



2024 CHSAA Gymnastics Bulletin



Jenn Roberts Uhlig - jrobertsuhlig@chsaa.org
Audra Peterson Cathy - apetersoncathy@chsaa.org



Pictures courtesy of Brad Cochi & Ray Chen



July 2024

TO: CHSAA Gymnastics Schools

FR: Jenn Roberts-Uhlig, Assistant Commissioner – CHSAA Girls’ Gymnastics Liaison
Audra Peterson Cathy, Coordinator of Sport

RE: Girls’ Gymnastics

Welcome to the 2024 Girls’ Gymnastics Season. A new season brings the excitement of new beginnings and a sense of optimism for coaches and competitors alike.

To maintain that optimism and to keep the season focused on your team goals, there are a few items for athletic directors and coaches to remember:

- Double-check your schedule to ensure that none of your gymnasts will compete in more than 11 meets;
- Each gymnast is required to participate in a minimum of five (5) varsity meets to compete in the regional & state meets;
- The two state meets are 12-team rotations, with a predetermined number of alternates (see details in this bulletin);
- During any meet this year, teams must submit their top 6 gymnasts on each event prior to competing and 5 scores count toward the team results. Teams are not limited to 6 gymnasts at all meets. There are 16 teams in 4A classification and 15 in 5A classification;
- During the finals, all finalists are required to wear a team-issued, school-approved and school-colored leotards;
- Each coach is responsible for ensuring that all regular season gymnastics meet scores are posted on CHSAANow.com within 48 hours of meet.
- NEW: Waiver form for gymnasts who have not participated in required (5) minimum varsity meets. Proper documentation is required to be submitted with each waiver. As an example - In the case of an injury to an athlete, the documentation would include a note from a doctor of when the injury occurred and an additional note of the date of return-to-play was recorded. The doctor’s notations are part of the required timeline and would be in conjunction with the meets which the athlete did not participate in during the regular season.
- Postseason Gymnastics Waiver Form: [HERE](#) (Deadline Oct. 17)

Regional competition will be held October 31- Nov 2 at predetermined sites. There will be a site at Overland (10/31), Mountain Range (11/1) and Arvada West (11/2). This schedule serves two purposes: 1) ensures that the highest quality of judges get assigned to the 4-member panels, and 2) allows CHSAA to utilize an electronic scoring system at each site.

The CHSAA Constitution and Bylaws are the official rules of the Association. This bulletin provides the regulations for gymnastics competition, but never supersedes the regulations found in the Constitution and Bylaws. The CHSAA bylaws are posted on CHSAANow.com > Info.

If you have any questions, you or your athletic director can contact [Jenn Roberts-Uhlig](#) or [Audra Peterson Cathy](#) in the CHSAA Office.

Good luck in 2024!

A handwritten signature in black ink, appearing to read "Jenn Roberts-Uhlig", written over a white background.

Jenn Roberts-Uhlig
(303) 344-5050

jrobertsuhlig@chsaa.org

Audra Peterson Cathy
(303) 344-5050 ext. 5

apetersoncathy@chsaa.org

Table of Contents

[SEASON CALENDAR](#)

[GYMNASTICS ADVISORY COMMITTEE](#)

[MAJOR BYLAW CHANGES](#)

[NATIONAL FEDERATION RULES CHANGES](#)

[SPORT SPECIFIC RULES CHANGES](#)

[SPORTS MEDICINE ADVISORY COMMITTEE](#)

[SPORTSMANSHIP](#)

[BECOMING AN OFFICIAL](#)

[GYMNASTICS COMMITTEE REPORT](#)

[COLORADO COACHES CODE OF ETHICS](#)

[REGULAR SEASON](#)

Beginning of the Season Roster

Meet Limits

Rules

Equipment Specifications

Entries

Class 4A Teams

Class 5A Teams

Score Sheets

Association Clarification on Rule Regarding “Clerical Errors”

Submitting Scores to CHSAANow.com (Required of All Coaches)

Inquiry Process

Competitors Scores

Emergency Action Plans

[OFFICIAL'S FEES](#)

Table of Contents (Cont.)

4A/5A REGIONAL GYMNASTICS

Regional Hosts – Competitor Seating

Tournament & Playoff Finance

Class 4A/5A Regional Assignments

CHSAA 2024 Regional Gymnastics Qualifying Meet Entry Form/Roster

TIE-BREAKERS – REGIONALS & STATE

Individual Tie-Breaker

All Around Tie-Breaker (With 4 Judges)

Team Ties

4A/5A STATE CHAMPIONSHIP INFORMATION

4A Team Qualifying

4A Individual Qualifying

5A Team Qualifying

5A Individual Qualifying

4A/5A State Rotations

Three Day State Meet Format

4A State Meet

5A State Meet

Judges

Alternates at State

Individual Finalists

State Athletic Trainer

Competitor Scoring

Final Competitors

Equipment

Music

Copyright Compliance

Warm-Ups

Coaches Meeting

Competitor Cards

Awards

Balloons

School Banners

Sale of Souvenir Items

4A/5A State Gymnastics Time Schedule

Inquiry(ies) Sheet

CHSAA Gymnastics Interpretation

Routine Difficulty Sheet

Colorado High School Girls Gymnastics Pay Schedule Form

Vault Running Score Sheet

SCORE SHEETS

CHSAA MISSION STATEMENT

"Seeking Excellence in Academics, Activities, and Athletics"

In pursuit of excellence, the Colorado High School Activities Association strives to create a positive and equitable environment in which all qualified student participants are challenged and inspired to meet their highest potential.

