

Section VI 2026 Girls Gymnastics Handbook

Posted before 8/1/26
List updates

Section VI Website: <https://www.section6.e1b.org/sports/fall-sports/fall-gymnastics-girls>

State Website: <https://nysphsaa.org/sports/wgym>

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[State Technical Handbook & Forms](#)

Section VI 2026-27 Varsity Girls Gymnastics Calendar

Event	Link or information	DATE & TIME
Pre-season Coaches Meeting	Maryvale HS 11am in person	8/24/26
First Practice		8/24/26
First Scrimmage or Contest	after 10* individual practices	
Post season Coaches Meeting		TBA
All-WNY Scholar Athlete	ONLINE ENTRY ONLY	12/7 4pm

<https://docs.google.com/spreadsheets/d/1ujyISpqh9fB8iAQUQxYzZmvPnP4nAOMBbfutauxTMY4/edit?usp=sharing>

2026-27 Girls Gymnastics Schedule

2026-27	S6	Varsity Girls Gymnastics	Schedule			
HOMESITES		*All meets start at 5pm,	unless otherwise noted		Joe. B sent - June 22, 2026	
		*Non-league Meets are Underlined			July 8, 2026	
DATE	Time	Teams	Teams (tri)	Team (quad)	Home Team & Site	Arbiter #
Fri, Sep 25		Orchard Park			@ Frontier/Lake Shore	
Mon, Sep 28		Lancaster			@ Williamsville East/Sweet Home	
Mon, Sep 28		Maryvale	Hamburg		@ Clarence	
Mon, Oct 5		Frontier / Lake Shore			@ Williamsville East/Sweet Home	
Tue, Oct 6		Hamburg			@ Williamsville South / Amherst	
Wed, Oct 7		Orchard Park			@ Williamsville East/Sweet Home	
Thu, Oct 8		Will North/Starpoint			@ Clarence	
Wed, Oct 14		Maryvale	Will North/Starpoint		@ Williamsville South / Amherst	
Thu, Oct 15		Orchard Park			@ Lancaster	
Fri, Oct 16		Will North/Starpoint			@ Hamburg	
Tue, Oct 20		Frontier / Lake Shore			@ Lancaster	
Wed, Oct 21		Clarence			@ Williamsville South / Amherst	
Wed, Oct 28	5:00 PM	Karen Riker Invitational			@ Williamsville South	
Sat, Oct 31	9:00 AM	Section VI Championships			@ Lancaster	
Feb. 26-27		NYSPHSAA Championships			@ Cold Spring Harbor HS, Section VIII (8)	

[HOME SITES](#)

Clarence Home Meets @ Clarence High School

Frontier / Lake Shore Home Meets @ Tumble Bee Gym (136 Evans St. Hamburg, NY 14075)

Hamburg Home Meets @ Tumble Bee Gym (136 Evans St. Hamburg, NY 14075)

Lancaster Home Meets @ Lancaster High School Field House

Maryvale Home Meets @ Williamsville South High School

Orchard Park Home Meets @ Gymnastics Unlimited (70 Weiss Ave. West Seneca, NY 14224)

Williamsville East / Sweet Home Home Meets @ Williamsville South High School

Williamsville North / Starpoint Home Meets @ Gleason's Gymnastics (3305 Niagara Falls Blvd. North Tonawanda, NY 14120)

Williamsville South / Amherst Home Meets @ Williamsville South High School

Committee Section VI Girls Gymnastics

Committee voting privileges:

As per the Section VI Constitution item 7.6, "The representative members on each sport committee will be appointed by each league and have only one vote per league. Other non-voting members may be selected by the Sport Chairperson. Federated sport representative members that are appointed by their division, league or school will have only one vote. The Sport Chairs of Federated Sports that have divisions will verify that among division representatives each participating league is represented. The Sport Chair may only vote when the vote is tied. A Sport Chair who also represents a league can serve in both capacities but will have only one vote."

The Girls Gymnastics Committee consists of one representative from each of the 9 participating teams. Each representative has one vote.

