

2024 GIRLS GYMNASTICS COMMITTEE MEETING MINUTES

Wednesday, September 18, 2024 – 9:30 a.m. – East Lansing

MEMBERS PRESENT

Brenda Betz, Adrian
Mike Cahill, Farmington
Michele DeHaan, Lowell
Jeffrey Finney, Fowlerville
Shannon Gohrmann, Wixom (MHSGCJA)
Jamie Kline, Holt

Charlie O'Dell, Grand Rapids
Tracie Richards, Brighton
Mitch Smelis, Fenton (MATS)

MHSAA STAFF

Kathy Vruggink Westdorp (Recorder)

The 2024-25 Gymnastics Committee met at the MHSAA 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 order for the 2025 Gymnastics Team Finals. This committee also reviewed their responsibilities of recommending to the Representative Council any changes to MHSAA regulations relative to gymnastics and proposing to MHSAA staff appropriate procedures, sites, and assignments for the MHSAA tournament.

Committee members reviewed a list of schools that offer gymnastics in 2024-25, as well as the number of teams that are currently competing. Members also received a list of the cooperative programs that exist in gymnastics between schools. Presently there are 111 schools that offer gymnastics and a total of 48 gymnastics teams. In 2023-24, there were 107 schools that offered gymnastics and a total of 50 teams. There are currently 26 approved gymnastics cooperative programs. There are currently 44 gymnastics officials registered for 2024-25. There will be training of new and current officials affiliated with the Judge's Cup.

Participation numbers in Michigan were received and in 2023-24 there were 529 individuals who participated in gymnastics (compared to 562 in 2022-23). Gymnastics concussion epidemiology was also reviewed and there were two reported head injuries with a prevalence rate of .38%. Gymnastics ranks 14th overall in head injuries per thousand participants out of all MHSAA sports. Additional conversation involved what could additionally be done to enhance the health and safety of those who participate in gymnastics. This included the screening of the fundamentals of the gymnast and making certain that gymnasts are following proper progression and performing clean and safe routines. Review of equipment and matting as well as layout and space was also mentioned. The utilization of fundamentals at clinics and providing additional drills at practice was endorsed as well as coaches who took leadership in helping guide gymnasts in the area of nutrition, sleep habits and mental health.

Conversation also included as to how to further promote gymnastics within the school, the district and the state. Some suggestions were to promote girls gymnastics through school-based programs including pep assemblies, half-time events, and summer camps. In addition, recognizing school gymnasts through websites and building an early love for gymnastics through physical education, recreation and community education programs. Gymnastics that occurred at the 2024 Summer Olympics is also intended to provide high school gymnastics with additional energy and momentum.

This is the first year of a two-year rules book in girls gymnastics. The points of emphasis include composition, sportsmanship, the dance passage and back-to-back superior credit on floor exercise, event requirements on uneven bars and balance beam as well as leaps and jumps in cross and side position on the beam. Both the PSTI and Tournament Manager's Materials were received by the Committee. The first day of tryouts and practice is Monday, October 28, 2024, with the first allowable competition on Saturday, November 16, 2024. Regional tournaments are scheduled for Saturday, March 1, 2025. Finals are scheduled for March 7 and 8, 2025 at Grand Rapids Kenowa Hills High School.

DISCUSSION ITEMS

DIVISION 1 AND DIVISION 2 DECLARATION

Committee members discussed Division 1 and Division 2 declaration and structure changes that were made last year. Many of the issues that may have occurred in prior years in which coaches placed competitors in the wrong division have been resolved. However, it is imperative that coaches make principled decisions when placing gymnasts in the respective levels of competition. Starting last year, 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, USAIGC Open Optional Level or Y Program at Level 8, AAU-Michigan qualifying meet judged at Level 8 or Xcel Sapphire Level. Additionally, a gymnast who has competed in USAG Option 7 or USAIGC Developmental Optional Level or a Level 7 equivalent Y Program or Xcel Diamond Level Program since January 1, 2023. All other gymnasts will be considered Division II gymnasts.

TEAM AND INDIVIDUAL QUALIFYING SCORES

The 2019 through 2024 individual and team qualifying scores for Regional entry were distributed as well as the 2024 Regional participation information and scoring distribution for events at each site. The scoring schematic assists in the committee's charge to establish 2024-25 qualifying scores. A team 6th place scoring at each Regional was reviewed. It was determined that Regional qualifying scores would be the same as in 2024. The team score would also remain the same as it has been for the last eight years. The individual and team scores are as follows:

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. Points of emphasis for the rules meeting included a reminder that there is a divisional structure in place and to follow the criteria and make conscientious decisions in regard to the placements of athletes.

REGULAR SEASON NUMBER OF COMPETITIONS/JUDGES REQUIREMENTS

Additional clarification was provided regarding the requirements for judges at regular season competitions.

In dual meets:

1. Exhibition performances are prohibited.
2. There can be no more than six (6) competitors per team per event when two judges are contracted to judge the events.
3. There can be no more than seven (7) competitors per team per event when four judges are contracted, and two events are conducted simultaneously.

In double dual meets or quad meets:

1. Exhibition performances are prohibited.
2. No more than 6 competitors per team can compete in each event when two judges are contracted to judge the events.
3. 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 allowed (in the case of an A and B team) when four (4) judges are contracted to judge the event.

When a contest involves A team and B team gymnasts:

1. The judge's contracts must reflect the arrangements.
2. The provision of the number of athletes must meet the number of contracted officials.
3. The team scoring provisions must be maintained; and
4. Any competitor has the opportunity to earn Regional qualifying scores.

GYMNASTICS FINALS

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 2025 Gymnastics Team Finals. Committee members indicated it was important to reach out to other teams as well as school groups and parents to assist in the scoring and timing of the Finals Meet. A draw was done to include both a 13 and 12-team rotation. This draw will also be posted on MHSAA.com. A reminder was provided that a finals individual tournament qualifier will not be replaced if that individual declines the opportunity or cannot for any reason compete at the Finals Tournament. In addition, gymnasts who are entered into the MHSAA Gymnastics Team Finals must have participated in the MHSAA Regional Tournament or have previously achieved a Regional individual qualified score. The host (Grand Rapids Kenowa Hills High School) indicated that they were already considering the various dynamics of setting equipment as well as use of the space, classrooms needed and other considerations. Gymnastics coaches are reminded that it is necessary to bring your own beat board, vault surround and sting mats to the Regional and Finals tournaments.

RECOMMENDATIONS TO THE REPRESENTATIVE COUNCIL

There were no recommendations to the Representative Council.

2025 MHSAA GYMNASTICS FINALS ROTATION DRAW

TEAM FINALS - FRIDAY, MARCH 7, 2025

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