To fulfill this mission the Colorado High School Activities Association will:

- Act as an integral component of the educational process.
- Administrate, interpret, and seek compliance with the CHSAA By-laws as needed to promote fair play within Colorado activities and athletics.
- Provide diverse and equitable opportunities for participation that encourages all qualified students to take part in the activity/athletic experience.
- Provide an environment that enhances personal development through sporting behavior, character education, teamwork, leadership, and citizenship while increasing values that partner the educational standards of the State of Colorado.

Recognize the outstanding accomplishments of Colorado athletes, teams, coaches, and administrators through our academic and activity awards programs.



2024 GYMNASTICS CALENDAR	
Practice Begins	August 12
First Scrimmage	August 17
First Contest	August 22
Gymnastics Roster Due	September 6
Gymnastics Waiver Due	October 17
Last Contest	October 19
4A/5A Regional Seeding Meeting	October 21
4A/5A Regionals	October 31-November 2
4A/5A State Seeding Meeting	November 4
4A State Championships	November 8 & 9
5A State Championships	November 7 & 9
Gymnastics Committee Meeting	November 12

CHSAA GYMNASTICS ADVISORY COMMITTEE

Lisa Sparrow (Chair)

Overland High School (5A) (2026 - 2nd term)
lisa@achievesports.com

Kim Hufford

Roosevelt High School (4A) (2025)
kimberlysireno@hotmail.com

Jessica Toomey

Loveland High School (4A) (2025)
lhs.coach.toomey@gmail.com

Patrick Simpson

Jeffco Public Schools (multi) (2026)
Patrick.Simpson@jeffco.k12.co.us

Stacey Folmar

Elizabeth High School (4A) (2025)
chalkboxgym@yahoo.com

Tyler Zappia

Broomfield High School (5A) (2027)
tyler.zappia@bvsd.org

Analicia (Ana) McNulty

Alamosa High School (3A) (2025)
amcnulty@alamosa.k12.co.us

Demetria Longo

Ponderosa High School (5A) (2027)
dlongo@dcsdk12.org

Chanel Chavez

Chatfield High School (5A) (2027)
Chanel.chavez@jeffco.k12.co.us

STATE RULES INTERPRETER

[Jo-Di Tapia](#), CHSGGJA Rules Interpreter

CHSGGJA PRESIDENT

[Tina Phibbs](#)

For all interpretations, please email [Jenn](#) & [Jo-Di](#)

CHSAA COMMITTEE MEETING

Tuesday, November 12 @ 1:00PM

This meeting will be a virtual meeting via ZOOM. If you plan on presenting a proposal or a topic for discussion, please contact [Jenn Roberts-Uhlig](#), Assistant Commissioner at CHSAA or [Lisa Sparrow](#), CHSAA Committee Chairperson so you can be placed on the agenda. Changes made at the meeting, pending the legislative council process, are in effect for the 2025 season unless otherwise noted.

COMMITTEE PROPOSALS

If you plan on bringing a proposal to the committee you must submit a [CHSAA Committee Proposal Form](#) that has been proposed by a league and signed by the league president. This form is due **one week** prior to the committee meeting. Please email this form back to [Audra Peterson Cathy](#).

HOW TO GET RECOMMENDED FOR A COMMITTEE:

Contact your league president, athletic director or Legislative Council Representative in February for a recommendation.

CHSAA • NFHS • SPORT RULE CHANGES

**CHSAA MAJOR CHANGES
2024-2025**

- 1. **CLASSIFICATION OF SCHOOLS**
 – Constitution & Bylaws, Article 1500, Rule 1500.1, 1500.2
 1500.24, 1500.25, 1500.26 & 1510..... page 40-45
- 2. **COACHES REQUIRED TO ATEND RULES MEETING**
 – Constitution & Bylaws, Article 16, Rule 1650.1.....page 50
- 3. **KEEP SPRING SEASON OF SPORT CONSISTENT**
 – Constitution & Bylaws, Article 28, Rule 2890page 119
- 4. **FOOTBALL SEASON OF SPORT**
 – Constitution & Bylaws, Article 34, Rule 3401.1.....page 124
- 5. **ICE HOCKEY SEASON OF SPORT**
 – Constitution & Bylaws, Article 37, Rule 3700.1.....page 129
- 6. **T & PF PROCESS & STRUCTURE CHANGE**
 – CHSAA T & PF Committee Report
 Please refer to CHSAANow.com, Legislative Council, January Committee Reports

Please note that the CHSAA staff continually updates the CHSAA Constitution and Bylaws as needed. The most updated document can be found at CHSAANOW.com.

NATIONAL FEDERATION RULE CHANGES



For information on the 2024-2026 Girls Gymnastics Rules Changes, please go [HERE](#).

For information on the 2024-2026 Girls Gymnastics Points of Emphasis, please go [HERE](#).

