

## **GIRLS GYMNASTICS COMMITTEE MEETING**

East Lansing, September 30, 2015

### **Members Present:**

DeAnn Allen, Walled Lake  
Steve Baker, Grand Ledge  
John Cunningham, Canton (MHSGCJA)  
Michele DeHaan, Lowell  
Tim Erickson, Rockford  
Tom Flynn, Birmingham (MIAAA)  
Nancy Gregory, Brighton  
Chris Galloway, Jackson

### **Members Absent:**

Chris Ceresa, Highland  
Courtney Kosmala-Jackson, Fraser  
John Thompson, Brighton

### **Staff Members Present:**

Kathy Vruggink Westdorp (Recorder)

## **GENERAL REVIEW AND PURPOSE OF THE COMMITTEE**

The 2015-16 Gymnastics Committee met at the Michigan High School Athletic Association to review its responsibilities as a standing sports committee; review prior Representative Council action; examine current MHSAA gymnastics policy; determine Regional qualifying scores and the draw for 2015 Gymnastics Team Finals order. In addition to this agenda, coaching requirements, MHSAA Regulations and Interpretations were reviewed and discussed.

## **STATUS OF THE SPORT**

Committee members viewed a list of the schools which offer gymnastics as well as the number of teams which are currently competing. Members of the committee also received a list of the cooperative programs that presently exist in gymnastics between schools. Presently there are 76 schools which offer gymnastics and a total of 50 gymnastics teams. In 2014-15, there were 76 schools which offered gymnastics and a total of 51 teams. There are currently 22 approved gymnastics cooperative programs.

Committee members spoke about new possible schools that may offer gymnastics in the future. The committee mentioned six additional schools. Since that time, one additional school added gymnastics for 2015-16. There was a consensus that the promotion of gymnastics within the school had much to do with the coach and the availability of a practice facility. Although the number of teams and competitors has remained fairly consistent throughout the last few years, it continues to be reiterated that current gymnastics competitors, new gymnastics coaches and new judges must be mentored to increase the pool of coaches and judges in the sport. Overall, the members of the Gymnastics Committee indicated that there was an increase in the number of gymnasts on their teams over the last few years and that several schools are pursuing ways to offer gymnastics through cooperative programs and/or by finding additional qualified coaches and facilities.

Both the PSTI and Tournament Manager's Materials were received by the Committee and special notice was given to the starting time and schedule for the Team Competition on Friday, March 11, 2016. Check-in will be at 12 noon and competition is scheduled to start at 2:00 p.m. The Individual Competition has a starting time of 12 noon on Saturday, March 12, 2016 and for the fourth year, both Divisions will compete together.

Further conversation included the need for a host in Region 2. All schools within the Region have been notified of this need and the request for host has occurred on three separate occasions. The dates and times of all of the tournament were reviewed with in-person rules meeting scheduled for Monday, November 9 at the MHSAA (6 p.m.) and Saturday, November 14 at Walled Lake Central (12 noon). The first day of tryouts and practice is Monday, October 26, 2015 with the first allowable competition on Saturday, November 14, 2015. Regional Tournaments are scheduled for Saturday, March 4 with Finals scheduled for March 11 and 12 at Rockford High School. Added conversation included continuance of the cycle in having the tournament (when possible) remain on the west side of Michigan for two years and then the east side of Michigan for two years. East side options for 2017 and 2018 were discussed with Canton Plymouth chosen as the site. The tournament will return to Grand Rapids Kenowa Hills High School in 2019 and 2020. Walled Lake Central and the possibility of the tournament held in one of the Michigan colleges was discussed for 2021 and 2022.

## **NFHS GIRLS GYMNASTICS RULES BOOK INFORMATION & RULES MEETINGS**

Information was provided regarding the 2014-16 Girls Gymnastics Rules Book which includes some new language as well as consistent terminology in all events. The majority of the rule changes reflect the ongoing process of keeping with current trends and terminology and recognizing a variety of elements to better reflect today's high school gymnasts and their performances. The Girls Gymnastics Rules Book continues to feature new illustrations which depict more realistic figures to allow for a better understanding of the elements. Points of emphasis include spotting, series breaks, and enforcement of the rules throughout the season. The NFHS Rules Committee meets October 18 – 20, 2015 in Indianapolis.

