

# GYMNASTICS

## GIRLS - ALL CLASSIFICATIONS

Participation on girls' teams shall be limited to females who were assigned female at birth.

### A. SEASON

2023 SEASON

August 2, 2023 - First Practice

August 17, 2023 - First Contest

\*Participants must be entered in the School Activities Reporting System (SARS) prior to First Contest (Article 12 Section 10).

November 4, 2023 - Last Contest (Regular Season or Conference Championship)

### B. MINIMUM DAYS PRACTICE

Each participant must have a minimum of 10 different days of physical practice before the first day of competition. (Article 7, Section 7)

### C. 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.

### D. RULES

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

### E. CONFERENCES

Gymnastics teams are not currently categorized into conferences.

### F. MAXIMUM MEETS

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

### G. STATE CHAMPIONSHIP

Currently there is no state tournament for Gymnastics as it does not meet the criteria.