[NFHS Adjusted Uniform Rules](#)

SPORT POLICY/PROCEDURE CHANGES

Major Changes

No major changes

Informational Items

1. All teams must submit a team roster to the CHSAA Office by first Friday in September (September 6, 2024), subject to late fee if not submitted date listed. Any individual must compete in a minimum of five meets during the regular season to be eligible to compete in the regional and state meets. Waivers for injuries and other issues can be filed with the Assistant Commissioner in charge of gymnastics.
2. All regionals shall use the same computer scoring system.
3. The 16th qualifier in each event (4A and 5A) will warm-up for finals in the event of an injury to a top 15 athlete.
4. Competitors Scores, per rule 3-2-1. The CHSAA has determined that no more than 6 per event shall count toward team scores. Those 6 competitors shall be identified prior to competition.
5. Coaches are responsible for entering all regular season gymnastics meet scores on CHSAANow within 48 hours of meet. The site will be monitored to ensure all scores are posted.
6. **NEW:** Waiver form for gymnasts who have not participated in required (5) minimum varsity meets. Proper documentation is required to be submitted with each waiver. As an example - In the case of an injury to athlete, the documentation would include a note from a doctor of when the injury occurred and an additional note of the date of return-to-play was recorded. The doctor's notations are part of the required timeline and would be in conjunction with the meets which the athlete did not participate in during the regular season. Waiver will be available [HERE](#).

SPORTS MEDICINE ADVISORY COMMITTEE

For all CHSAA sports medicine policies, procedures, and protocols, please visit the [Sports Medicine Advisory Committee Handbook](#).

Lightning and Tornado Policy and Procedures and Heat Acclimatization and Safety Priorities can be found in the [Sports Medicine Advisory Committee Handbook](#).



SPORTSMANSHIP

[CHSAA Game Management & Sportsmanship Expectation Guide](#)

BECOMING AN OFFICIAL/JUDGE

If you or someone you know is interested in becoming an official/judge, please contact Monica Tillman in the CHSAA officials office at mtillman@chsaa.org.

THE AMERICANS WITH DISABILITY ACT

Please note: All rules and policies contained within this bulletin are subject to the ADA's requirement to provide reasonable modifications for a disabled student(s). A reasonable modification(s) shall provide a disabled student with equally effective access [to the activity] unless the provision of such reasonable modification would constitute a fundamental alteration of the essential elements of the activity involved. Please refer to CHSAA bylaw 500 for more detailed information.

MINI CHAMPIONSHIP TROPHIES

You can find the link for the Personal Trophy PDF [HERE](#).

COLORADO COACHES CODE OF ETHICS



1. **PROFESSIONALISM** A COACH will uphold the honor and dignity of the profession. In all personal contact with students, officials, athletic directors, school administrators, the state high school athletic association, the media, parents, and the public, the coach will strive to set an example of the highest ethical and moral conduct.
2. **INFLUENCE** A COACH will be aware that he or she has a tremendous influence on the education of the student and, thus, shall place the highest value on instilling the ideals of character. The coach will realize that he or she is a role model, both in the school, the community and on social media accounts, and his or her actions must live up to their words.
3. **LIFE LESSONS** A COACH will know that the lessons of the game are more important than the outcome of the game, and the coach will demonstrate an understanding of the athletes' growth and development in life beyond the game.
4. **PRIORITIES** A COACH will remember that the game is for the young people, and will place the athletes' needs and interests before his or her own.
5. **SPORTSMANSHIP** A COACH will personally demonstrate sportsmanship, and exert his or her influence to enhance sportsmanship by all team members and spectators.
6. **RULES** A COACH will master the contest rules and shall teach them to his or her team members. The coach shall honor both the spirit and letter of the rules.
7. **SAFETY** A COACH will ensure a safe environment and safe equipment, and practice safe training techniques based on current practices.
8. **OFFICIALS** A COACH will respect and work with officials, understanding their importance and the role that they play in the event.
9. **TRAINING RULES** A COACH will take an active role in promoting a positive lifestyle and in the prevention of alcohol, tobacco and drug usage by team members.
10. **SOCIAL MEDIA** A COACH will use team social media for only positive communication, team promotion, and team building, and encourage team members to use social media responsibly.
11. **PARTNERS** A COACH will work with the athletic director to be knowledgeable about and follow school district policies and procedures, and CHSAA rules and bylaws.
12. **CONTINUED DEVELOPMENT** A COACH will continue his or her own professional development through coaching clinics, and other learning tools. The coach will continually seek a mastery of coaching principles and techniques, and show interest in continual growth.

(adapted from NFHS, NHSACA, and CHSCA)

Regular Season

BEGINNING OF THE SEASON ROSTER

Under policy adopted by the Legislative Council, each school is required to submit a team roster listing all its girls' on the gymnastics team to the CHSAA Office at the beginning of each season. Late roster additions during the season may be forwarded to the CHSAA office as needed.

The roster serves as a beginning checkpoint for a policy that was approved by the Legislative Council that requires that any individual gymnast must compete in a minimum of five (5) meets during the regular season to be eligible to compete in the regional and state meets.

Rosters must be submitted to the CHSAA office by **September 6th** via the online form ONLY. Follow the path below to submit your roster form. (This roster will be the one used for the State Roster as well; see below).

[Submit Roster](#)

Postseason waiver form for gymnasts who have not participated in required (5) minimum varsity meets. Proper documentation is required to be submitted with each waiver. As an example - In the case of an injury to athlete, the documentation would include a note from a doctor of when the injury occurred and an additional note of the date of return-to-play was recorded. The doctor's notations are part of the required timeline and would be in conjunction with the meets which the athlete did not participate in during the regular season. **Waiver deadline is Oct. 17th.**

[Postseason Gymnastics Waiver](#)

MEET LIMITS

No student may participate in more than 11 scheduled gymnastics meets during a gymnastics season exclusive of regional and state meets.

RULES

The 2024-2026 National Federation of State High School Associations Gymnastics Rulebook will be the "official" rules. Since the rule book is a 2-year rule book, new rule books will be mailed to schools.