Online gymnastics rules/risk management meetings will be posted starting Monday, October 19 through Thursday, December 17, 2015. Head coaches are required to attend or take the online meeting (during the dates indicated) or they may not coach in the MHSAA Girls Gymnastics Tournament. To qualify to officiate in the MHSAA Tournament, judges must attend or take the online meeting (during the dates indicated) and submit a schedule to the MHSAA.

## **COACHING REQUIREMENTS**

Committee members reviewed information regarding coaching requirements for 2015-16 and future years. Starting last year, the athletic director or principal of each school must attest that all high school coaches (subvarsity or assistant coaches, paid or volunteer) have completed an MHSAA rules/risk management meeting in their sport or, in the alternative, one of several health and safety courses designated on mhsaa.com. Effective with the 2015-16 school year, high schools must attest that all varsity head coaches have a valid current cardiopulmonary resuscitation (CPR) certificate. Discussion included how athletic administrators were enforcing the requirement. Effective with the 2016-17 school year, each head coach of a varsity high school team, hired for the first time at any MHSAA member high school after July 31, 2016 shall have completed either Level 1 or Level 2 of the MHSAA Coaches Advancement Program (CAP).

## **OUT-OF-SEASON COACHING CLARIFICATIONS/MHSAA REGULATIONS**

Committee members reviewed out-of-season and summer coaching controls. Information regarding the four player period, preseason down time and summer limitations was also reviewed. Specific attention was brought to the number of coaches who are currently running their own facility or practicing at an outside facility and not in the school in which they coach. During the school year coaches are limited to providing coaching in their sport to four students in grades 7-12 of the school district in which they coach. The four player period runs from Monday of the week of August 15 through the Sunday after Memorial Day, exclusive of the actual high school season. Coaches can coach out-of-season up to four players (students in grades 7-12).

Gymnastics currently applies the limited team membership rule from the point of a student's first participation in a contest or scrimmage, rather than practice. In gymnastics, there is an allowance for a member of the school team to participate in a maximum of two non-school meets or contests while not representing her school. Committee members endorsed the rule and discussed the application of the rule.

## **DIVISION 1 AND DIVISION 2 DECLARATION**

Committee members discussed last year's Division 1 and Division 2 declaration recommendation which is now policy in gymnastics. Most of the issues that occurred in prior years in which competitors were placed in the wrong Division has been resolved. However, there will be continued discussion regarding whether additional gymnastics club and recreation programs should be added to the policy.

The current rule for Division 1 and 2 is: A Division 1 gymnast is one who has ever competed in a non-school competition at the USAG Level 8 or above, USAIGC – Intermediate Optional Level or the USAIGC Open Optional Level, or Y Program at Level 8 or competed in the AAU-Michigan qualifying meet judges at Level 8 or a gymnast who has competed in USAG Option 7 or USAIGC Developmental Optional Level or Level 7 equivalent Y Program since January 1, 2014.

Additional conversation occurred regarding the Xcel Program affiliated with USA Gymnastics. The consensus of the group was that gymnasts who compete in the Xcel Program currently do not equate to the standards of a USAG Option 7 or USAIGC Developmental Option Level or Level 7 equivalent Y Program. It was further opined that in terms of gymnasts who participate in Xcel out-of-season, coaches are expected to make conscientious and principled decisions when placing gymnasts in the respective levels of competition.

## **HISTORY FOR CONSIDERATION OF SEASON OF COMPETITION**

Discussion points were presented regarding the history of the season for high school girls gymnastics participation as well as the pros and cons of where the gymnastics season is currently placed. The first MHSAA Gymnastics Meet was conducted during the 1971-72 school year and held on March 11, 1972. On October 31, 2005, the MHSAA surveyed girls gymnastics schools, athletes and judges regarding whether a change from the winter to fall season should occur. In 2007, the Michigan HS Gymnastics Coaches and Judges were surveyed and in 2008, schools were again surveyed. The Gymnastics Committee was interactive in stating some of the pros and cons regarding a change of season which included - Pros: Gymnasium scheduling is less chaotic in the fall, elimination of conflict with competitive cheer, better weather for travel. Cons: Reduces opportunities for winter season, concern for conflict with swimming and diving, concern for conflict with sideline cheerleading, already involved in extra-curricular activities in the fall. It was determined that the MHSAA would survey schools that have dropped their gymnastics programs to see if a change of season would make a difference in offering gymnastics. This email survey would be provided to eight (one school has already returned in 2015-16) schools who have offered gymnastics in past years.