Chair	Joe Buscaglia	Will East	(C) 716-228-0340	jbuscaglia@starpointcsd.org
		Starpoint	(W) 716-210-2386	
D1 Chair	Chris Watson	Kenmore	(C) 716-308-4814	cwatson@ktufsd.org
D2 Chair	Margaret Buscaglia	Will South	(C) 716-228-0342	buscaglia@maryvaleufsd.org
		Maryvale		

2026-27 Point of Emphasis for Coaches

Sectional Championship Qualifying: The top 45 scorers from each event will qualify for Sectionals

Jewelry Rule:

https://s3.amazonaws.com/nysphsaa.org/documents/2023/8/21/NYSPHSAA_Handbook_004.pdf#page=54

NO RULE CHANGES

GYMNASTICS NYSPHSAA SPORTS STANDARD from [Handbook](#) page 78

https://s3.amazonaws.com/nysphsaa.org/documents/2023/8/21/NYSPHSAA_Handbook_004.pdf#page=78

NYSPHSAA TECHNICAL RULEBOOK

9th Edition technical rulebook can be downloaded at below link

https://nysphsaa.org/documents/2025/8/22/NYSPHSAA_Gymnastics_Technical_Handbook_2025_9th_Edition_091025.pdf

Participating Schools and Coaches Directory

Clarence: Red/Black "Red Devils"

Breanna Hummel 585-813-1153 (C)

bhummel@clarenceschools.org

Frontier/ LakeShore: Royal Blue/white "Falcons"

Jill Wierzb 716-649-1525 (W) 716-868-1525 (C)

(off season) jillwier@hotmail.com
(in season) frontiergymnastics@hotmail.com

Hamburg: Purple and white "Bull Dogs"

Tim Nyhart 716-949-1099 (C)

Assistant Coach: Amy Nyhart

tnyhart@hcsdk12.org

Lancaster: Black and red "Legends"

Dave Rine 716-553-4472 (C)

Amanda Harry 716-444-6785 (C)

rinesgagymnastics@gmail.com

amanda6harry@gmail.com

Maryvale: Maroon and white "Pegasus"

Shanna Buscaglia 315-345-1071 (C)

shanna.brodhead@gmail.com

Orchard Park: Maroon and white "Quakers"

Chelsea Skalski 716-480-9743 (C)

Assistant Coach: Michaela Nowak 716-868-6162 (C)

Chelsea.lobello@gmail.com

mnowak@opschools.org

Williamsville East /Sweet Home: Red and yellow "Flames"

Joe Buscaglia 716-228-0340 (C) 716-210-2386 (W)

Lisa Stumpf 716-830-3257 (C) 716-634-4401 (W)

jbuscaglia@starpointcsd.org

acrobot@aol.com

Williamsville North / Starpoint: Green and gold "Spartan"

Patrick Goldsmith 716-628-8907 (C)

plgniagara@gmail.com

Williamsville South/ Amherst: Blue and white "Billies"

Margaret Buscaglia 716-228-0342 (C)

Kurt Stumpf 716-634-4401 (W) 716-830-3256 (C)

buscaglia@maryvaleufsd.org

Divisional Alignments 2026

Division I – Chair: Chris Watson Division II - Chair: Margaret Buscaglia

Frontier/Lakeshore

Orchard Park

Williamsville East /Sweet Home

Lancaster

Williamsville South/ Amherst

Clarence

Hamburg

Williamsville North/Starpoint*

Maryvale

2026-27 COS

 _STATUS_CombiningSchools.xlsx

Gym G	Existing	<u>Williamsville North</u>	Starpoint	1596		V		3/25/26 AC
Gym G	Existing	<u>Williamsville East</u>	Sweet Home	1465		V		3/25/26 AC
Gym G	Existing	<u>Frontier</u>	Lake Shore	1442		V		3/25/26 AC
Gym G	Existing	<u>Williamsville South</u>	Amherst	1186		V		4/22/26 Exec

Division Chairperson's Responsibilities

Division chairpersons will be appointed by the Section Coordinator. Their duties are to handle division concerns before proposing them to the Section Coordinator, to participate in seeding for sectional competition, and to be members of the protest committee.

In addition, the division chairperson will be responsible for accumulating their division's score sheets from the home teams competition.

Division standings and individual teams high team totals (to be ranked statewide) will be forwarded by the coaches to their division chairperson.

Site Chairperson's Responsibilities-Sectionals

- Equipment acquisition and set-up
- Head Table
- Judges Tables (4) / Chairs for Judges, runners, flasher & timer at each event.
- Computer
- Copy machine/paper/stapler for Meet Results
- Personnel: Supervision, Computer Scorer (1), Manual Scorers (2)

NOTE The Section VI office will be responsible for assigning ticket takers/ sellers for Admission.

