



2025-26 Gymnastics Tournament Regulations

NJSIAA reserves the right to adjust, change or cancel dates, times, and locations for all NJSIAA State tournaments. Schools entering the tournament will not be granted a change of date/time due to any conflicts with school trips, proms, banquets, SATs, unless agreed upon by both schools. During the spring tournament season, we will make every effort to accommodate schools that have a conflict with their graduation.

Member schools will not be eligible to participate in any NJSIAA Tournaments if it has violated the NJSIAA Constitution, Bylaws, Rules, Regulations, Guidelines, Policies, or Procedures. Any student-athlete who transfers after the competition start date will not be eligible for this tournament (Bylaws, Article V, Section 4.K. 5).

Schools are to be reminded of the 3-team DQ rule for state tournament eligibility, which states “Any varsity team accumulating three or more player or coach disqualifications prior to the team’s participation in the state tournament will not be permitted to participate in the state tournament. The 3-team DQ rule is not applicable during participation in the state tournament.

The NJSIAA will follow the procedure below for schools that are disqualified from state tournament competition:

1. If a school is disqualified, either for the use of an ineligible player or violating the 3-team DQ rule, from state tournament competition after the tournament has been seeded but prior to the bracket being final, then the bracket will be reseeded and the next ranked school who entered the tournament will be included.
2. If a school is disqualified, either for the use of an ineligible player or violating the 3-team DQ rule, from state tournament competition after the tournament has been seeded and after the bracket is final, then the bracket will not be reseeded, and no additional school will be included.
3. If a school is disqualified from state tournament competition due to the use of an ineligible player during the state tournament, then the school will be removed from the tournament immediately and their last opponent will advance in their place.

Schools participating in any NJSIAA tournament are responsible for the actions and behaviors of their spectators. Schools are required to provide adequate staff security to ensure there is proper oversight of their spectators. In addition, schools are financially responsible for any damage to the property or premises caused by their student-athletes, staff, or spectators (spectators include, but are not limited to, cheerleaders, marching band participants, students, and other fans).

NJSIAA requires Certified Athletic Trainers at all its tournament events. The ATC must document all injuries on an injury report form. This form must be available to the NJSIAA upon request.

Member schools that are not willing or able to comply with NJSIAA tournament regulations and any relevant procedures found in the state tournament operating procedures handbook should not enter the tournament. Member schools are encouraged to review NJSIAA tournament regulations with the school administration. Coaches must have a copy of the tournament regulations as well as a copy of the rule modifications (if any) available at all contests. Copies of these documents are available on the NJSIAA website.

NJSIAA Gymnastics Tournament Staff

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Gymnastics Important Dates

<u>Event</u>	<u>Dates</u>	
First Practice:	August 18, 2025	
Competition Start:	August 25, 2025	
Entry Form Opens:	October 1, 2025	
Team Entries Close (12:00pm):	October 15, 2025	
Team Cutoff:	October 23, 2025	
Team Power Points Close:	October 24, 2025	
Team Seeding:	October 27, 2025	
Individual Entries Cutoff	November 1, 2025	
Individual Entries Close (12:00pm)	November 2, 2025	
Regular Season Competition Ends:	November 23, 2025	

Gymnastics Tournament Dates

<u>Tournament</u>	<u>Dates</u>	<u>Location</u>
Sectional Championship:	November 1, 2025	Scotch Plains-Fanwood H.S.
Sectional Championship:	November 1, 2025	Saint Thomas Aquinas H.S.
Sectional Championship:	November 1, 2025	Hillsborough H.S.
Sectional Championship:	November 1, 2025	Manalapan H.S.
Team Championships:	November 6, 2025	Brick Memorial H.S.
Individual Championships:	November 8, 2025	Brick Memorial H.S.

New for this year's tournament

To all coaches and athletic directors: Please read this entire document carefully. There have been a lot of changes to this year's tournament. All changes are detailed within this document.

Eligibility for The Team Sectional Championships

1. Teams must be competing on a varsity interscholastic basis.
2. Sixty percent (60%) of the games played on or before the cutoff date must be against New Jersey schools.
3. Any player with two (2) or more disqualifications in the current season, prior to the start of the tournament, will be unable to compete in the state tournament.
4. Any varsity team accumulating three (3) or more player or coach disqualifications prior to the start of the tournament will not be permitted to participate in the state tournament.
5. A student competing on an interscholastic gymnastics team must compete as a member of the high school team in at least 50% of the school's total meets contested starting with the first contest (not scrimmage) and ending on or before the cutoff date to be eligible for the NJSIAA State Tournament. If there is an odd number remaining, then the player must compete in the greater number.
6. Students who experience Extraordinary Circumstances, which are limited to injuries/medical reasons or return from academic ineligibility, must compete in at least 50% of the school's remaining games, up to and including the cut-off date. If there is an odd number remaining, then the player must compete in the greater number.

To Qualify for the Team Sectional Championships.

