

## **GIRLS GYMNASTICS COMMITTEE MEETING**

East Lansing, September 25, 2019

### **Members Present:**

Cole Andrews, Rockford  
Steven Baker, Grand Ledge  
John Cunningham, MHSGCJA  
Greg Durkac, MIAAA  
Tom Flynn, Birmingham  
Brian Gordon, Novi  
Nancy Gregory, Brighton  
Marcy Miller, Jackson  
Todd Miller, Huron Valley

### **Members Absent:**

Claire Fossum, East Lansing  
Charlie O'Dell, Grand Rapids

### **Staff Members Present:**

Dan Hutcheson  
Kathy Vruggink Westdorp (Recorder)

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

The 2019-20 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 2020 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 104 schools that offer gymnastics and a total of 50 gymnastics teams. In 2018-19, there were 98 schools that offered gymnastics and a total of 49 teams. There are currently 27 approved gymnastics cooperative programs.

Committee members spoke about current schools offering gymnastics and possible new schools that are considering offering 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.

Participation numbers in Michigan and nationally were received. Nationally, girls gymnastics in Michigan ranked 11<sup>th</sup> for the second straight year. In 2018-19, there were 694 individuals who participated in gymnastics. Girls gymnastics saw a small decrease in participation (-1.1%) and two questions were posed to the committee to focus on in the upcoming year. The questions included how to continue to enhance the health and safety of the participants in girls gymnastics and how to continue to expand/increase the number of participants in girls gymnastics. Committee members spoke to student safety awareness, updated equipment, nutrition, mental health and practice length as all good ways to enhance the health and safety of participants. Additionally, suggestions were made regarding additional flexibility of language for co-ops (since it is a one division sport) and middle school meets with possible end of season competition. There was also a request that the current concussion course be available each year.

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 senior athletes additional information regarding opportunities in judging gymnastics and bringing some athletes to the Judges Cup to observe gymnastics judges. At this time, there are 57 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 13, 2020. 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 14, 2020 and both Divisions will compete together. The host

site (Rockford) indicated that they were currently making plans to facilitate the 2 p.m. start however, they have a full day of school on that Friday. There was additional discussion regarding how difficult it was for hosts to have a starting time of 2 p.m. on a full school day. Upcoming finals hosts have indicated that it would be very challenging to have a 2 p.m. start. Because of these concerns, a recommendation to the MHSAA Representative Council was developed in the case that there was a need to start the contest at a later time only at the Friday team competition.

Upcoming dates and times were reviewed with in-person rules meetings scheduled for Monday, November 4 at the MHSAA (6 p.m.) and Saturday, November 24 at High Flyers in Brighton (12 noon). The first day of tryouts and practice is Monday, October 28, 2019 with the first allowable competition on Saturday, November 16, 2019. Regional Tournaments are scheduled for Saturday, March 7 at Grand Rapids Kenowa Hills, Grand Ledge, Plymouth Canton and White Lake Lakeland. Finals are scheduled for March 13 and 14 at Rockford High School. The Girls Gymnastics Finals will rotate to White Lake Lakeland High School in 2021 and 2022.

### **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. There was additional clarification as to what the competition limits were for Varsity A and B teams. Competition limits apply to each team as well as to each individual.

### **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 reveals 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.

A list of Girls Gymnastics Rules Committee Meeting proposed rules changes for 2020-2022 were shared with the MHSAA Gymnastics Committee. Feedback was provided on several of the proposed rules changes including changes that were recommended in combining some of the deductions in composition, the timing of falls and the judging end time.

Online gymnastics rules/risk management meetings will be posted starting Monday, October 14 through Thursday, December 12, 2019. 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**

The MHSAA Gymnastics Meet Referee Guide and the NFHS Girls Gymnastics Judges' Manual were 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. It is in place to assist MHSAA registered gymnastics officials who are contracted to serve as a meet referee and provides the opportunity to review expectations, requirements and responsibilities of an interscholastic meet referee which includes inspecting and measuring equipment to verify specifications, conferring with other officials for consistency in scoring, accepting written inquiries from coaches and verifying meet results. 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 2019-20 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 2018-19 school year. In 2018-19, there were 694 participants in gymnastics with 7 reported head injuries, resulting in a head injury reporting prevalence rate for gymnastics of 1.01%. Of the 7 reported head injuries in gymnastics, 3 of the head injuries were in practice and 4 were in competition. Those in practice were at the middle or end of practice and those in competition were also at the middle or end of competition. All received written authorization to return to activity by the end of the season.

## **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. It was further opined that coaches must continue 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, 2018. All other gymnasts will be considered Division II gymnasts.

## **TEAM AND INDIVIDUAL QUALIFYING SCORES**

The 2014 through 2019 individual and team qualifying scores for regional entry were reviewed. The 2019 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 2019-20 qualifying scores. In addition, all-around scoring at each Regional was perused. There was some concern regarding the large number of gymnasts who qualified in vault, however the committee reviewed the 2019 summary of regional scoring and determined that the 2020 Regional qualifying scores would be the same as in 2019. The team score would also remain the same as it has been for the last six 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.

## **GYMNASTICS FINALS**

The Gymnastics Committee reviewed and confirmed the current 2020 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 2020 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.

## **RECOMMENDATION TO THE REPRESENTATIVE COUNCIL**

The MHSAA Girls Gymnastics Finals will have a start time of 2:00 p.m. at the Friday Team Finals, unless the host facility cannot meet these guidelines due to current school schedule conditions. In the case that this occurs, the MHSAA Team Finals event will start no later than 4 p.m. In either case, the Saturday Individual Finals Competition will remain a 12 noon start. (8-0)

# 2020 MHSAA GYMNASTICS FINALS ROTATION DRAW

## TEAM FINALS - FRIDAY, MARCH 12, 2020

### ROCKFORD HIGH SCHOOL

**If 13 teams qualify:**

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

**If 12 teams qualify:**

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