- Officials' Room
- Team Signs / Sectional Banner
- Refreshment Stand: Parents, boosters, cheerleaders
- Any decorating
- Sound System: National Anthem and floor music
- Guest Speaker: Welcome

Sectional Host

2026 Lancaster Fri 10/30 or Sat 10/31

2027 Will South/East

2028 Clarence

Invitational Host

2026 Will South/East Wed 10/28/26 5pm

2027 Clarence

2028 Lancaster

Competition Format

1. Order of Events:
 - Vault
 - Uneven Bars
 - Intermission
 - Balance Beam
 - Floor Exercise
2. Change in warm up format for regular season meets:
Intermission has been eliminated - Warm-up/compete on Beam & Floor with bump touch will be implemented
3. Line Up: Can be changed at any time. Two minute touch or warm-up period must be given.
4. Number of Competitors: 6 gymnasts per event
5. Exhibition competitors: No exhibition gymnasts will be allowed. **NO EXCEPTIONS.**
6. Scoring: TOP 5 scores from each event are added together for each team's total.
7. Scorers Table:
 - ✓ Each school should have a representative at the scorer's table.
 - ✓ Event totals should be checked at the end of each event.
 - ✓ Final scores should not be announced until all scorers are in agreement.
 - ✓ Score sheets should have competitors first and last names and scores written to two decimals

✓ Pen should be used.

8. Award Ceremonies and March In should start prior to the scheduled time of the meet.
9. Results are final after 24 hours
10. Head Coaches may talk to Head Judges Only!

2025 Season, the rulebook is [NYSPHSAA Technical Handbook – 8th Edition can be downloaded](#)

General Rules

1. Official Rules: FIG - Federation of International Gymnastics
USA Gymnastics: Level 9 Rules (modified)
2. Difficulty Requirements: 3A @ .10 = 0.30 4B @ .30 = 1.20 1C @ .50 = 0.50
* No D or E acrobatic elements may be performed unless a spring floor is used! The exercise will be voided.
* D and E elements are not encouraged. If performed, these elements will only receive C value part credit. They may fulfill value part requirements and Special Requirements, and act as a C in Special Connection Bonus.
3. Meet Changes: Notify Section Coordinator
4. **Jewelry Rule Change: on page 54 in state handbook need updated link to state handbook for 26-27** https://s3.amazonaws.com/nysphsaa.org/documents/2023/8/21/NYSPHSAA_Handbook_004.pdf#page=54
In 2023 The NYSPHSAA Committee voted to abide by the national governing body (i.e., USAG) jewelry rule. With this action, students will not be permitted to wear jewelry while participating in gymnastics (USAG – stud earrings).
5. Clothing: The wearing of tights, pantyhose, large tee shirts, boxer shorts, loose sport shorts etc., and leotards hanging down by the waist are NOT PERMITTED Sports bras must be the same color as the leotard.
6. Eligibility Standards: Practices: Scrimmage/Contest: 10
Sectional Meet: Individual = 6 meets
Team = 6 meets
7. Two officials will be assigned for each meet. Splitting officials is up to the coaches. Recommend split for tri-meet.
8. Meet scheduling is done by the Section Coordinator
9. Floor exercise music must be put on CD/ipod/iphone.
10. Inquiry Policy: Head coach can only submit a written inquiry up to 5 minutes after the event. Inquire only about: Start value, Special Requirements, Bonus, Value parts, Neutral Deductions, Unusual Occurrences.
11. Only School Board Approved Coaches can spot their gymnasts.
12. Falls: Conversation is permitted between gymnast and coach.
13. Officials Fees: Refer to the [Officials Contract](#) available on the Section VI Website: www.section6.e1b.org click on Officials.
14. If a meet is changed (location, date, or time), and an official is not notified and shows up, you must pay the official.
15. Tri-meets may not be judged with only one official, the meet must be rescheduled.
16. Bump touch for regular season meet warm-up
17. Computer weekly scoring program with Google Drive: Coaches input their team scores within 24hrs of meet
18. If needed Sectional Meet Judges with Team Affiliations will judge the Sectional Meet

Sectional Qualifications

1. **Eligibility:** Gymnast must compete in a minimum of 6 meets. Team must compete in a minimum of 6 meets.
2. **Procedure:** The top 45 scorers from each event will compete at Sectionals. All ties at the 45th position will qualify for Sectionals. There is no qualifying event score for Sectionals. Effective for 2019 season: A gymnast who scores at least a 32.00 all-around at a regular season meet will qualify to sectionals on all four events.
3. Results of Sectionals are final after 24 hours.
4. Seeding for Sectionals are lowest to highest in each rotation group.
5. Admission to Sectionals: \$5.00

6. Officials for sectionals: Appointed by Section VI Chairperson.

Section VI ADMISSION Cashless Tickets

TICKETS MUST BE PURCHASED on GOFAN CASHLESS ticketing only

(Preschool children are admitted free 5 & Under)

CASHLESS ticket sales ONLY. Purchase tickets on-line & pay price below, if you insist on paying with cash all tickets will be \$10. Watch HOW TO Video guide <https://get.gofan.co/digital-ticketing-guide>

FINAL (Neutral Site) [On-line ONLY BUY tickets](#) GATE: \$7.00

Regionals Hosted by Section VI \$8

STATES On-line price \$ TBA GATE: digital payment only - no cash

*state link will be added when available see [state website](#)

All Section VI Finals will have the GOFAN Box Office ticketing device to allow spectators to purchase tickets with bank/credit/Apple pay or Google pay at the door.