1. Member **schools** must have competed as a team, on an interscholastic basis in at least five (5) meets to be eligible for a team championship.
 2. The top 32 teams with the highest three (3) meet totals will qualify. All ties will be broken by the established tie breaker procedure. We will not take more than 32 teams.
 3. The top 32 teams will be snake seeded into 4 sections (A, B, C, D).
 4. The 4 sectional winners and the next 4 best scores (from all sections) will move on to the state championship.
 5. The sectional and state team championships will be conducted as 5 compete & 3 score.
- Note: The sectionals are a team-only event. There are no individuals at this event.

To Qualify for the Individual State Championships.

1. Individual gymnasts must have at least three (3) certified scores on all the events they are entering.
2. Scores will be captured from any meet starting with the opening day and ending on the cutoff day.
3. The top 35 individual scores in each event (except the all-around) will qualify for the individual state championships.
4. The top 35 scores will be a three-score total.
5. Gymnasts may qualify in multiple events.
6. All ties for 35th place will advance.
7. The individual gymnast qualifying for the all-around must attain a score of 35.5 two (2) times during the season **or** who qualifies as the top 35 in all four (4) events will compete all-around at Individual States.
8. Member schools that sponsor gymnastics teams may not enter gymnasts as independents.

To Qualify for the Individual State Championships as an Independent

1. Individual gymnasts must have at least three (3) certified scores on all the events they are entering.
2. Scores will be captured from any meet starting with the opening day and ending on the cutoff day.
3. An Independent gymnast must score equal to or better than the 35th place score in each event (except the all-around) at an NJSIAA sanctioned event.
4. All qualifying scores will be a three-score total.
5. Independent gymnasts may qualify in multiple events.
6. The independent gymnast qualifying for the all-around must attain a score of 35.5 two (2) times during the season **or** qualify as the top 35 in all four (4) events
7. Independent gymnasts will not bump out other qualifiers on individual events, we will just take more than 35.
8. Schools with independent athletes may only qualify two (2) per school.

Independent Athletes

An Independent athlete is a student enrolled in a NJSIAA member school that does not sponsor a particular sports program and would like to enter a state individual tournament. Independent athletes are permitted, provided the school follows all independent entry requirements listed in the tournament regulations for their sport. In addition to the sports-specific tournament entry regulations, the following general procedures for all sports must be followed.

Independent Athlete Procedures

1. All independent athletes must be accompanied by a certified faculty member (chaperone), or a coach approved by the school's administration.
2. The independent athlete will be disqualified if they are not accompanied by a certified faculty member (chaperone), or a coach approved by the school's administration.
3. The chaperone must have with them written authority from the school's administration and remain with the athlete throughout all contests.
4. Independent athletes will not be able to check-in to the event with a parent. A coach/chaperone must be present at the time of check-in.
5. Any properly appointed "coach" will be subject to all out-of-season practice rules.
6. The school district must be able to certify that the independent athlete has met the required six (6) practices.
7. The school district must be able to certify that the independent athlete has a completed physical on file.
8. The penalty for failure to comply will be the disqualification of the athlete.

Entry Procedure

1. All varsity schedules & rosters must be entered in njschoolsports.com by the start of the season.
2. The entry form for the team tournament must be completed online during the time period listed above. **Individual** entries do not have to complete an entry form.
3. All **independent** athletes must complete the online form during the time period listed above.
4. All team & individual scores must be reported to www.njschoolsports.com by the home team coach as soon as possible after each contest. If you encounter problems, please contact hssupport@njadvancemedia.com.
5. Coaches are reminded that all team information must be up to date and checked for accuracy.
6. All Tri-meets and tournaments count as one (1) score.
7. All schools must have score sheets signed by the Superior Judge and both team coaches to verify team and individual results upon request.

Entry Fee

- Team entry fee is \$90.
- Individual/Independent entries are \$16 per gymnast, per event. If a gymnast is entered in all 5 events (beam, bars, vault, floor, and all-around) the fee will be \$80.
- The entry fee covers both the sectional and state championships.
- All fees are payable to the NJSIAA (Please note Gymnastics Tournament).
- Forward all entry fees to: NJSIAA, 1161 Route 130 North, Robbinsville, NJ 08691

Tournament Rules & Information

1. National Federation Girls Gymnastics Rules and NJSIAA modifications will govern all championship meets.
2. Team score is determined by adding the top three (3) scores in each event for each school. Individual scores are determined by the average optional score in each event.
3. Substitutions, as per Rule 3, Section 2, Article 3, in the National Federation Girls Gymnastics Rules and Manual.
4. Appeals will not be heard; a contestant must achieve the minimum score.
5. Protests based upon an official's judgment, or misinterpretation, or misapplication of the playing rules will not be honored as per NJSIAA Bylaws, Article VII, Section 1.

