

Weeks 2 & 3 – August 28, 2023

### **Gymnastics Rules Exam**

All head coaches and registered judges are required to complete a written exam of the rules of gymnastics. The due date for the completed exam is August 30, 2023.

### **Competition**

The first official day for competition is Friday, September 1, 2023. The first meet is scheduled for Tuesday, September 5, 2023, at Shawnee Mission Northwest, followed by a meet on Thursday, September 7, 2023, and a meet at Lawrence High on September 9, 2023.

### **Gymnastics Results**

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. School coaches are responsible for entering results for their athletes using their login and passwords. Those were on the white sheets of paper in the coaches' packets handed out on Saturday. If you cannot locate that information, please let Linsey know at [kswatson@kshsaa.org](mailto:kswatson@kshsaa.org).

### **Competition Area**

NFHS Gymnastics Rule 5-1-1: Only competitors, coaches and officials shall be permitted on the floor during competition.

### **Ruling for using a Handstand as part of an Acro Series on Beam**

Concern: *Can a handstand be used as one of the elements to create an acro series on the beam?*

Rule: Yes

Rationale:

- Using from the rule book page 114, #21 at the bottom of the page – "...The handstand may be used in an acro series on beam to fulfill the Event Requirement if it is vertical and held for 2 seconds. ..."
- Please take time to read the whole passage to make sure you are clear.

John's Comments

- Reminder: It is in the judge's opinion that it did make it within a vertical concept. It might be slightly off where a judge might deduct, but this is the opinion of what the judge saw at the time.
- Also, the idea of holding for 2 seconds comes down to the judge's opinion of what they saw at the time it was performed.

- The judge also will determine if it is connected. If in the judge's eyes they see a pause, they do not have to connect.
- This might also have reflection within the composition scoring.

#### Example

- *Gymnast performs a handstand (6.101) it a vertical concept holding for 2 seconds, comes back down the goes into a back walkover (8.103) would be a series.*
- This example follows the guidelines and rules found in the rule book.