No Shows at Sectionals (Section VI Policy - adopted 11/98)

A school team that does not show or refuses to play in a Sectional contest after the seeding meeting spoils the integrity of the tournament. The following Section VI policy was adopted by the Athletic Council 11/98:

- 211.1 Schools shall declare their intent to play or not play prior to sectional seeding, as per the sport specific sectional handbook. Schools failing to fulfill their pre-tournament commitment shall be subject to the following sanction:

"Ineligibility for sectional play in that sport during the next season. An appeal of this sanction must be submitted in writing to the Executive Director of Section VI within sixty (60) days of the competition of sectional play."

- 211.2. The Section Chairperson must notify the Executive Secretary of the occurrence and the Section office will notify the Superintendent, Principal and Athletic Director of the sanction.

REPRESENTATION RULE

To be eligible for sectional, intersectional or state competition, a team must have competed in six (6) school scheduled contests which occurred on six (6) different dates during the season. Forfeits do count towards a student meeting the representation rule.

https://s3.amazonaws.com/nysphsaa.org/documents/2023/8/21/NYSPHSAA_Handbook_004.pdf#page=42

Need new handbook link

State Qualifications

1. **Procedure:** Top 3 All-Around gymnasts and the top 3 individuals on each event at the Sectional Competition will represent Section VI at State Competition.
2. State Competition: (see calendar on page 3). [On STATE Website](#)
4. **Coaches:** Effective 1/21/09, coaches are required to travel with the athletes to state competition. Please read the updated travel policy on page 12.
5. [Travel to State Competition Policy #310 page 12](#)

Karen Riker Invitational

The philosophy of the Invitational is to provide an exciting competition for the lower caliber gymnast. A large percentage of our gymnasts will not compete at Sectionals. The invitational gives the gymnasts the experience of a large competition.

Athletes cannot compete in both the Invitational and Sectionals. If a gymnast qualifies in one or more events for Sectionals they cannot compete in the Invitational.

- *Invitational entry fee: \$125*
- *Invitational will award Div 1 and Div 2 Individual Place Finishers*
- *Invitational will have a team competition and award a Div 1 and Div 2 Team Champion - total of top 3 scores on each event*

Bottom 5 qualifiers in each event are able to choose to compete in either the Halloween Invitational or Sectionals. *Chris Watson must be notified within 24 hours with gymnast choice once sectional

qualifiers are posted...If Chris is not notified by the coach within the 24 hour window then the gymnast must compete in Sectionals.

Media and "Top Ten"

The Buffalo News will post the "Top Ten" gymnasts for each event (vault, bars, beam, floor, and all-around) on a weekly basis throughout the season. It is up to the coach to input their meet scores into their Google scoresheets promptly. The Top Ten is automatically pulled and ranked based on those files. The scores will then be emailed or faxed in to the News by Jill Wierzb.

Deadline: Fridays by noon

Refer to the Section VI Directory p.10 for a complete Media listing or the website: [Media Link](#)

Newspapers

Bee Group 204-4904
Buffalo News- **no more scores** 800-777-8610
E-Mail: sports@buffnews.com Fax 849-4587
Hamburg Sun. (x236) 649-4040
Niagara Gazette (x2255) 282-2311

Television

Channel 2 WGRZ 849-2219
Channel 4 WIVB 879-4994
Channel 7 WKBW 840-7799
Super 7 Hotline 840-7795
Spectrum (9) Buffalo 574-2596

Code of Ethics

1. A coach is required to have their own updated rulebook.
2. A Head coach having a complaint should address the Head official.
3. A coach or gymnast should not harass any official regarding scores.
4. The gymnast should present herself to the Head official before and after her routine.
5. The gymnast should wait for a signal from the Head official before beginning her routine.
6. A coach will treat each player, opposing coach, official, parent, and administrator with respect and dignity.
7. A coach will do his/her best to learn the fundamental skills, teaching and evaluation of techniques, and strategies of the sport.
8. A coach will become thoroughly familiar with the rules of the sport.
9. A coach will become familiar with the objectives of the program with which affiliated. The coach will strive to achieve these objectives and communicate them to the players and the parents.
10. The coach will uphold the authority of the officials who are assigned to the contests in which they coach, and will assist in every way to conduct fair and impartial competitive contests.
11. The coach will learn the strengths and weaknesses of the gymnasts, to then place them into situations where they have a maximum opportunity to achieve success.
12. The coach will conduct practices and games so that all players have the opportunity to improve their skill level through active participation.
13. The coach will communicate to the gymnasts and parents the rights and responsibilities of individuals on the team.
14. The coach will cooperate with the administrator of our organization in the enforcement of rules and regulations, and will report any irregularities that violate sound competitive practices.