Sectional Championships

Section A: Scotch Plains-Fanwood	Section B: Saint Thomas Aquinas
Meet Director: Trisha Piotrowski	Meet Director: Amanda Miller
Phone: (201) 321-2913	Phone: (732) 261-5264
E-mail: TrishaP219@aol.com	E-mail: acmiller@stahs.net
Section C: Hillsborough	Section D: Manalapan
Meet Director: Mindy Verderami	Meet Director: Dorine Shapiro
Phone: (908) 963-8049	Phone: (732) 239-2735
E-mail: mindy.verderami@sbschools.org	E-mail: dorinenj@aol.com
Time Schedule (All sections - subject to change)	
10:00am Registration/Stretching/Bar Settings	
10:30am Coaches Meeting	
10:45am March-in	
11:00am Competition (Warm-up/Compete format)	

The qualifying teams will be notified by the meet director. Coaches are not to call the meet director in advance of notification. Calls from parents will not be accepted.

A team may compete up to five (5) gymnasts at each event. Three (3) scores will count towards the team score. Substitutions may be made prior to the start of each event.

The lower-seeded team will warm up, then compete first in all events

The Sectional Meet will be seeded:

Teams #2 & #1 - Vault
Teams #4 & #3 - Bars
Teams #6 & #5 - Beam
Teams #8 & #7 - Floor

Warm-up Procedures for the Sectional Team Championships

Vault:

Block squad by height for warm-up
Three touches of the vault (run-by does not count)

Bars:

Block warm-up by bar setting
Warm-up time: two (2) minutes per gymnast - not counting the time to set the bars (may be blocked)

Beam:

Warm-up time: two (2) minutes per gymnast (may be blocked)

Floor:

Warm-up time: two (2) minutes per gymnast (may be blocked)

Team State Championships

Site: Brick Memorial H.S.	Time Schedule (subject to change)
Meet Director: Dorine Shapiro	3:30pm Registration/Stretching/Bar Settings
Phone: (732) 239-2735	4:15pm Coaches Meeting
E-mail: dorinenj@aol.com	4:30pm March-in
	Warm-up/Compete format will begin after March-in

To compete in the Team State Championships, a competitor must have been officially entered in the Sectional meet roster.

The top team in each section (4) and the remaining four (4) teams with the highest team scores from all sectional results will advance to the State Championships. If two (2) teams tie for the lowest qualifying position, both teams will advance to the State Championships.

The qualifying teams will be notified by the meet director. Coaches are not to call the meet director in advance of notification. Calls from parents will not be accepted.

A team may compete up to five (5) gymnasts at each event. Three (3) scores will count towards the team score. Substitutions may be made prior to the start of each event.

The lower-seeded team will warm up, then compete first in all events.

The State Meet will be seeded:

Teams #2 & #1 - Vault

Teams #4 & #3 - Bars

Teams #6 & #5 - Beam

Teams #8 & #7 - Floor

Warm-up Procedures for State Team Championships

The squad will warm up before the start of the competition for that rotation (warm-up/compete)

Vault:

Block squad by height for warm-up

Three touches of the vault (run-by does not count)

Bars:

Block warm-up by bar setting

Warm-up time: two (2) minutes per gymnast - not counting the time to set the bars (may be blocked)

Beam:

Warm-up time: two (2) minutes per gymnast (may be blocked)

Floor:

Warm-up time: two (2) minutes per gymnast (may be blocked)

Individual State Championships

Site: Brick Memorial H.S.	Time Schedule (subject to change)
Meet Director: Dorine Shapiro	9:00am Registration/Stretching/Bar Settings
Phone: (732) 239-2735	9:30am Coaches Meeting
E-mail: dorinenj@aol.com	9:45am March-in
	Warm-up/Compete format will begin after March-in

Warm-up Procedures for State Individual Championships

The squad will warm up before the start of the competition for that rotation (warm-up/compete)

*(If a rotation has nine or more gymnasts on an event, the squad **may** be split in half to warm up half, then compete half, then warm up the second half, and compete the second half)*

Vault: Block squad by height for warm-up. Three touches of the vault (run-by does not count)

Bars: Block warm-up by bar setting. Warm-up time: two minutes per gymnast - not counting the time to set the bars (may be blocked)

Beam: Warm-up time will be two (2) minutes per gymnast (may be blocked)

Floor: Warm-up time: two minutes per gymnast (may be blocked)

Officials Assignments

The NJSIAA will assign and pay all officials for all rounds of the tournament.

Sectional Finals (4 Sections)

- 1 Meet Referee Per Section
- 4 Chief Judges Per Section
- 4 Acting Judges Per Section

State Team Finals

- 1 Meet Referee
- 4 Chief Judges
- 12 Acting Judges

State Individual Finals

- 1 Meet Referee
- 4 Chief Judges
- 12 Acting Judges

Awards

Sectional Champions:

- A team trophy and fifteen (15) certificates to the first-place team in each Section.

State Team Champions:

- A team trophy and fifteen (15) certificates for the first-place team.

State Individual Champions:

- Individual medals to the top eight (8) places in each event including the all-around.