



WHSGA

Wisconsin High School
Gymnastics Association

Tumble Times

October 2024

Things to look for in this newsletter are:

- *Special Dates
- *Membership Link
- *Clinic Information
- *Message from ScoreFlippers
- *2024-2026 WIAA Gymnastics Changes

Special Dates for season 2024-2025

- Clinic: November 2
- Earliest Practice: November 11
- Earliest Meet: December 5
- Sectionals: February 27-28 & March 1
- State Meet: March 7-8

Reasons why you should be a member of the WHSGA

MEMBERS GET:

Discount on Clinic
Facebook
Website
Private Forum
Honor Roll
All-State
Academic All-State
Banquet
Newsletters
Nomination
Voting
Honors
****State Hospitality****

NON-MEMBERS GET:

NO Discount on Clinic
Facebook
Some links on the website
Newsletter will stop after Dec.5th
Will have to **PAY at State** to use
the coaches hospitality room

Membership Link:

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

Last Day to become a member is 12/22/2024

Membership video if you need help when signing up:

<https://youtu.be/hsX2Bq1GdjQ>

****Reminder: You will need to be a member to be able to enter the coaches hospitality room at state or pay \$10 per day!**

Clinic Date: November 2, 2024

Location: Reedsburg High School
1100 S Albert Ave, Reedsburg WI 53959

Time: 9am-7pm

Hotels: Holiday Inn Express & Suites - 20 room are block
under WHSGA for Nov.1st \$125.00 a room

[WHSGA Clinic hotel link](#)



Break Down of the Clinic

9am - 10am WHSGA meeting - **You will need to be a member to be at this meeting**

10am - 2pm Speaker Jim McClowry (Lunch around 12pm)

2pm - 6pm Kasey Crawford

Kasey would like to hear from you, what you would like her to go over.

Click on the link to fill out a form for Kasey. <https://whsga.org/crawford.php>

6pm - 7pm Review WIAA exam

More information click on the clinic click the link:

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

*****From ScoreFlippers*****

Hello Gymnastics coaches,

It's almost gymnastics time again! In preparation for the upcoming season, I wanted to send you guys this link to an annual checklist of preseason to do items, plus Meet Scoring help.

<https://support.scoreflippers.com/home/insight/high-school-help-documents/>

I was able to work closely with a few of you, coaches and judges, last year and recognized some pain points and some positives. We had a year of development and success with some high profile associations which has made our product even better for you guys.

I hope you enjoy the new features. Please feel free to reach out to me if you have any questions or concerns. We really look forward to the 2024-2025 season with the WIAA!

Kristin

ScoreFlippers Team

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2024-2026 WIAA Gymnastics Changes

General

1. In the case of interference or equipment failure, a gymnast may stop immediately and request permission to continue from **the point of interruption** only.
2. Athletes may wear **stud earrings** in the ear only and may not exceed one per year.
3. There must be a **warning for improper uniform** before taking a deduction. If not corrected, deduction is taken on next event, one time only.
4. An alternate skill cushion, **“pit pillow”**, is allowed on vault in warm-ups only for timers for salto vaults and on bars for releases only.
5. New deduction for steps - **medium step** = 0.15 each, maximum deduction is 0.4
6. Squat on landing (up to 0.3) is defined as **hips lower** than the knees
7. **Hip angle** (pike) = up to 0.3 (was up to 0.2)
8. **Composition** is valued at 0.6 (lowered from 1.0)
9. **BBS's** - In a direct connection of 3 or more elements, middle elements may be used twice to receive BBS credit. Example - S+S+S = 2 LLBBS's (0.2); S+HS+HS = 1 LL and 1 HL (0.3)

Vault

1. Legs bent in support for vaults with saltos (**early tuck**) = up to 0.3 (was up to 0.2)
2. **Under rotation** of salto vaults = up to 0.1 (was 0.1)
3. **Vault value** changes:
 - a) Squat vault has been deleted, straddle vault remains
 - b) 1/1 - 1/1 = 10.0 (was 9.8)
 - c) RO-FF on - repulsion = 8.8 (was 8.6)
 - d) RO-FF on - 1/2 off = 9.0 (was 8.8)
 - e) Tsuk - Tuck 1/2 = 10.0 (was 9.8)
 - f) RO-FF on - Back tuck 1/2 = 10.0 (new vault)

Bars

1. **New event requirement** - 360° clear hip, stalder circle, or pike sole circle (all must end in a clear support). Replaces the direction change which moved to composition.
2. **Composition:**
 - a) Variety of elements = up to 0.2
 - b) 2 bar changes = 0.1 (was up to 0.1)
 - c) Space and levels = up to 0.1
 - d) Distribution = up to 0.1
 - e) Direction change = 0.1 (was an event requirement)
3. **New Medium dismount added** - swing forward from high bar with 1/2 turn (contact of bar with free hand required)

Beam

1. **Changed event requirement** - Dance series **OR** mixed series
(can have one or the other)
2. **Composition:**
 - a) Variety of acro and dance = up to 0.2
 - b) Balance in quantity and level of acro vs. dance = up to 0.1
 - c) Acro element in 2 directions = up to 0.1
 - d) Level changes and distribution = up to 0.1
 - e) Artistry/choreography = up to 0.1
3. Relaxed/incorrect **footwork** throughout = up to 0.3 (was up to 0.2)
4. **New elements:**
 - a) Pike jump 45° = HS
 - b) Pike jump 45° w/ 1/2 = AHS
 - c) Split jump 180° followed by 1/4 from side landing in cross = HS
 - d) Side split jump 180° followed by 1/4 from side landing in cross = AHS
 - e) Straddle pike jump followed by 1/4 from side landing in cross = AHS

NOTE for c, d, e - shape must be shown while in the side position facing out

Floor

1. **Composition:**
 - a) Variety of acro and dance = up to 0.2
 - b) Balance in quantity and level of acro vs. dance = up to 0.1
 - c) Acro element in 2 directions = 0.1
 - d) Use of floor and distribution = up to 0.1 e) Artistry/choreography = up to 0.1
2. Relaxed/incorrect **footwork** throughout = up to 0.3 (was up to 0.2)
3. Poor relationship of **music** and movement throughout = up to 0.3
 - a) Failure to hold ending pose for one second = 0.05 (**new**)
 - b) Failure to end with music = 0.1
4. **Coach on the floor** exercise mat inside the border marking = 0.3 (was 0.5)
5. **Elements:**
 - a) stag ring jump w/ 1/1 at head height (front leg bent) = HS
 - b) ring jump w/ 1/1 at head height (front leg straight) = AHS (was HS)