

GYMNASTICS

GIRLS - ALL CLASSIFICATIONS

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

A. SEASON

2025 SEASON

August 6, 2025 - First Practice

August 21, 2025 - First Contest

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

November 8, 2025 - 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.