EQUIPMENT SPECIFICATIONS

All competitive equipment shall meet rule specifications. If equipment does not meet specifications, the CHSAA is to be notified. It is the responsibility of the school to provide equipment for competition that meets rule specifications. If the safety of the equipment is in question, the officials, in cooperation with the involved school administrators, will determine whether the event will take place. [NFHS Equipment Requirements](#)

ENTRIES

Each school may enter a maximum of SIX GIRLS PER EVENT for Regional and State Competition. The events are: Balance Beam, Floor Exercise, Uneven Parallel Bars, and Vault. EXHIBITIONS ARE NOT ALLOWED.

See note above on roster and meet requirements.

SCORE SHEETS

As per the National Federation 2024-26 Rulebook, "A gymnast's scores may be checked by a coach at the scorer's table without a deduction." (5-1-5, page 17). Inquiry(ies) must be in writing and must be submitted to the meet referee or Chief Judge.

NOTE: Your official score sheet, signed by the CHIEF JUDGE, MUST accompany this qualifying sheet. This sheet plus your SCORE CARD MUST be presented to the CHIEF JUDGE prior to each event.

The scoring table must receive score sheets first.

Coaches may review true scores of their schools' gymnasts only.

The score sheets for that event may be reviewed for a maximum five (5) minutes. After five minutes, the score sheets are to be collected. The coaches may not retain score sheets.

All inquiries or verbal intents to inquire must be submitted to the meet referee no later than 5 minutes after all scores are recorded for that event.

ASSOCIATION CLARIFICATION ON RULE REGARDING "CLERICAL ERRORS"

The procedure for dealing with verified clerical errors in scores has been determined by the CHSAA office.

"Thirty minutes after the conclusion of the preliminary session, all results will be final."

Once the meet referee verifies the meet results and signs the official score sheet, the results are final for the entire meet.

Each host school must:

- 1) send score sheets directly to the scoring table,
- 2) allow score sheets to be reviewed one event at a time,
- 3) arrange for a person to supervise the viewing and collect the score sheets after five minutes.

SUBMITTING SCORES TO CHSAANOW.COM (REQUIRED OF ALL COACHES)

Coaches are required to use the following forms to submit results:

<https://chsaanow.com/sports/2021/7/23/submit-gymnastics-results.aspx>

It is the responsibility of each head coach to ensure that all regular season gymnastics meet scores are posted to CHSAANow.com. The site will be monitored through the season to ensure that all scores are being entered. CHSAA would like for results to be completed within 48 hours of the completion of the meet.

The results will then appear here: <https://chsaanow.com/sports/2022/7/22/-gymnastics-results.aspx>

If you have any questions, please contact [Ryan Casey](#).

INQUIRY PROCESS

According to the National Federation, "Score sheets may be checked by the coach without deduction." Inquiries must be in writing and must be submitted to the meet referee. The written inquiry or verbal intent to inquire shall be submitted no later than five minutes after all scores for that team are recorded for that individual event. Score sheets may not be reviewed before they are recorded by the scoring table.

Coaches may review their gymnast's scores only; the review will not exceed five minutes after the judges' sheets come from the computer table. If a team is up on another event, the meet referee will give special consideration.

Each tournament site must:

1. Send score sheets directly to the scoring table,
2. Allow score sheets to be reviewed one event at a time,
3. Arrange for a person to supervise the viewing and collect the score sheet.

COMPETITORS SCORES

Competitors Scores per rule 3-2-1 of the NFHS Gymnastics Rule Book. The CHSAA has determined that 6 may compete but no more than 5 competitor's scores per event shall count toward team scores. Those 6 competitors shall be identified prior to competition.

EMERGENCY ACTION PLANS

Every member school is required to create a venue-specific Emergency Action Plan (VEAP) for each site that the member school practices and hosts athletic contest.

The VEAP must include location, emergency access, emergency contact information and a listing of each member in protocol's duties. An annual VEAP training must take place no less than one time a year.

This plan must be completed for all on-site and off-site practice/competition venues.

OFFICIALS/JUDGES



For all current CHSAA officials' fees, please visit the [officials page](#) of the CHSAA website.

For information on CHSAA officials' travel fees, please visit the [officials page](#) of the CHSAA website.

If you have any questions about these fees or any other officials/judge related items, please contact the CHSAA officials representatives, [Mike Book](#) and [Monica Tillman](#)

4A/5A REGIONAL QUALIFYING FORMAT

CLASS 4A TEAMS (1 – 1610) (~~16~~ 15 teams listed alphabetical)

Alamosa – 582	Ft. Morgan – 898	Palmer Ridge – 1092
Bear Creek – 1433	Green Mountain – 1084	Pueblo Central – 956
Canon City – 1016	Lone Star – 42	Roosevelt – 1113
Denver South – 1802	Loveland – 1508	Standley Lake – 1182
Elizabeth – 682	Northfield - 1860	
Evergreen – 954	Niwot – 1359	

CLASS 5A TEAMS (1692 – up) (15 teams listed alphabetical)

Arvada West – 1841	Denver East – 2600	Pomona – 1133*
Broomfield – 1615*	Heritage – 1694	Ponderosa – 1406*
Chatfield – 1785	Lakewood – 1888	PSD - 2040
Cherry Creek – 3803	Mountain Range – 1750	Rock Canyon – 2350
Columbine – 1688	Overland – 2097	Thornton – 1395

