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CHSAA™



GYMNASTICS

2025

BULLETIN

CHSAA CONTACTS:

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chsaaanow.com





July 2025

TO: CHSAA Gymnastics Schools

FR: Jenn Roberts-Uhlig, Associate Commissioner – CHSAA Girls' Gymnastics Liaison
Audra Peterson Cathy, Senior Coordinator of Sport

RE: Girls' Gymnastics

Welcome to the 2025 Girls' Gymnastics Season. A new season brings excitement and energy as we head into a new high school season.

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;
- 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 16 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.
- 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. 23)

Regional competition will be held October 30- Nov 1 at predetermined sites. There will be a site at Overland (10/30), Mountain Range (10/31) and Arvada West (11/1). 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 or the NFHS Girls Gymnastics Rules Book. 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 2025!

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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.

2025 CHSAA GYMNASTICS CALENDAR	
Pre Season Zoom Meeting	August 14 @ 6pm
Practice Begins	August 11
First Scrimmage	August 16
First Contest	August 21
Gymnastics Roster Due	September 5
Last Contest	October 18
4A/5A Regional Seeding Meeting	October 20
Gymnastics Waiver Due	October 23
Gymnastics Music Compliance Due	October 25
4A/5A Regionals	October 30-November 1
4A/5A State Seeding Meeting	November 3
4A State Championships	November 7 & 8
5A State Championships	November 6 & 8
Gymnastics Committee Meeting	November 18



CHSAA GYMNASTICS ADVISORY COMMITTEE

Lisa Sparrow (Chair)

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

Zach Morris

Bear Creek High School (2026)
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Nicole Bowles

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Broomfield High School (5A) (2027)
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Kelsey Downs

Pueblo Central (4A) (2028)
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Chanel Chavez

Chatfield High School (5A) (2027)
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STATE RULES INTERPRETER

[Amy Sobolik Brown](#), CHSGGJA Rules Interpreter

CHSGGJA PRESIDENT

[Tina Phibbs](#)

For all interpretations, please email [Jenn](#) & [Amy](#)

CHSAA COMMITTEE MEETING

Tuesday, November 18 @ 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.

MAJOR CHANGES 2025-2026

1. CLOC TIMELINES & LOGISTICS
– Constitution & Bylaws, Article 15, Rules 1500.2 - 1500.48page 42
2. CLASSIFICATION & LEAGUE PLACEMENT DETERMINATIONS
– Constitution & Bylaws, Article 15, Rule 1510.....page 46
3. TRANSFER TYPES (MILITARY, GUARDIANSHIP & ADMINISTRATIVE)
– Constitution & Bylaws, Article 18, Rules 1800.31 - 1800.33page 68
4. AMATEUR STATUS (NAME, IMAGE & LIKENESS)
– Constitution & Bylaws, Article 20, Rules 2000.1 - 2000.8.....page 83
5. ADMINISTRATIVE CONTROL
– Constitution & Bylaws, Article 2200, Rule 2260.2page 96
6. SUNDAY PRACTICE – ICE HOCKEY & ALPINE SKIING
– Constitution & Bylaws, Article 23, Rule 2310.5page 102

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. Committee met November 12, 2024.
2. The waiver process is being evaluated for integrity of the sport and student athletes participating. Discussion on how to implement a streamline process to uphold accountability.
3. Waiver deadline will be Thursday prior to the week of Regionals.
4. All regionals shall use the same computer scoring system that will be used at state meet.
5. Regional time schedule will mimic the state time schedule.
6. 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.
7. 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.

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)

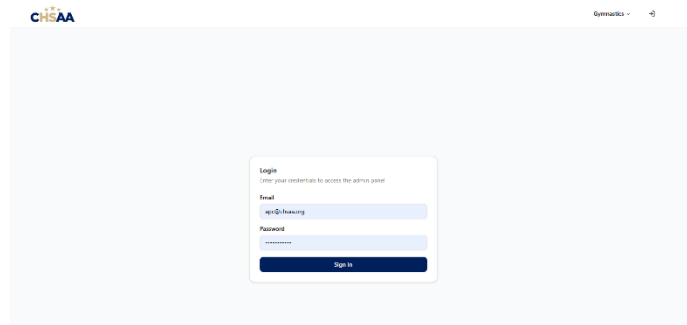
Gymnastics Platform, Rosters, Forms & Waiver Information

[NEW CHSAA GYMNASTICS PLATFORM](#)

Login: (email submitted to CHSAA office)

Password: (school name lower case with spaces)

password can be changed upon first login



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 5th** via the [NEW CHSAA Gymnastics platform](#) 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).

All team rosters are to be submitted to the CHSAA Office by the first Friday in September (September 5, 2025), and are subject to late fee if not submitted date listed.

For additional help importing roster, please see the CHSAA Gymnastics Platform instructions page [HERE](#).

