two groups may be formed if there is a high number of competitors in a round. If this occurs, each smaller group will have its own touch followed by competition.)

Balance Beam:

Individual qualifiers (5-8+ depending on ties) in each Div. 1 and Div. 2 sectional groupings will have a touch time varying due to group size. The touch time for each group is 2 minutes per competitor, followed by competition. (There is a possibility that two groups may be formed if there is a high number of competitors in a round. If this occurs, each smaller group will have its own touch followed by competition.)

Floor:

Individual qualifiers (5-8+ depending on ties) in each Div. 1 and Div. 2 sectional groupings will combine for a total of 10 to 16+ athletes (depending on ties). They will be divided into two groups of Div. 1 and Div. 2 competitors. The Div. 1 and Div. 2 individuals will alternate competition in the order 2-1-2-1-2-1... etc. (Div. 1 first in odd years and Div. 2 first in even years). Each group will have their own 9-minute shared touch followed by competition. Group sizes will be determined once the total number of individual qualifiers in a round are known.

COMPETING ORDER

INDIVIDUAL - Competing order of athletes within each round has been randomly drawn by the WIAA. Student-athletes will be grouped by school.

INDIVIDUAL AWARDS

The following awards will be presented to each division:

1. Medals will be awarded to the first six individuals in each event plus all-around
2. Extra medals will be ordered if a tie(s) occurs.

SUBSTITUTIONS

A school which qualifies a team for the State tournament may make substitutions in its team's entries. Please bring changes to the scorer's table as soon as possible upon arrival. All substitutions should take place at the scorer's table. Any subsequent changes on Judge's Cards must take place prior to the team starting competition in that particular event. Any eligible member of the team may be used as an alternate for the team competition. There is a provision permitting the replacement of a gymnast who has qualified for the individual State Tournament but is unable to compete. (1) The provision extends only to the fifth place individual qualifier. (2) There is no provision for moving up any other gymnasts if the sixth place qualifier is not available. (3) Notification shall be given as early as possible so the substitute can prepare. There is, however, no deadline.

ALTERNATES

Alternates must be in team attire when on the competitive floor.

MUSIC

All music is due Monday, March 2 at 3pm. Music needs to be provided for all competitors AND alternates. Follow the steps below to successfully upload your music.

1. Save your music files as .mp3 or .wav in high quality. Include music selection(s) for alternate gymnasts in the team competition.

2. If possible, include anticipated order of competitors in team competition (i.e. numeric id in file name, or add message when sharing the files).
3. Name the music file to match the contestant's name as listed in the program.
4. Upload all music into an assigned Google Folder. Coaches will receive an email with the link to each school's assigned Google folder from Haley Barth on Sunday, March 1. Upload your music in order and labeled with competitor's names. (ie. 1_HBarth; 2_CSchultz etc.)
5. If you experience any issues with the submission process, please send an email to Bobby Blom <bblom@wiaawi.org> for assistance

AWARDS CEREMONY

All student-athletes must be attired in school approved leotards. Athletes should be barefoot.

AWARDS STAND PHOTO OPPORTUNITY

During the awards presentation athletes will face each side of the field house for photos allowing opportunities of both sides.

VIDEOTAPING

Videotaping of the State Meet competition will be allowed, by teams or spectators, as space permits. You will likely be directed to a videotaping area. Blocking view of spectators, or taking large areas for video equipment, WILL NOT be allowed.

CAMERA FLASH DEVICES

Flash devices are NOT allowed.

SPORTSMANSHIP

Good sportsmanship is viewed by the National Federation as a commitment to fair play, ethical behavior and integrity. In perception and practice, sportsmanship is defined as those qualities which are characterized by generosity and genuine concern for others. The ideals of sportsmanship apply equally to all activity disciplines.

Individuals, regardless of their role in activities, are expected to be aware of their influence on the behavior of others and model good sportsmanship.

FUNDAMENTALS OF SPORTSMANSHIP

1. Show respect for self and others at all times.
2. Show respect for the officials. Sportsmanship implies the willingness to accept and abide by the decisions of the officials.

3. Know, understand and appreciate the rules of the contest. Sportsmanship suggests the importance of conforming to the spirit, as well as the letter of the rules.
4. Maintain self-control at all times. Don't let the desire to win overcome rational, safe behavior.
5. Recognize and appreciate competitive skill regardless of team affiliation.

SPORTSMANSHIP AWARD

Rural Insurance will again present to a school participating in the State Gymnastics Tournament a "Sportsmanship Award." There will also be recognition of "Honorable Mention" for schools who do not win the overall award, but still exhibit great efforts in good sportsmanship.

All tournament workers, including ticket takers, crowd control, parking control, judges, will have input into this award.

WATCH STATE TOURNAMENT LIVE NFHS

REMINDER - The live stream of the State Gymnastics Tournament will be available on the WIAA.TV portal of the NFHS Network. To subscribe, [CLICK HERE](#). The customer support email is memberadmin@playonsports.com and the customer support phone number is 877-978 2311.

POST TOURNAMENT

ORDERING EXTRA MEDALS

Extra medals can be ordered directly from our provider ESCO. Access their website <<http://wiaa.escoinc.com>> ESCO

"WIAA Award & Gift Store" and choose "extra" medals. The medals are offered in "Plain" for quick turn around and also "Engraved" for those that want/need the copy on the back.

ORDERING PHOTOS

VIP is the official photographer of the WIAA. Any photos taken during the Awards Ceremony and tournament action can be ordered off the VIP website < www.vipis.com >.

ORDERING TOURNAMENT VIDEO

PrepFilms.com is the place to purchase DVD copies of the State Tournament matches. DVD's are usually available within weeks of the completion of the tournament.