Equipment Specifications & Time Requirements

A. Vault:

1. Height – Maximum Height – 135 cm (+/- 1cm) Minimum Height 100cm (+/- 1cm)
2. The height of the table is determined by measuring the distance from the floor to the top of the table.
3. The runway should be a maximum of 25 meters (82') and a minimum of 23.8 meters (76')
4. Gymnast has 30 seconds to begin vault after green flag is raised. Failure to do so is a void vault.

Mats: Landing area is 8' x 18', and must be matted with a minimum of 1 1/4" base mat plus a 4" landing mat.

Value of Yurchenko only (no flip) on vault table: VALUE RAISED to 7.6 (Effective 2018)

Vaulting runway minimum for salto vaults will be changed to 65 feet from 70 feet. (Effective 2018)

B. Uneven Bars:

1. High bar 230cm (92 - 1/32").
2. Low bar 155cm (61 - 1/32").
3. Distance between the bars, minimum 60cm (23 -5/8") maximum 105cm (41 - 1/3").
4. Bars may go closer than 60cm, but any bar used in competition must close to at least 60cm (23-5/8"). Bars may go further than 105cm, but any bars used in competition must open to at least 105cm.
5. The vertical measurements are from the floor to the top of the bar.
6. Gymnast has 45 seconds to remount after a fall. Head official can and will stop the routine if the gymnast is injured and should not continue for her own safety.

Mats: Matted area under the bars must be 42'6" by 7'6". Landing area minimum is 6' by 36'. Mat thickness should be 12cm (4") over an 1 1/4" base mat.

Flyaway on bars- B (without the free hip or giant)- APPROVED (Effective 2018)

No deduction for not having a kip on bars- APPROVED (Effective 2018)

C. Balance Beam:

1. Height 120cm (47 -1/4").
2. The measurement is from the floor to the top of the beam.
3. Time :30 - 1:30 (Warning at 1:20)
4. Falls - gymnast has 30 seconds to remount.
Mats: Landing area minimum 6' by 12' at each end, and a minimum of 12' wide by 15 1/2' long matted area under the beam. 12cm (4") mat thickness is required with a 1 1/4" base mat.
5. Back tuck vault to be a B as dismount- (9.105) APPROVED (Effective 2018)
6. Gainer off side of beam to be a B value (9.106) APPROVED (Effective 2018)
7. Split Leap (2.100) is now a B value part (previously an A) APPROVED (Effective 2018)
8. Acro Series: Back walkover to Back Handspring is now a flight series (only one flight). It could be any walkover to a flight - like front walkover to BH, or cartwheel to Roundoff (if there is flight in roundoff) (Effective 2018)

D. Floor:

1. Dimensions - 12 meters x 12 meters (39' 4 7/16" x 39' 4 7/16")
2. The measurement is from the outside of the tape or where the carpet changes color. The floor surface must be a minimum of 1 1/4" thick to a maximum of 7" thick. The top of the mat must be joined into one continuous level surface. It is strongly recommended that a spring type floor be used at Level 8 and below. A resolute or wrestling mat type surface is permitted.
3. Time: No minimum time limit
4. Aerial to count as a salto requirement on floor. Example: aerial to roundoff back tuck fulfills SR of double salto pass- or aerial to aerial (Effective 2018)

[Girls Gymnastics History & Records Link](#)

All-WNY Scholar Athlete

Coaches and Athletic Directors are encouraged to nominate athletes for selection to the All-WNY Scholar Athlete **Girls Gymnastics** Team. Applications must be completed on-line. All required forms are attached to the only form before **December 7, 2026 4pm** . The team will be honored by both Section VI and the Buffalo News. Click for the [selection criteria and on-line application](#)

[Section VI AED Policy #430 page 16](#)

[No Shows at Sectionals #211 page 9](#)

[Travel to State Competition Policy #310 page 12](#)

[Contingency Plan for Sectional Competition \(weather or illness\) #223 page 12](#)

[Sportsmanship Policy #720 page 27](#)

[NYSPHSAA Sportsmanship Pledge](#)