[CHSAA Gymnastics Platform](#)

REGIONAL ROSTER FORM

The data for the regional roster will now be pulled from the NEW CHSAA Gymnastics platform. Each school will be required to ensure all results are up to date and will need to declare who will be eligible for post season competition in order to process the regional roster form. Only gymnasts who have competed in 5 or more meets will be eligible to be declared. It is imperative that you make sure all results for all your meets and individuals are imported correctly. Please check with the meet host if are seeing errors in any input.

By declaring your athletes in the CHSAA Gymnastics platform ,coaches and school administration affirm their commitment to the highest standards of honesty, accuracy, and ethical conduct. It is expected that all information provided, particularly regarding eligibility and participation status, will be accurate for every student athlete. Any attempt to misrepresent such information will be considered a serious breach of integrity of the mission and values of CHSAA and may result in disciplinary action in accordance with the policies of the CHSAA bylaws. This can mean a gymnastics program can be put on probation or restriction resulting in disqualification of the postseason.

POSTSEASON WAIVER

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. 23rd.**

[Postseason Gymnastics Waiver](#)

Regular Season Information

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 expect for unified athletes.

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.

The scoring table must receive score sheets first.

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.

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

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

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.

NEW: SUBMITTING SCORES IN NEW CHSAA GYMNASTICS PLATFORM

Only coaches who are hosting a meet are given permissions to use the following website to create meets & submit results:

[Create Meets & Submit Results](#)

It is the responsibility of each head coach to ensure that all regular season gymnastics meet scores are posted to CHSAA Gymnastics platform. The site will be monitored through the season to ensure that all scores are being entered. Results must be submitted within 48 hours of the completion of the meet.

CHSAA will use the CHSAA Gymnastics platform to verify that gymnasts have participated in the minimum required meets.

The results will then appear here: <https://chsaa.co/gymnastics>

If you have any questions, please contact [Jenn](#), [Audra](#), or [Ryan](#) at the CHSAA office.

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 prior to anyone completing in practice or competition. VEAPs should be developed with the Athletic Director and kept on file in the athletic office and coach.

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) (14 teams listed alphabetical)

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

CLASS 5A TEAMS (1692 – up) (16 teams listed alphabetical)

Arvada West – 1841	Denver East – 2600	Pomona – 1133*
Broomfield – 1615*	Heritage – 1694	Ponderosa – 1406*
Chatfield – 1785	Lakewood – 1888	Wellington/PSD - 2040
Cherry Creek – 3803	Mountain Range – 1750	Rock Canyon – 2350
Columbine – 1688	Overland – 2097	Thornton – 1395
		Valor Christian – 1223*

*-play up requested

CLASS 4A/5A REGIONAL ASSIGNMENTS

Regionals will be seeded on Monday, October 20, 2025, 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 30, 2025	Mountain Range HS Friday October 31, 2025	Arvada West HS Saturday November 1, 2025
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 18th 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

Each school participating will be required to bring a printed regional rosterform from the CHSAA Gymnastics platform and given to the regional site director. This form will indicate all declared gymnasts who are eligible for post season competition.

The data for the regional roster will now be pulled from the NEW CHSAA Gymnastics platform. Each school will be required to ensure all results are up to date and will need to declare who will be eligible for post season competition in order to process the regional roster form. Only gymnasts who have competed in 5 or more meets will be eligible to be declared.

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: **[Playoff financial reporting requirements for the 2025-2026 playoffs.](#)**

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 3, 2025, 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 6, and the 4A state meet and all-around on Friday, November 7. Both will be based on 12-team rotations. The individual finals will be held on Saturday, November 8.

4A/5A STATE GYMNASTICS TIME SCHEDULE

[General Schedule](#)

STATE CHAMPIONSHIP TICKET PRICES

State All Day Pass –

\$12 adult

\$9 Student K-12 & Senior Citizen

4A STATE MEET

Friday afternoon competition begins at 1:10 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 12:30 p.m. on Saturday.

5A STATE MEET

Thursday afternoon competition begins at 1:10 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 12:30 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 and will warm up during the warm up session.**

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. All music should be uploaded in NFHS account.



LICENSING MUSIC FOR CHEER, DANCE, AND GYMNASTICS

Copyright compliance is an important part of using any material that you did not create. When another person's work is used it is important the creator of that work is compensated for the way it is being used. [Copyright law in the United States](#) is clear in what rights a copyright owner has when it comes to protecting their work and the income that work can generate.

MASHUPS

When a school creates a mashup, permission must be secured. The most common uses for mashups are used in Cheer and Dance. A mashup license allows the team to change the original work and create a new work by either combining works or changing them in a way to fit the intended use. Because these changes are beyond a minor edit, the copyright owner has exclusive rights to allow these changes or not.

PERMISSIONS NEEDED TO USE MUSIC IN A ROUTINE

Anytime music that is not originally created is used in a routine, permission must be received. There are many ways to obtain the permissions needed, permissions should include:

- Editing if looking to combine songs, or to add sound effects, drum tracks, new lyrics, ect.
- Choreography
- Public Performance
- Mechanical license if a recording of your school band will be used.

