

GYMNASTICS

(GIRLS) - ALL CLASSIFICATIONS

A. SEASON

2016 Season

August 3, 2016 - First Practice

August 18, 2016 - First Contest

*Eligibility List due prior to First Contest (Article 12, Section 9)

November 5, 2016 - Last Contest (Regular Season or Conference Championship)

B. PRESEASON

No restrictions on students.

C. MINIMUM DAYS PRACTICE

Each participant must have a minimum of 10 different days of physical practice before her first day of competition.

D. INDIVIDUAL NON-SCHOOL PARTICIPATION

ASAA has no limitations on students participating on non-school gymnastic teams while they are members of a school gymnastic team.

E. RULES

National Federation of High School (NFHS) Girls Gymnastic rules are used.

F. CONFERENCES

Gymnastics teams are not currently categorized into conferences.

G. MEET LIMITATIONS

ASAA does not place a limit on the number of gymnastics meets that an athlete or team may compete in during a season.