



2025-2026

Girls Gymnastics

Information

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2025-2026 Gymnastics Tournament Format

Qualifying Information

1. The Sectional team meets will include **twelve (12) teams**. Teams will be seeded on the basis of the average of their top four (4) scores throughout the year. Please note the following when submitting scores:
 - a. Dual meet scores may be submitted and counted once.
 - b. Tri-meet scores may be submitted and counted once.
 - c. League championship meet scores may be submitted and counted once.
 - d. League championship meet scores may only be submitted if a traditional "team score" was received (i.e. No more than two all-around competitors are allowed. All other gymnasts may enter no more than three events).
 - e. Individual scores may not be added to calculate a "team score" for league championship meets that do not provide a traditional "team score" as mentioned above.
 - f. Scores that were earned on one specific date against multiple opponents may not be submitted multiple times.
2. Qualifying information and roster must be submitted to the Girls' Tournament Director by February 12, 2026 at 12:00 PM or sooner.
3. A seeding meeting with the MIAA Liaison, Tournament Director and league representatives will take place on February 12, 2026 at 1:00 PM at the MIAA Office. Following the meeting, the 12 qualifying teams from the North Section and 12 qualifying teams from the South Section will be posted on the MIAA website. Phone calls will not be made.
4. No competitor or team will be allowed to compete without wearing the team uniform that has the school's name and/or insignia and/or colors.

Sectional Team Meet Information

Saturday February 21, 2026

South - 9am check in; Meet starts at 10am

North - 2pm check in; Meet starts at 3pm

1. Entered gymnasts must meet all MIAA eligibility requirements.
2. Each team may enter six gymnasts in each event, not more than two of whom may be all-around performers.
3. A team may compete 0, 1, or 2 all-arounds which must be designated on the entry form, per MIAA Handbook.
4. **Warm Up** - Each team will be allotted a 12-minute warm up for each event. Two minutes per athlete. Modified capital cup format will be used with two sets of equipment in main gym. See additional Sectional Warm Up information on MIAA website.

State Team Meet Information & Qualifiers

Saturday, February 28, 2026

1pm check in; Meet starts at 2pm

1. At the sectional tournament, the top four (4) teams from the North Sectional and South Sectional will advance to the state tournament.
2. The state meet will be hosted on Saturday February 28, 2026. All teams must check in by 1pm. Meet starts at 2pm.
3. **Warm Up** - Each team will be allotted a 12-minute warm up for each event. Two minutes per athlete. A modified capital cup format will be used.

Medical Coverage

A licensed athletic trainer, physician, physician's assistant, certified EMT, or nurse practitioner will be available at the Sectional Meets and the State Meet.