



WHSGA

Wisconsin High School
Gymnastics Association

Tumble Times

January 2025

Things to look for in this newsletter are:

- *Award Ceremony
- *Scoreflippers
- *Honor Roll
- *Meets and invites
- *Updated beam side jumps chart (LINK)
- *Clarification
- *2025 Important Dates for Members



AWARD CEREMONY-

Please click on the link below to get your vote in. We would love to hear what you think! Your opinion matters to us. **Deadline is Jan.10th by noon**

<https://whsga.org/awardsVote.php>

SCOREFLIPPERS

We had a handful of meets happen already and there were a few questions being asked multiple times so I figured I should relay the message to everyone.

Here's a breakdown of the key points:

1. JV and Varsity Meets:

- These are separate events.
- [Ensure you select the correct option \(JV or Varsity\) when setting up a meet.](#)

2. Roster Orders:

- [Use the "Coach Tools" button on the main dashboard to set and adjust roster orders.](#)
- The roster is locked at the time a meet is created; [to update the roster for an upcoming meet, ask the host to re-sync it](#) -or- click the button "Update Future Meet Line-ups" from your Coach Tools page.
- For JV and Varsity meets, set the Varsity roster and provide the JV roster to the host for input.

3. Editing Scores:

- Mistakes happen! Scores can be edited.
- [To edit a score:](#)
 - [Click the "ALL" checkbox on the right side of the screen. \(When an athlete receives a score, they are removed from the drop down so the list gets smaller as you go.\)](#)
 - [Re-enter the correct score for the athlete and submit again.](#)
- If you've verified a score, you'll need to unverify it before editing.

HONOR ROLL-

Congratulations to those that make the Honor Roll! You can check out the honor roll by click on the link: <https://whsga.org/athletes.php>

In order for gymnasts or teams to be recognized on the honor roll by the WHSGA for athletic performance during the season, the school team must have at least one coach who is member of the WHSGA in good standing.

Gymnasts must have earned a minimum of 7.800 on Bars, 8.200 on Vault, Beam, and Floor, and a minimum of 33.000 for All-Around. There is no minimum entry for team. Please post your team score and the top 10 will be posted.

Only scores which surpass a prior entry need to be submitted. All scores will be carried over to the next deadline.

Coaches will need to login and submit qualifying scores by the deadline. Honor roll will be posted three times per season.

Due date is January 25, 2025 - It is easy to join the list! We would love to see you team on the honor list.

Here is the link for entering you HONOR ROLL
<https://whsga.org/athletes.php>



Looking for more meets or invites please see below for schools looking for schools to join them! If you have any meets or invites that you are looking for teams please email Kym.

*Waupun at home on Tuesday Feb.11th or Thursday Feb.13th

*Westby Area invite January 24th Varsity only

From: JAN ADKINS

Below are the clarifications I have sent so far. Link is the updated beam side jumps chart that is referenced in the beam clarification below.

<https://whsga.org/news/beamJumpsSide2024.pdf>

Clarifications General

Earrings – The book now states that one stud earring in each ear is allowed. It does not state where in the ear so anywhere is fine as long as it is only one per ear. 12/18/24

Coaching – Keep in mind that the deduction for “verbal cues” applies to teammates as well as coaches. There must be a warning first prior to taking a 0.2 chief judge deduction. If specific instructions are given during a routine, such as what to do next, no warning is required. Encouraging words are allowed, such as, go, you can do it, come on, etc. Words such as stay tight, stay straight, hollow, stick-it, etc. are not allowed. 12/18/24

Pulling at leotard or brushing hair from face – There is no exact deduction for either but it could be called something else if it affects the performance of the routine – maybe a pause/rhythm if it interrupts the flow of the routine, poor body position, lack of precision of use of arm positions, or artistry. 12/18/24

Competing out of order - Competing out of order is a meet referee deduction of 0.2 that is taken from the final team score. If one or more gymnasts compete out of order at an event the deduction is 0.2. It is taken one time only at each event that it occurs. 12/18/24

Uneven Bars

Circles – The new circle Event Requirement includes one of 3 circle options – a clear hip circle, pike sole circle, or stalder circle. All are superiors and must be 360° and finish in a clear support above the bar. If the gymnast goes beyond the requirement of “a clear support” and finishes the circle in a handstand, she will receive the higher difficulty value, the circle requirement, as well as the handstand Event Requirement. 12/2/24