*-play up requested

CLASS 4A/5A REGIONAL ASSIGNMENTS

Regionals will be seeded on Monday, October 21, 2024, by a seeding committee made up of members of the Gymnastics Committee. The seeding criteria will be as follows:

Designated Host:	Overland HS Thursday October 31, 2024	Mountain Range HS Friday November 1, 2024	Arvada West HS Saturday November 2, 2024
5A Seeding	1 st highest average	2 nd highest average	3 rd highest average
	6 th highest average	5 th highest average	4 th highest average
	7 th highest average	8 th highest average	9 th highest average
	12 th highest average	11 th highest average	10 th highest average
4A Seeding	1 st highest average	2 nd highest average	3 rd highest average
	6 th highest average	5 th highest average	4 th highest average
	7 th highest average	8 th highest average	9 th highest average
	12 th highest average	11 th highest average	10 th highest average

Please note: For Class 4A, the average of the 3 highest team scores submitted to CHSAA through Saturday October 19th will be used for placement in the rotation located under the 5A qualifying criteria. 5A also will use the average of 3 highest team scores for placement.

No regional should have more than 12 schools in it, but if there are more than 12 schools in a region, the committee will go to 13-14-15-16 with byes at 4, 9, and 11 for 13 teams. The Gymnastics Committee will combine all the 4A and 5A scores from the average of their 3 highest scores turned into the CHSAA. They will put them in order according to the highest average to lowest. They will be ranked and placed appropriately according to the chart above.

Once teams are placed in a region, then the committee will seed them according to their scores. The teams with the highest scores will be drawn from rotations 9-10-11-12 by the committee. The next highest scores will be drawn for rotations 5-6-7-8 and the lower teams' scores and individuals' rotations 1-2-3-4.

NOTES:

- Regionals may change depending on the number of schools with programs in each region.
- Bars and bar extenders differ at each site.
- Only a Regional Champion plaque will be awarded at each site.
- 4A/5A Regional time schedule – TBA

REGIONAL GYMNASTICS QUALIFYING MEET ENTRY FORM/ROSTER

Please complete the [Regional Gymnastics Qualifying Meet Entry Form/Roster](#) and turn in at your regional meet coaches meeting.

REGIONAL HOSTS – COMPETITOR SEATING

Regional hosts must designate an area in the bleachers of their facility for competitors to sit during competition. Non-competing athletes shall be seated here while their teams are competing.

TOURNAMENT & PLAYOFF FINANCE

Click to review: [New playoff financial reporting requirements for the 2024-2025 playoffs.](#)

No percentage of gate revenue is owed to CHSAA and no travel reimbursements will be paid to the visiting team.

If a host distributes free tickets, this needs to be made equitable to the visiting team. For example, if a host school lets students in for free to a game, then the visiting team students should be allowed in free as well, as stated in the T&PF Committee Report.

If you are a host school for a regional, [Sarah Vernon-Brunner](#) the CHSAA Director of Business Operations, will email you the reporting form. The financial reporting form is interactive, allowing you to send it directly to the CHSAA via email.

REGIONAL GYMNASTICS (MINIMUM) TICKET PRICES

\$10 adult

\$7 Student K-12 & Senior Citizen

Tie-Breakers – Regionals & State

INDIVIDUAL TIE-BREAKER

1. Average all judges' scores, if still tied
2. Chief Judge Score

If there is a two-way tie for 2nd place in an event, the awards would be given as follows:

1st, 2nd, 2nd, 4th, 5th, 6th, 7th, 8th

If there is a 3-way tie for 4th: 1st, 2nd, 3rd, 4th, 4th, 4th, 7th, 8th

If there is a 3-way tie for 5th: 1st, 2nd, 3rd, 4th, 5th, 5th, 5th, 8th

ALL AROUND TIE-BREAKER (WITH 4 JUDGES)

1. Add the scores of all 4 judges on each event and average; combine the four event averages for a total. If still tied:
2. Add scores of all 16 judges on the four events for a total. If still tied:
3. Add the scores of the 4 Chief Judges from each event. If still tied:
4. The tie stands.

TEAM TIES

After all tie-breaking methods have been applied, and ties still exist, the ties will be awarded. The tiebreaker method will be applied at regional competition and through finals of the state meet. The 11th team for 5A and 10th team for 4A will qualify for the State Championships should this occur, then the qualifying individuals for 5A will change from top 2 individuals on each event at each regional and the next highest 6 individuals (12) on each event, regardless of which regional, to the top 1 individual and next highest 7 individuals (10) on each event, regardless of which regional. The state meet will change from 2 groups of 6 individuals to 1 group of 10 individuals because there will be 11 teams in a 12 team rotation.

Should this occur in 4A, the change will go from top 3 individuals at each region and the next highest 9 (18) individuals, regardless of which region, to the top 2 individuals and the next highest 6 individuals (12), regardless of which regional. The state meet will change from 3 groups of 6 individuals to 2 groups of 6.

4A/5A STATE CHAMPIONSHIP INFORMATION

4A/5A State Gymnastics will be seeded on Monday, November 4, 2024, by a seeding committee made up of the Regional Hosts, CHSAA administration & 4A/5A state meet referees. Information will be sent to schools and posted on CHSAANow.com at the conclusion of this meeting.

4A TEAM QUALIFYING

Nine (9) teams will qualify to compete at the state championships. The top team score in each regional plus the next six (6) best team scores regardless of regional shall qualify for state.