## **GYMNASTICS FINALS FORMAT**

The change of format to having one Finals Individual Meet held on Saturday, March 12 starting at 12 noon continues to be supported. Separate awards are given to each of the Divisional placements with both Division 1 and Division 2 competing together and warm-ups being done by Region. This allowed for greater time between events for gymnasts who compete in several events as well as a single meet being held on Saturday rather than two separate meets. Entries from the Regionals must be carefully reviewed by the host schools so the top eight in each Division are those who are listed to move on to the Individual Finals.

## **TEAM AND INDIVIDUAL QUALIFYING SCORES**

The 2010 through 2015 team and individual qualifying scores for regional entry were reviewed. The 2015 regional participation information and scoring distribution for events at each site was received and discussed in order to assist the committee's charge to establish 2015-16 qualifying scores. In addition, all-around scoring at each Regional was perused. The committee reviewed the 2015 summary of regional scoring and determined that the 2016 Regional qualifying scores were to remain unchanged. The team score would also remain the same as it has been for the last five years. The individual and team scores are as follows:

**Vault – 7.9    Bars – 6.8    Beam – 7.4    Floor Exercise – 7.8    Team – 120**

Verification of gymnasts' qualifying scores must be signed by the coach and athletic director and the four dates on which the gymnast met or bettered the qualifying score must also be provided for each competitor for each event.

## **OFFICIALS**

There are currently sixty (60) registered judges in MHSAA Gymnastics which is an increase from this time last year. The committee recommended that the MHSGCJA prepare flyers to be provided to senior gymnasts throughout the year, which would communicate the excitement in the opportunity to become a judge, as well as the additional money that can be made in judging gymnastics. In addition, it was requested that continued mentoring of judges and coaches occur through MHSGCJA.

## **GYMNASTICS FINALS**

The Gymnastics Committee reviewed and confirmed the current 2016 Regional and Finals schedule and sites. Committee members verbalized the tasks, equipment and procedures that are necessary to conduct an efficient meet and participated in a draw for order of competition at the 2016 Finals. A draw was done for both a 13 and 12 team rotation and will be posted on mhsaa.com and attached to these meeting minutes.

## **RECOMMENDATIONS TO THE REPRESENTATIVE COUNCIL**

There were no recommendations to the Representative Council.

