

GIRLS GYMNASTICS COMMITTEE MEETING

East Lansing, September 26, 2018

Members Present:

Steven Baker, Grand Ledge
John Cunningham, MHS GCJA
Tim Erickson, Rockford
Tom Flynn, Birmingham (MIAAA)
Brian Gordon, Novi
Shannon Gohrmann, Highland
Nancy Gregory, Brighton
Marcy Miller, Jackson
Charlie O'Dell, Grand Rapids

Members Absent:

Claire Fossum, East Lansing

Staff Members Present:

Kathy Vrugink Westdorp (Recorder)

GENERAL REVIEW AND PURPOSE OF THE COMMITTEE

The 2018-19 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 draw the 2019 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 exist in gymnastics between schools. Presently there are 98 schools that offer gymnastics and a total of 50 gymnastics teams. In 2017-18, there were 94 schools that offered gymnastics and a total of 49 teams. There are currently 26 approved gymnastics cooperative programs.

Committee members spoke about current schools offering gymnastics and new schools that offer gymnastics. 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 or equipment. 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.

Committee members also reviewed innovative ways to connect with additional judges in the sport of gymnastics. This includes a judge's area at the MHSAA Finals with the opportunity to sign up for judging and become mentored within the sport. Additional points made were to provide spectators additional information regarding opportunities in judging gymnastics. At this time, there are 63 registered gymnastics judges.

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 8, 2019. 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 9, 2019 and both Divisions will compete together. The host site (Rockford) indicated that there was a half day of school on Friday which will be conducive to the team tournament starting on time.

Upcoming dates and times were reviewed with in-person rules meetings scheduled for Monday, November 5 at the MHSAA (6 p.m.) and Saturday, November 17 at White Lake Lakeland (12 noon). The first day of tryouts and practice is Monday, October 29, 2018 with the first allowable competition on Saturday, November 17, 2018. Regional Tournaments are scheduled for Saturday, March 2 at Grand Rapids Kenowa Hills, Grand Ledge, Plymouth Canton and White Lake Lakeland. Finals are scheduled for March 8 and 9 at Rockford High School. The MHSAA Girls Gymnastics Tournament will rotate to Grand Rapids Kenowa Hills High School in 2020 and 2021.

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 focused on 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.

NFHS GIRLS GYMNASTICS RULES BOOK INFORMATION & RULES MEETINGS

Information was provided regarding the 2018-20 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. Points of emphasis include balks on vault, bars and beam; as well as spotting, awarding credit, event requirements on floor and composition.

Composition has been revised in the new Rules Book and is defined as the structure or framework of the exercise. Good composition should demonstrate a variety of changes in the direction of movement, tempo and rhythm as well as using all areas of the apparatus or floor. In each event, there are now guidelines to consider when evaluating composition.

Online gymnastics rules/risk management meetings will be posted starting Monday, October 15 through Thursday, December 13, 2018. Head Varsity coaches and sub-varsity coaches are required to attend or take the online meeting (during the dates indicated) or are not allowed to 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.

GYMNASTICS MEET REFEREE GUIDE AND JUDGES MANUAL

Both the Gymnastics Meet Referee Guide and Judges Manual are being updated for 2018-20. The Meet Referee Guide includes documents regarding duties of the Meet Referee including a systematic order of responsibilities as well as preparation for the pre-meet coaches meeting. The Judges Manual includes duties and responsibilities, judging mechanics and supplemental explanations. Also posted to the MHSAA site will be the NFHS Girls Gymnastics Judges Manual for 2018-20.

COACHING REQUIREMENTS

Committee members reviewed information regarding coaching requirements for 2018-19 and future years. The athletic director or principal of each high school must attest that all high school coaches (subvarsity or assistant coaches, paid or volunteer) have completed an MHSAA rules meeting in their sport. High School athletic directors must also attest that all varsity head coaches have a valid current cardiopulmonary resuscitation (CPR) certificate. In addition, 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) to coach in the MHSAA Tournament.

CONCUSSION EPIDEMIOLOGY

Members of the committee also received updated information regarding MHSAA concussion epidemiology and the prevalence rate for concussion in gymnastics during the 2017-18 school year. There were 702 participants in gymnastics with 11 reported head injuries, resulting in a head injury reporting prevalence rate for gymnastics of 1.57%. Overall head injury reports decreased for the second consecutive year and concussion reporting is down 9.6% from 2016-17.

DIVISION 1 AND DIVISION 2 DECLARATION

Committee members discussed Division 1 and Division 2 declaration. Most of the issues that occurred in prior years in which coaches placed competitors in the wrong Division have been resolved. Information was distributed regarding a questionnaire that was distributed requesting information from gymnastics coaches as to their athlete's participation in Xcel programs. Conversation included the hierarchy of the Xcel Program and whether any of the divisions of Xcel (Bronze, Silver, Gold, Platinum and Diamond) equated to the current USAG, USAIGC, or Y Programs. Most of the survey information revealed that there was a firm belief that none

of the levels of the AAU EXCEL programs paralleled the USAG programs. It was further opined that coaches are expected to make conscientious and principled decisions when placing gymnasts in the respective levels of competition.

The current rule for Division 1 and 2 is: A Division I 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, 2017. All other gymnasts will be considered Division II gymnasts.

DOUBLE DUAL/QUAD MEETS

A prior competition requirement was reviewed regarding double dual or quad meets which includes that no more than 6 competitors per team can compete in each event when two judges are contracted and there can be no more than seven competitors per team per event when four judges are contracted in which two events are conducted simultaneously. Discussion included to change the language to state: When four judges are contracted, there can be 28 gymnasts who compete per event in a Double Dual or Quad Meet, with a total of 14 gymnasts per school, per event (in the case of an A or B team) allowed.

TEAM AND INDIVIDUAL QUALIFYING SCORES

The 2013 through 2018 individual and team qualifying scores for regional entry were reviewed. The 2018 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 2018-19 qualifying scores. In addition, all-around scoring at each Regional was perused. The committee reviewed the 2018 summary of regional scoring and determined that the 2019 Regional qualifying scores would be changed to reflect added complexities in scoring Uneven Bars. The team score would remain the same as it has been for the last six years. The individual and team scores are as follows with only the bar score changing from 6.8 to 6.7 to allow for additional qualifiers.

Vault – 7.9 Bars – 6.7 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.

GYMNASTICS FINALS

The Gymnastics Committee reviewed and confirmed the current 2019 Regional and Finals schedule and sites. All Regional and Finals sites have been established. At all sites, there was a continued request for the score tables to be amply prepared for scoring responsibilities including the designation of competitor numbers and school name. 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 2019 Team Finals. A draw was done to include both a 13 and 12 team rotation and is attached. This draw will also be posted on mhsaa.com.

RECOMMENDATIONS TO THE REPRESENTATIVE COUNCIL

Recommendation to solidify the language that when four judges are contracted for a meet in which two events are conducted simultaneously, a total of 28 gymnasts may compete per event in a Double Dual or Quad Meet, with a total of 14 gymnasts per school per event (in the case of an A or B Team) allowed. (9-0)

2019 MHSAA GYMNASTICS FINALS ROTATION DRAW

TEAM FINALS - FRIDAY, MARCH 8, 2019

ROCKFORD HIGH SCHOOL

If 13 teams qualify:

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

If 12 teams qualify:

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

