

Gymnastics Regular Season Rules 2022-2023

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 Scrimmages N/A

Section 7 Meets Per Week Meets may not be held on three (3) consecutive days.

Section 8 Maximum Meets An individual may participate in only fourteen (14) meets per season, plus one (1) county or league/conference tournament, plus the State Tournament.

Section 9 Meets Per Day A competitor shall not compete in more than one (1) meet during the same calendar day.

Section 10 Postponed Meets Postponed meets may be worked into the scheduling, but under no circumstances shall meets be held on three (3) consecutive days.