



Ohio High School Athletic Association

TO: Gymnastics Coaches and Directors of Athletics

FROM: Kelly Schoenly, Sport Administrator

DATE: November 18, 2025

SUBJECT: Gymnastics Updates

OHSAA TOURNAMENT INFORMATION

IMPORTANT DATES

Nov. 1	First Day of Coaching
Dec. 2	Season Begins
Jan. 13	Non-Interscholastic Date
Feb. 10-22	Sectional & District Tournament
Feb. 15	District Tournament Draw
March 1-2	State Tournament
March 2	Season Ends

MANUAL AND REGULATIONS

The gymnastics manual, gymnastics regulations, general sports regulations, and tournament regulations are up to date and accessible here and on the gymnastics landing page at the OHSAA website. In addition, you can find the USAG Forms and Updates.

[2025 Gymnastic Coaches Manual](#)

[2025 Gymnastics Regulations](#)

[2025 General Sport Regulations](#)

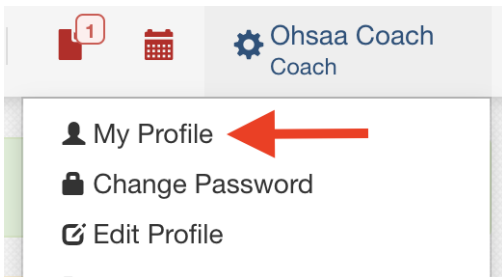
[2025 Gymnastics Tournament Regulations](#)

RULES MEETING

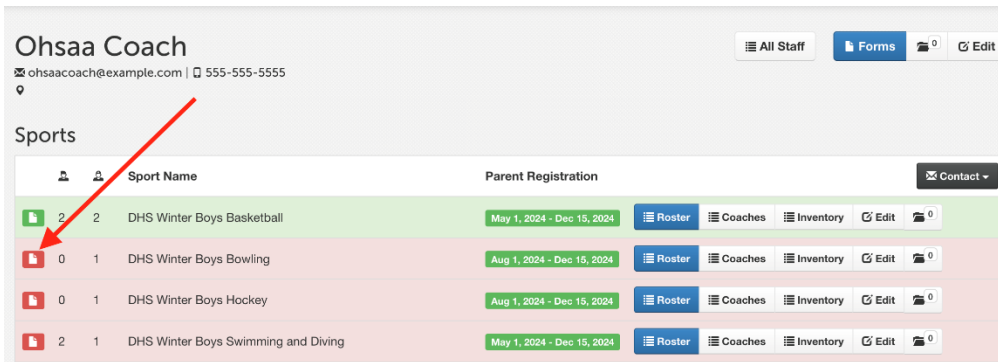
As of today, we have 116 completed and 61 incomplete rules meetings for our member schools. Below is how you access your meeting. You have **2 more weeks** (December 2, 2025) to complete the rules meeting without penalty. Please note that unlike how it was done in myOHSAA, each coach needs to sign off for each school they coach for the rules meeting. Meaning, the coach won't receive credit for all schools they coach if they view/sign off on the meeting once, they will need to sign off on the other one(s).

HOW TO ACCESS RULES MEETING

1. Log in to your FinalForms account.
2. Click on **Your Name** in the top right-hand corner and select **My Profile** from your dropdown menu:



3. On your profile page, click the  (form) icon in your Sport's row.



4. Click on the video to watch the State Rules Meeting
5. Once you have completed the video, sign your name at the bottom of the form and click **Submit Form** to earn the credit.
6. On your profile page, your Sport should now be **green**, indicating that the State Rules Meeting has been submitted.

COACHES ORGANIZATION

WWW.OHSGAC.ORG

A reminder that as a head or assistant coach of an OHSAA sponsored school, you are eligible to join the Coaches Association. For your athletes to be eligible for state awards, you need to be a member. You can learn more about this organization and its benefits in our gymnastics manual as well as the above website.

OUT OF STATE TRAVEL

Schools may travel out of state to compete in contests in states or provinces in Canada that border Ohio regardless of distance to travel. The states are Indiana, Kentucky, Michigan, Pennsylvania, and West Virginia. The province is Ontario. Additionally, schools may travel out of state one time per sport per interscholastic season to compete in contests in any location that does not border Ohio subject to approval from the Executive Director's Office. Those interested in traveling to a non-boarding state may fill out the form found [HERE](#).

NON-INTERSCHOLASTIC PARTICIPATION

A member of an interscholastic team in an individual sport may not participate in an athletic contest with a non-interscholastic team or in non-interscholastic competition in that same sport during the interscholastic team's season. An athlete may, however, participate in a non-interscholastic program in a tryout or practice(s) during the school season.

A gymnastics athlete must cease non-interscholastic gymnastics competition by **Monday, January 13, 2025**, six weeks (42 days) prior to the Monday of the week of the state tournament in gymnastics, in order to be eligible for OHSAA tournament competition provided applicable Bylaws and Regulations have been followed.

In addition, an athlete who has participated for the school in gymnastics who violates this non-interscholastic competition date by participating in a non-interscholastic contest in gymnastics shall be ineligible for OHSAA tournament competition in gymnastics, in addition to any other penalties that may be enforced.

2025 STATE GYMNASTICS TOURNAMENT DRAW - TEAMS

Each district has been allotted a specific number of teams that qualify for the state tournament. The list below shows the number of teams per each district and where teams will be placed based on their district finish (e.g. Central 1 is the first-place team in the Central District, Central 2 is the second-place team)

District	Team Qualifiers
C, SE, E	3
NE, E	5
NW	2
SW	2

****The qualifier numbers reflect the 2025, 2026 representation**

Rotation	Vault	Bars	Beam	Floor Exercise
A	Northeast 2	Northeast 5	Southwest 2	Central 2
B	Northeast 3	Central 3	Central 1	Southwest 1
C	Northwest 2	Northeast 1	Northwest 1	Northeast 4

***NE District is two separate events. Teams 1-3 from Day 1 results. Teams 4-5 are Day 2 results.**

Note: Day 1 is Saturday, Feb 15, 2025, Day 2 is Sunday, Feb 16, 2025.

Teams Qualifying from NE	Corresponding Result
Team 1	Day 1, First Place Team
Team 2	Day 1, Second Place Team
Team 3	Day 1, Third Place Team
Team 4	Day 2, First Place Team
Team 5	Day 2, Second Place Team

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