Gymnastics

KSHSAA

Week #7 – October 6, 2025

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!

NFHS POINTS OF EMPHASIS (2024-2026)

NFHS POE: **https://nfhs.org/resources/sports/girls-gymnastics-points-of-emphasis-2024-26**

Sportsmanship:
Good sportsmanship is essential in the education-based gymnastics setting, as in any other sport. The positive and respectful environment that is imperative in the gymnasium is the same as which is expected in the classroom. Sportsmanship enhances the experience for athletes, coaches, and spectators, and promotes the values of which the NFHS and high school associations are built upon - fair play, respect, and integrity.

Maintaining Composure:

- Keep emotions in check, both in victory and defeat.
- The actions of the coach have a significant impact on the actions of the gymnasts, the parents and other spectators in the stands.

Composition:
In the sport of gymnastics, composition refers to the arrangement and combination of various elements and transitions within a routine to create a cohesive and an aesthetically pleasing performance. Gymnastics routines are typically composed of a series of movements and elements that are executed with precision, grace, and technical proficiency. The goal of composition is to highlight a gymnast's strength, flexibility, balance, and artistry while adhering to the specific rules and requirements of each event.

Other POE include: The Dance Passage and Back-to-Back Superior Credit On Floor Exercise, Connecting Three Superiors or Higher Elements for Two BBS, Event Requirements - Uneven Bars & Balance Beam, and Leaps & Jumps in Cross and Side Position On Beam. Use the link above to view all information regarding the NFHS POE.

REPEAT: JUDGES RECOMMENDATIONS

The first day to submit judges' recommendations for state is this Wednesday, October 1, 2025. Please complete Gymnastics Judges Recommendations by Wednesday, October 8, 2025, to recommend judges for the state gymnastics meet.

REPEAT: 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" and you must request permission to join the group. If you scan the QR code below with the camera on your phone or a QR code reader app, it will take you directly to the Group page to request permission to join.

Looking Ahead:

-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)