Drop kip (#1.208b) – Elements that are listed as mounts but may also be performed within a routine, will receive the same value, and will be considered different. (p. 36, Section 5, b4). A drop kip is a superior and would receive credit in event requirements for a superior release/flight element. 12/18/24

Squat/stoop-on – If a gymnast performs a squat-on onto the low bar with her back facing the high bar and then performs a half turn on the feet to face and catch the high bar, it is considered an uncharacteristic skill and would receive a 0.1 deduction in composition. (p. 111, #12a) 12/18/24

Swings/Connecting - From a support on the HB, there are 3 ways a gymnast could swing forward – 1) by casting backward, downward and then doing a long swing forward; 2) by casting to a sole circle position with the feet on the bar and then releasing the feet to swing forward; 3) by doing a clear underswing forward, which looks like the start of a clear hip circle without hips or feet on the bar.

If the gymnast then swings backward, does nothing, and then swings forward a second time into an element such as a long hang kip, there is a 0.3 deduction for an extra swing.

If after swinging forward in one of those 3 ways, she swings backward into another element such as a straddle back over the LB or into an uprise on the HB, no deduction is taken for an extra swing and that element connects to the previous element prior to the swing forward. Example: long hang kip, swing forward, swing backward to an uprise will receive 0.1 for a LLBBS. If there were 2 long hang kips prior to the uprise, S+S+HS, 0.2 would be awarded for 2 LLBBS's (new rule). 12/18/24

Balance Beam

Side jumps – Attached is an updated chart showing the values of the jumps that show a pike, split, side split, or straddle pike shape in the side position. Those in red are the new ones added to the rulebook this year. 12/18/24

Floor Exercise

BBS's – To receive credit for **2 BBS's using only 3 S/HS/AHS** – the 3 elements **MUST be directly connected**. This is an exception to indirectly connected acro elements which are able to be awarded BBS credit. 12/2/24

Ex: Front tuck – roundoff – bkhdsp bkhdsp – back tuck = S + M + S + S

In the above example the first 2 S's are indirectly connected and could receive .1 for a LLBBS **OR** the second and third S's could receive .1 for a LLBBS. The second S may not be used twice in an indirect connection. Since all 3 S's are not directly connected (separated by the M roundoff) only one set of BBS's may be awarded. 12/2/24

Connecting leaps – Example: switch leg leap into a strug – if a switch leap lands on right foot, followed by a step left into strug, the 2 leaps are connected and can receive credit for a BBS as well as a dance passage. If a switch leap lands on right foot, step left, step right into strug, the leaps are not connected and would not receive BBS credit but the pass does receive credit for a dance passage. Leaps, jumps, or hops in a dance passages are not required to be directly connected. 12/18/24

Connecting three S/HS/AHS's to receive credit for 2 BBS's (new rule) – This rule applies to any 3 **directly** connected S/HS/AHS elements and applies to both acro and dance or any combination. If an acro pass has 3 superiors but two are separated by a roundoff, the rule does not apply and only one BBS would be awarded. 12/18/24

Acro direction – A gymnast is required to have 2 acro directions which must be within a pass, although they do not need to be in the same pass. There must be one backward element and the other may be either a forward or sideward element. If either is missing, a deduction of 0.1 would be taken. The rule states they must have both and the routine either has them or does not. There is no justification listed that allows taking only a .05 deduction for any reason. 12/18/24

Important Dates:

- January 25, 2025 Second Honor Roll is due
- February 1, 2025 Publish Second Honor Roll
- February 1, 2025 Final day of membership registration
- February 1, 2025 Hall of Fame Nominations are due
- February 1, 2025 Academic All State are due
- February 1, 2025 Coaches/Judges of the Year nomination due
- February 21, 2025 Senior Scholarships are due
- February 22, 2025 Final Honor Roll is due
- February 22, 2025 Voting opens for Hall of Fame and Coaches/Judges of the year
- February 25, 2025 Voting closed for Hall of Fame and Coaches, Judges of the year
- February 26, 2025 Publish Final Honor Roll
- February 27, 28 March 1, 2025 WIAA Sectional Meets
- February TBA, 2025 All State nominations are due
- February 24, 2025 All State/Academic All State/Hall of Fame/Senior Scholarships will be released by Midnight and Coaches/Judges of the Year
- March 2, 2025 Awards Ceremony sign up, last day. Turn in by **NOON**
- March 6, 2025 Awards Ceremony -More information to come
- March 7, 2025 WIAA Team State Championships
- March 8, 2025 WIAA Individual State Championships

