

## **Gymnastics**

Section 1 Rules National Federation Girls Gymnastics Rules unless modified shall govern all NJSIAA meets.

Section 2 Start of Practice Provided for in Program Regulations, Section 6.

Section 3 Start of Regular Schedule Provided for in Program Regulations, Section 8.

Section 4 End of Season Provided for in Program Regulations, Section 10.

Section 5 Transfers A student who transfers after the NJSIAA Competition Start Date for each sport, regardless of whether the transfer was the result of a bona fide change of residence, shall be ineligible to participate in any post-season championship competition at the new school.

Section 6 Meets Per Day A competitor shall not compete in more than one (1) meet during the same calendar day.

Section 7 Meets Per Week Not more than a total of three (3) meets may be held per week (including scrimmages, as provided for in Program Regulations, Section 7 Practices/Scrimmages/Games/Meets), and they may not be held on consecutive days. You may play one four-game week.

Section 8 Postponed Meets One postponed meet per week may be worked into the scheduling, but under no circumstances shall meets be held on three (3) consecutive days.

Section 9 Maximum Meets An individual may participate in only fifteen (15) meets per season, plus the State Tournament.