4A INDIVIDUAL QUALIFYING

The top three (3) individuals in each event from each regional, not on a state qualifying team plus the top nine (9) individuals on each event regardless of regional (not on a state qualifying team) will qualify for the state tournament (3 groups of 6 individuals – 18 total)

5A TEAM QUALIFYING

Ten (10) teams will qualify to compete at the state championships. The top team score in each regional plus the next seven (7) best team scores regardless of regional shall qualify for state.

5A INDIVIDUAL QUALIFYING

The top two (2) individuals on each event from each regional, not on a state qualifying team plus the top six (6) individuals on each event regardless of regional (not on a state qualifying team) will qualify for the state tournament (2 groups of 6 Individuals per event – 12 total).

4A/5A STATE ROTATIONS

When teams and individual groups are placed in the state rotation they will be placed by the below order:
Top 4 teams: Rotations 9-12; next 4 teams; Rotations 5-8; individuals & remaining teams: Rotations 1-4.

THREE DAY STATE MEET FORMAT

We will have the 5A state team and all-around meet on Thursday, November 7, and the 4A state meet and all-around on Friday, November 8. Both will be based on 12-team rotations. The individual finals will be held on Saturday, November 9.

4A STATE MEET

Friday afternoon competition begins at 3:00 pm. with the top nine (9) teams and three (3) groups of (6) six individuals competing for team honors, all-around championships and for the top 15 spots to qualify for individual finals. This is to be done in a 12-team rotation, four events at a time. Finals will feature all events at one time starting at 1:30 p.m. on Saturday.

5A STATE MEET

Thursday afternoon competition begins at 3:00 pm with the top ten (10) teams and two (2) groups of six (6) individuals competing for team honors, all-around championships, and for the top 15 spots to qualify for individual finals. This is to be done in a 12-team rotation, four events at a time. Finals will feature all events at one time starting at 1:30 p.m. on Saturday.

JUDGES

Four (4) judges have been selected for each event by the CHSAA.

ALTERNATES AT STATE

Alternates for final competition are required to warm-up in case of injury to any of the top 15 finalists.

INDIVIDUAL FINALISTS

Individual finalists for Saturday's finals must wear team-approved, team-colored leotard for competition. No club or third party leotards allowed.

COMPETITOR SCORING

The top 15 individuals for each event will compete in finals Saturday afternoon. All around will be decided during the 5A Thursday afternoon and 4A Friday afternoon competition. All gymnasts competing Thursday and Friday afternoons are eligible to qualify for finals. Individual medals will be awarded at the conclusion of finals on Saturday afternoon.

INDIVIDUAL FINALS SEEDING

The top 15 competitors in all apparatus will qualify for finals Saturday afternoon. The 4A & 5A state appointed meet referees and a CHSAA appointed liaison will determine the order of competition. The top 8 scores will be shuffled and the bottom 7 scores will be shuffled to create the top 15 order of competition in each apparatus. Each year 4A and 5A will flip flop the rotation order per classification. Scores from the final session only will determine final placing. **NOTE: The 16th qualifier in each event must be in attendance and in uniform in the event one of the 15 finalists cannot compete.**

Finals rotation order:

Even years 5A will start on Vault & Beam 4A will start on Uneven Bars & Floor Exercise

Odd years 5A will start on Uneven Bars & Floor Exercise 4A Vault & Beam

FINAL COMPETITORS

Athletes who make it to finals but are unable to compete must notify the meet referee so she can notify the alternate and judges in adequate time.

EQUIPMENT

Quality apparatus will be provided. An additional warm-up area will be provided. **ONLY #10 rails** will be used on uneven parallel bars. Schools may bring their own vaulting boards to the meet and must assume complete responsibility for replacement and removal from the event in which it is being used. Failure to comply with this ruling will result in delay of meet deduction.

MUSIC

Individual music is required for each floor exercise competitor. It is advisable for coaches to prepare a master copy and have it available at the meet. iPod, or phone may be used.

STATE CHAMPIONSHIP TICKET PRICES

State All Day Pass –

\$12 adult

\$9 Student K-12 & Senior Citizen

COPYRIGHT COMPLIANCE

The Colorado High School Activities Association (CHSAA) assumes no responsibility for the payment of copyright, royalty, or any other fees associated with the performances on any material in gymnastics competition. The sole responsibility of ensuring that all U.S copyright laws, in connection with music and school performances are adhered to, belong with the school and/or coaches of the representative teams. The CHSAA requires coaches to use the copyright compliance database for regionals and state performances at state.

Also, coaches will be asked to “check” a box on their State registration form that they and their gymnasts are in compliance with United States copyright laws and all sound recordings used in their individual’s music shall only be used with written license from the owner of the sound recording. All penalties associated with non-compliance will be the responsibility of the school and/or coaches of the team. For regional and state competition, all coaches must create an account with the NFHS (NFHS.org). Once you have set up your account, you log-in and go to the Resources tab on the menu bar.

The 2024 CHSAA Regional/State Gymnastics Championship link is being worked on at the time of publication and will be updated soon. Keep checking this document for updates and the CHSAA office will also send an email.

Click on Copyright Compliance and then click on Search Events > Colorado and select 2024 CHSAA Regional/State Gymnastics. You will add your school information and your name and email in the appropriate spaces, then click on Next to enter the information required, which includes the type of music used (select Gymnastics in dropdown). Fill in the requested information to get your gymnast’s music registered.

The gymnast will not be allowed to compete unless this information is entered prior to the competition.