Simply purchasing the song, have a streaming subscription, or taking it from YouTube does not provide the permissions needed.

UNALTERED MUSIC EXCEPT FOR TIME

Teams may use music that is unaltered in their routines as long as the music begins at the start of the song and is only ended for timing purposes. No other edits may be used. A public performance license is required for this type of use.

PUBLIC PERFORMANCE RIGHTS

Public performance licenses can be obtained to cover an entire school and all public performance needs by visiting the copyright resources page at <https://copyright.nfhs.org/>

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 2025 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 2025 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](#)

NFHS Gymnastics Music Compliance DUE: October 25th

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. When receiving awards on the podium gymnast must be in leotard or warmup. No sweat pants or leotard sleeves hanging.

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.

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 <http://www.chsggja.org/aimee-lewis-scholarship.html>

Or scan the QR code on the flyer below.



SOAR BEYOND THE MAT

Aimee Lewis Memorial Scholarship

Aimee was more than a judge, she was a cherished figure within the Colorado gymnastics community. Her passion, grace, and steadfast support for future generations of gymnasts left a lasting impression on many lives. This scholarship serves to honor her legacy and the enduring influence she had on gymnasts like you. Aimee fought courageously against breast cancer, and through this scholarship, her spirit will inspire future generations to pursue their dreams, both in the gym and beyond.



Honoring a life dedicated to gymnastics & inspiring future leaders.

This scholarship is for you, if you are

- A CHSAA girls senior gymnast
- Maintain a minimum 2.5 GPA
- Planning to attend a secondary or trade school post-graduation

The Aimee Lewis Memorial Scholarship celebrates dedication and resilience in female gymnasts. Apply before the **October 15th deadline** for your chance to receive this honor. **Don't miss your opportunity - apply today!**

To apply by Oct 15, visit chsggja.org/aimee-lewis-scholarship or scan QR code.





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.

[2025-26 Vault Score Sheet](#)

[2025-26 Uneven Bars Score Sheet](#)

[2025-26 Floor Score Sheet](#)

[2025-26 Beam Score Sheet](#)

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

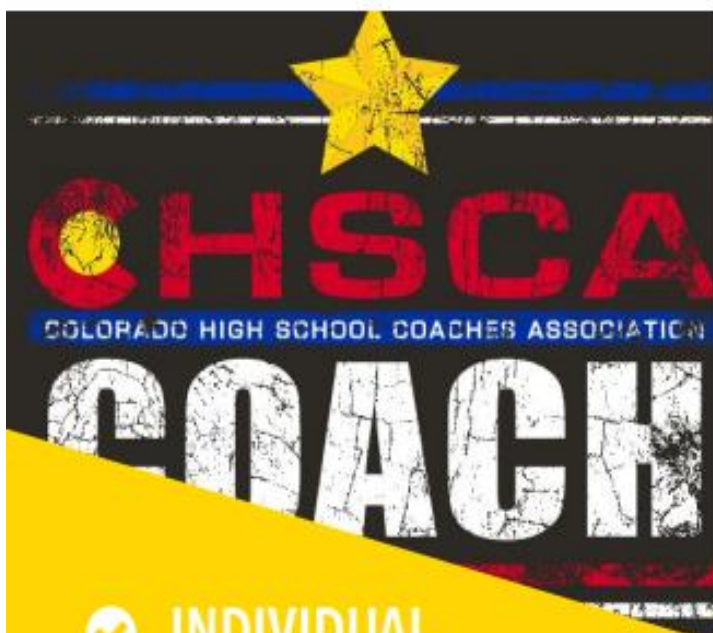
**WALLACE PHOTOGRAPHY
WILL BE PROVIDING PHOTOS
OF ALL ATHLETES AT OUR TABLE
ONSITE!**



**WALLACE
PHOTOGRAPHY**

**CHSAA OFFICIAL
PHOTOGRAPHER 775 230 4320**

COLORADO HIGH SCHOOL COACHES ASSOCIATION



✔ **INDIVIDUAL
COACH SIGN UPS**
www.colohsca.org

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AD's sign up ALL of
your coaches

Bundle Link—

<https://colohsca.sportngin.com/register/form/556868267>

WHY JOIN?

It's **YOUR** professional organization

01

BENEFITS

TWO Million dollar liability insurance, admission card to state tournament events, hospitalities, can nominate for all state and scholarships, CHSCA communications, and apply for Coaching training grants.

02

EDUCATION

Coaching clinics, new coach trainings, online learning calls, coaching resources, leadership training, PLUS... we're working on more online learning opportunities!

03

ALL STATE GAMES

We run the biggest and BEST All-State games in the state! Hosted by CSU Pueblo we bring together top senior athletes from across the entire state to compete. HEAD COACH must be a member to nominate a player for all state.

04

RECOGNITION

Colorado Coaches Hall of Fame, Sport Coach of the Year Awards, Longevity Awards, Achievement Awards, Special Recognition Awards, Nominations to National Coach of the Year Awards.

