Gymnastics

KSHSAA

Week #3 – September 5, 2025

Welcome back to school and to the 2025-2026 season of Kansas gymnastics! Please read through this information as this is important information coaches and judges need to be aware of this season. These newsletters will be sent weekly throughout the season. If you are aware of an unusual situation or rules/protocols that should be addressed, please email ssmith@kshsaa.org. Thank you for all you do for Kansas athletes!

KSHSAA Gymnastics Facebook Page

A Facebook group has been created to help communicate with current and former athletes, coaches, judges, school administrators, etc. who may be interested in information regarding the final state gymnastics meet as well as information that may be shared throughout the 2025 season. The group is called "KSHSAA Gymnastics"

NFHS Gymnastics Resources

2024-2026 Cue Sheets: nfhs.org/2024-2026-cue-sheets/

General/Vault: genvcue24nfhs-2.pdf
Uneven Bars: ubcue24nfhs-2.pdf
Balance Beam: bbcue24nfhs-2.pdf
Floor Exercise: fxcue24nfhs-2-corrected.pdf
Dance Criteria/Technique: dancetechnique24-2.pdf (nfhs.org)
Equipment: equipment24-2.pdf (nfhs.org)
Matting: matting24-2.pdf (nfhs.org)

Referee/Judge Deduction Sheet: 2024-26 NFHS Girls Gymnastics Rules Book - FINAL.pdf

2024-2026 Scoresheets: nfhs.org/articles/2024-2026-scoresheets/

Vault: JudgingSheets24NFHS CORRECTED.pdf
Uneven Bars: JudgingSheets24NFHS CORRECTED.pdf
Balance Beam: JudgingSheets24NFHS CORRECTED.pdf
Floor Exercise: JudgingSheets24NFHS CORRECTED.pdf

2024-2026 Supplemental Explanations: nfhs.org/sports-resource-content/2024-2026-supplemental-explanations/

REMINDER(S):

Corrections to 2024-2026 Girls Gymnastics Rules Book

P. 26: Change current 2.405 to 2.502 (1/1 - 1/1) 10.0
P. 26: Change current 2.502 to 2.503 (1/1 on - 1 ½ off) 10.0
P. 26: Change current 2.503 to 2.504 (1/2 on – 2/1 off) 10.0
P. 28: Change current 4.501 (Tsukahara tucked with ½ twist) to 10.0
P. 31: 6.4.4 Situation, second line—"The judge deducts up to 0.30…"
P. 33: Event Requirements - Art. 4b "360°" (add degree sign)
P. 60: 8-3-3 (1) Lack of variety of acro and dance "up to 0.20"
P. 70 & 71: 2.306d, 2.407d 2.408d are new and should be shaded
P. 88: 9-3-4a - New 13—Add "Small or medium steps on landing (maximum of 4 steps)….each 0.10-0.15 max. 0.40"
P. 88: 9-3-4c (3) – Squat on landing ("hips even with or lower than the knees")
P. 93: 1.306 – Should read "split lp/jp 180° w 1/1"
P. 94: 1.312 – should read " stag ring jp w/ 1/1"
P. 107: 9.3.7 Situation A – last line "…a chief judge deduction of 0.30"
P. 107: 1.312 – should read "stag ring jump w/ 1/1 at head height"
P. 109: 5e Steps – delete the second indented description - "The gymnast lands with feet together, then takes… join the Right foot."
P. 115: 27, Floor Exercise a), 3) should read – "A 0.3 deduction…"
P. 115: 27, Floor Exercise a), 4) should read - " A 0.8 deduction is taken…(0.3 for…"

Looking Ahead:

-Take a team pic ASAP!
-Sept 2: Rules Exam is due
-Sept 5: First competition date
-Sept 30: Team picture due to kswatson@kshsaa.org
-Oct 1-8: School judge recommendations

-Oct 8: State Judges' Applications due
-Oct 17: State Entry Form due to KSHSAA (kswatson@kshsaa.org)
-Oct 20: State qualifiers (teams and individuals) announced and state meet rotation published

Useful Websites/Links

KSHSAA Gymnastics Website: Gymnastics (kshsaa.org)
KSHSAA Gymnastics Manual: GymnasticsAnnoucements.pdf (kshsaa.org)