It is the responsibility of the coach to fully understand copyright compliance and the NFHS has developed a course to assist coaches in this important and potentially problematic area. The course is free and can be found at:

[NFHS – Understanding Copyright and Compliance](#)

STATE ATHLETIC TRAINER

The CHSAA provides an Athletic Trainer at all state events, however it is the responsibility of the team/athlete to provide their own tape and supplies for pre-meet taping.

WARM-UPS

No warm-up is allowed on the competition floor during competition.

COACHES MEETING

Forty-five minutes is to be allotted for a coaches meeting to be held 1-hour prior to event. Gymnasts will not be allowed on the floor at this time.

COMPETITOR CARDS

The CHSAA will provide color-coded cards for each individual event:

The competitor cards (4 per school) will be supplied by the CHSAA at site registration. Four cards will be completed for the preliminary session. The scoring table will complete the cards for finals.

AWARDS

Winners at the State Championships will receive medals for the first eight places in individuals and all-around events, and a trophy will be presented to the first place team and the second place team. All team scores will be announced. Any school represented at the state meet may qualify for team awards. Awards will be presented at the closing ceremonies. All around and individual awards will be presented on Saturday after the finals competition. Team trophies will be presented on Thursday and Friday after 4A and 5A meets.

BALLOONS

No Balloons will be permitted at the State Championship Site. It is at the discretion of all other competition sites as to whether they allow balloons.

SCHOOL BANNERS

Only official school banners of non-paper material will be permitted. Only Banners with school name and official school's logo (by board adoption) will be allowed.

SALE OF SOUVENIR ITEMS

No sale of souvenir items such as t-shirts, etc. other than an approved contractor by the CHSAA office will be permitted at any tournament. The Kukulski Brothers are the official souvenir vendors of the CHSAA.

4A/5A STATE GYMNASTICS TIME SCHEDULE

[General Schedule](#)

CHSGGJS SCHOLARSHIP

The Colorado High School Girl's Gymnastics Judges Association's mission is to provide a positive outlet for student-athletes participating in the sport they love.

The goal of this scholarship is to contribute funds to a student-athlete whom has taken a hardship and turned it into a positive event helping them to get to and through their high school days. The student-athlete has proven tenacity to excel in her own way in the classroom, community and gym.

For more information and application form visit <https://www.chsggia.org/chsggia-scholarship.html>

Or scan the QR code on the flyer below.

CHSAA COPYRIGHT COMPLIANCE

Copyright compliance refers to the adherence to copyright laws and regulations that protect the intellectual property rights of creators and owners of original works.

HOW TO ENSURE COPYRIGHT COMPLIANCE

- Understand copyright distinctions: Differentiate between copyrighted materials and public domain content.
- Consult legal counsel: Seek clarification or legal advice when unsure about copyright matters.
- Obtain necessary permissions: Acquire permission or licenses from copyright holders when required.
- Mind music performance licenses: Ensure proper licensing for live public performances of copyrighted music.
- Avoid illegal activities: Refrain from illegal file-sharing and downloading unlicensed content.
- Restrict access: Limit access to copyrighted materials on the web to authorized users only.
- Post copyright notices: Inform users about copyright law and fair use with visible notices.
- Regularly evaluate compliance: Review each work for compliance using licensed materials, openly accessible resources, fair use, permissions, and alternatives.
- Educate employees: Provide resources and training on copyright practices, especially in educational settings.
- Foster respect for intellectual property: Encourage a culture that values intellectual property and the creation of original works.

COMMON COPYRIGHT COMPLIANCE MISTAKES

Common copyright compliance mistakes often include using copyrighted materials without permission or proper attribution, assuming that all materials in the public domain are free to use without attribution, and failing to consider multiple copyrights that may exist for a single item. Additionally, engaging in illegal file sharing can lead to copyright infringement.

CLICKNCLEAR

ClicknClear is an award-winning music rights tech company delivering officially licensed music to choreographed sports athletes/teams and performing arts ensembles that use music in their routines worldwide.

Every track on the platform comes direct from the music industry, ready to license and download instantly - available for use by either the teams / performer(s) themselves or music producers who assist in the mixing / editing process.

[Link to Website](#)



NFHS COURSE

UNDERSTANDING COPYRIGHT COMPLIANCE

This helpful course explains what copyright means and when there may be exceptions. It discusses Fair Use, when a piece of music might be in the Public Domain, copyright infringement penalties and much more. This unique course has been designed for the specific needs of a Spirit Coach (among others).

[LINK TO COURSE](#)



JENN ROBERTS- UHLIG
Assistant Commissioner
jrobertsuhlig@chsaa.org



AUDRA PETERSON CATHY
Coordinator of Sports
apetersoncathy@chsaa.org

The Colorado High School Activities Association (CHSAA) assumes no responsibility for the payment of copyright, royalty, or any other fees associated with performances of any material by its member school's competitors. All penalties associated with non-compliance will be the responsibility of the school and/or coaches of the teams.

COLORADO HIGH SCHOOL GYMNASTICS JUDGES ASSOCIATION

SCHOLARSHIP

apply today

SCHOLARSHIP APPLICATION

Applicants Name: _____

Present Address: _____

Phone: _____

IF YOU
ANSWER YES,
YOU SHOULD
APPLY

- CHSAA senior gymnast
- 2.5 GPA minimum
- Attending secondary or trade school post graduation

Deadline is October 16

FOR THE
STUDENT IN
STUDENT-
ATHLETE

For more
information, visit
chsggja.org, or
scan QR code.