# 2016 MHSAA GYMNASTICS FINALS ROTATION DRAW

## TEAM FINALS - FRIDAY, MARCH 11, 2016

### ROCKFORD HIGH SCHOOL

**If 13 teams qualify:**

ROTATION	WARM-UP	VAULT	BARS	BEAM	FLOOR	COMPETE
1	1:40 p.m.	Reg. 4 – 2 <sup>nd</sup>	Reg. 3 – 2 <sup>nd</sup>	Reg. 1 – 3 <sup>rd</sup>	Extra Qual.	2:00 p.m.
2	2:00 p.m.	Reg. 2 – 3 <sup>rd</sup>	Reg. 2 – 2 <sup>nd</sup>	Reg. 3 – 3 <sup>rd</sup>	Reg. 4 – 1 <sup>st</sup>	2:20 p.m.
3	2:20 p.m.	Reg. 3 – 1 <sup>st</sup>	Reg. 4 – 3 <sup>rd</sup>	Reg. 1 – 2 <sup>nd</sup>	Reg. 2 – 1 <sup>st</sup>	2:40 p.m.
4	2:40 p.m.	Reg. 1 – 1 <sup>st</sup>	Reg. 4 – 2 <sup>nd</sup>	Reg. 3 – 2 <sup>nd</sup>	Reg. 1 – 3 <sup>rd</sup>	3:00 p.m.
5	3:00 p.m.	Extra Qual.	Reg. 2 – 3 <sup>rd</sup>	Reg. 2 – 2 <sup>nd</sup>	Reg. 3 – 3 <sup>rd</sup>	3:20 p.m.
6	3:20 p.m.	Reg. 4 – 1 <sup>st</sup>	Reg. 3 – 1 <sup>st</sup>	Reg. 4 – 3 <sup>rd</sup>	Reg. 1 – 2 <sup>nd</sup>	3:40 p.m.
7	3:40 p.m.	Reg. 2 – 1 <sup>st</sup>	Reg. 1 – 1 <sup>st</sup>	Reg. 4 – 2 <sup>nd</sup>	Reg. 3 – 2 <sup>nd</sup>	4:00 p.m.
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8	4:40 p.m.	Reg. 1 – 3 <sup>rd</sup>	Extra Qual.	Reg. 2 – 3 <sup>rd</sup>	Reg. 2 – 2 <sup>nd</sup>	5:00 p.m.
9	5:00 p.m.	Reg. 3 – 3 <sup>rd</sup>	Reg. 4 – 1 <sup>st</sup>	Reg. 3 – 1 <sup>st</sup>	Reg. 4 – 3 <sup>rd</sup>	5:20 p.m.
10	5:20 p.m.	Reg. 1 – 2 <sup>nd</sup>	Reg. 2 – 1 <sup>st</sup>	Reg. 1 – 1 <sup>st</sup>	Reg. 4 – 2 <sup>nd</sup>	5:40 p.m.
11	5:40 p.m.	Reg. 3 – 2 <sup>nd</sup>	Reg. 1 – 3 <sup>rd</sup>	Extra Qual.	Reg. 2 – 3 <sup>rd</sup>	6:00 p.m.
12	6:00 p.m.	Reg. 2 – 2 <sup>nd</sup>	Reg. 3 – 3 <sup>rd</sup>	Reg. 4 – 1 <sup>st</sup>	Reg. 3 – 1 <sup>st</sup>	6:20 p.m.
13	6:20 p.m.	Reg. 4 – 3 <sup>rd</sup>	Reg. 1 – 2 <sup>nd</sup>	Reg. 2 – 1 <sup>st</sup>	Reg. 1 – 1 <sup>st</sup>	6:40 p.m.

**If 12 teams qualify:**

ROTATION	WARM-UP	VAULT	BARS	BEAM	FLOOR	COMPETE
1	1:40 p.m.	Reg. 4 – 2 <sup>nd</sup>	Reg. 3 – 2 <sup>nd</sup>	Reg. 1 – 3 <sup>rd</sup>	Reg. 2 – 3 <sup>rd</sup>	2:00 p.m.
2	2:00 p.m.	Reg. 2 – 2 <sup>nd</sup>	Reg. 3 – 3 <sup>rd</sup>	Reg. 4 – 1 <sup>st</sup>	Reg. 3 – 1 <sup>st</sup>	2:20 p.m.
3	2:20 p.m.	Reg. 4 – 3 <sup>rd</sup>	Reg. 1 – 2 <sup>nd</sup>	Reg. 2 – 1 <sup>st</sup>	Reg. 1 – 1 <sup>st</sup>	2:40 p.m.
4	2:40 p.m.	Reg. 2 – 3 <sup>rd</sup>	Reg. 4 – 2 <sup>nd</sup>	Reg. 3 – 2 <sup>nd</sup>	Reg. 1 – 3 <sup>rd</sup>	3:00 p.m.
5	3:00 p.m.	Reg. 3 – 1 <sup>st</sup>	Reg. 2 – 2 <sup>nd</sup>	Reg. 3 – 3 <sup>rd</sup>	Reg. 4 – 1 <sup>st</sup>	3:20 p.m.
6	3:20 p.m.	Reg. 1 – 1 <sup>st</sup>	Reg. 4 – 3 <sup>rd</sup>	Reg. 1 – 2 <sup>nd</sup>	Reg. 2 – 1 <sup>st</sup>	3:40 p.m.
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7	4:20 p.m.	Reg. 1 – 3 <sup>rd</sup>	Reg. 2 – 3 <sup>rd</sup>	Reg. 4 – 2 <sup>nd</sup>	Reg. 3 – 2 <sup>nd</sup>	4:40 p.m.
8	4:40 p.m.	Reg. 2 – 1 <sup>st</sup>	Reg. 3 – 1 <sup>st</sup>	Reg. 2 – 2 <sup>nd</sup>	Reg. 3 – 3 <sup>rd</sup>	5:00 p.m.
9	5:00 p.m.	Reg. 4 – 1 <sup>st</sup>	Reg. 1 – 1 <sup>st</sup>	Reg. 4 – 3 <sup>rd</sup>	Reg. 1 – 2 <sup>nd</sup>	5:20 p.m.
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