Apply here



COLORADO HIGH SCHOOL ACTIVITIES ASSOCIATION
14855 E. Second Avenue
Aurora, Colorado 80011
(303) 344-5050

INQUIRY(IES) SHEET

SCHOOL _____ EVENT _____ SESSION _____

GYMNAST'S NAME _____

GYMNAST'S COMPUTER NUMBER _____

REASON FOR INQUIRY _____

COACH'S SIGNATURE _____

REFEREE'S DECISION _____

REFEREE'S SIGNATURE _____

INSTRUCTIONS TO SCORER'S TABLE (IF NECESSARY) _____



ROUTINE DIFFICULTY SHEET

Coaches: Completing the routine difficulty sheet is not required.

When filling out the difficulty, please make sure that it is written in the expected manner in which it is to be performed. It must be given to the judges prior to your first performer in each event.

DATE _____ SCHOOL _____ EVENT _____

COMPETITOR 1	COMPETITOR 4
COMPETITOR 2	COMPETITOR 5
COMPETITOR 3	COMPETITOR 6

RUNNING SCORE SHEET _____

School _____
CJ #2 #3 #4 AVE

1					
2					
3					
4					
5					
6					

School _____
CJ #2 #3 #4 AVE

1					
2					
3					
4					
5					
6					

School _____
CJ #2 #3 #4 AVE

1					
2					
3					
4					
5					
6					

School _____
CJ #2 #3 #4 AVE

1					
2					
3					
4					
5					
6					

School _____
CJ #2 #3 #4 AVE

1					
2					
3					
4					
5					
6					

School _____
CJ #2 #3 #4 AVE

1					
2					
3					
4					
5					
6					

School _____
CJ #2 #3 #4 AVE

1					
2					
3					
4					
5					
6					

School _____
CJ #2 #3 #4 AVE

1					
2					
3					
4					
5					
6					



VAULT RUNNING SCORE SHEET

School _____

	CJ	J2	J3	J4	AVE
1					
2					
3					
4					
5					
6					

School _____

	CJ	J2	J3	J4	AVE
1					
2					
3					
4					
5					
6					

School _____

	CJ	J2	J3	J4	AVE
1					
2					
3					
4					
5					
6					

School _____

	CJ	J2	J3	J4	AVE
1					
2					
3					
4					
5					
6					

School _____

	CJ	J2	J3	J4	AVE
1					
2					
3					
4					
5					
6					

School _____

	CJ	J2	J3	J4	AVE
1					
2					
3					
4					
5					
6					

Comp. #	All Around	School:					Event: BALANCE BEAM			
		Name:	J1	J2	J3	J4	Ave.	CJD	Ave.	
	Circle one									
	1									
	2									
	3									
	4									
	5									
	6									
							Team Total:			

Comp. #	All Around	School:					Event: BALANCE BEAM			
		Name:	J1	J2	J3	J4	Ave.	CJD	Ave.	
	Circle one									
	1									
	2									
	3									
	4									
	5									
	6									
							Team Total:			

Comp. #	All Around	School:					Event: FLOOR EXERCISE			
		Circle one	Name:	J1	J2	J3	J4	Ave.	CJD	Ave.
	1									
	2									
	3									
	4									
	5									
	6									
							Team Total:			

Comp. #	All Around	School:					Event: FLOOR EXERCISE			
		Circle one	Name:	J1	J2	J3	J4	Ave.	CJD	Ave.
	1									
	2									
	3									
	4									
	5									
	6									
							Team Total:			

Comp. #	All Around	School:					Event: UNEVEN PARALLEL BARS		
		Name:	J1	J2	J3	J4	Ave.	CJD	Ave.
	Circle one								
	1								
	2								
	3								
	4								
	5								
	6								
		Team Total:							

Comp. #	All Around	School:					Event: UNEVEN PARALLEL BARS		
		Name:	J1	J2	J3	J4	Ave.	CJD	Ave.
	Circle one								
	1								
	2								
	3								
	4								
	5								
	6								
		Team Total:							

Comp. #	All Around	School:					Event: VAULT			
	Circle one	Name:	J1	J2	J3	J4	CJ	Ave.	Best	
	1									
	2									
	3									
	4									
	5									
	6									
			Team Total:							

Comp. #	All Around	School:					Event: VAULT			
	Circle one	Name:	J1	J2	J3	J4	CJ	Ave.	Best	
	1									
	2									
	3									
	4									
	5									
	6									
			Team Total:							

Judges: Do not cross through scores on event cards.

Be sure to put judge # on FRONT AND BACK of sheet!

Keep very accurate scores

Chief Judge: Running score kept by CJ score keeper



Coaches: Circle your all around competitors

Judges: Do not cross through scores on event cards.

Be sure to put judge # on FRONT AND BACK of sheet!

Keep very accurate scores

Chief Judge: running score kept by CJ score keeper



Coaches: Circle your all around competitors

SCORE SHEETS

Please use the links below to access the score sheets.

[2024-26 Vault Score Sheet](#)

[2024-26 Uneven Bars Score Sheet](#)

[2024-26 Floor Score Sheet](#)

[2024-26 Beam Score Sheet](#)

[2024-26 Chief Judge/Meet Referee Deduction Sheet](#)

**WE WILL BE
PROVIDING**



**PANORAMIC STYLE
8X24 PRINTS LIKE
THESE SAMPLES**

**DISCOUNTED
PRICE ONLY**

\$30



**TEAMS MAY OPT FOR
TRADITIONAL STYLE
PHOTOS AS WELL!!**



**CHSAA OFFICIAL
PHOTOGRAPHER 775 230 4320**