

2023 GIRLS GYMNASTICS COMMITTEE MEETING MINUTES

Wednesday, September 20, 2023 – 9:30 a.m. – East Lansing

Members Present:

Brenda Betz, Adrian
John Cunningham, Canton (MHSGCJA)
Michele Davis, Grosse Pointe
Shannon Gohrman, Huron Valley
Kimberly Moffett, Grand Rapids
Brian Osborn, Howell (MIAAA)
Eric Pierce West Bloomfield
Suzanne Lijewski, Vassar

Members Absent:

Cole Andrews, Rockford

Staff Member Present:

Kathy Vrugink Westdorp (Recorder)

GENERAL REVIEW AND PURPOSE OF THE COMMITTEE

The 2023-24 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 2024 Gymnastics Team Finals. This committee also reviewed their responsibilities including recommendations to the Representative Council of any changes regarding MHSAA regulations relative to the sport and recommending to MHSAA staff appropriate procedures, sites, and assignments for the MHSAA tournament.

STATUS OF THE SPORT

Committee members reviewed a list of schools that offer gymnastics in 2023-24, 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 100 schools that offer gymnastics and a total of 52 gymnastics teams. In 2022-23, there were 103 schools that offered gymnastics and a total of 47 teams. There are currently 24 approved gymnastics cooperative programs, with at least two others that will be reviewed at the next Executive Committee Meeting.

Participation numbers in Michigan were received and in 2022-23 there were 562 individuals who participated in gymnastics (compared to 585 in 2021-22). Gymnastics concussion epidemiology was also reviewed and there were five reported head injuries and a prevalence rate of .89%. Gymnastics ranks 14th overall in head injuries per thousand participants out of all MHSAA sports. Additional conversation revolved what could additionally be done to enhance the health and safety of those who participate in gymnastics. This included screening the fundamentals of the gymnast, review of equipment and matting as well as layout and space; utilization of fundamentals at clinics and providing additional drills at practice.

This is the second year of a two-year rules book in girls gymnastics. The points of emphasis include sportsmanship, awarding credit, composition, event requirements on floor, seven ways to break a series and uniforms. Also received was the MHSAA 2023-24 Gymnastics Rules Book Insert with MHSAA clarifications. Both the PSTI and Tournament Manager's Materials were received by the Committee. Friday's Team Competition is scheduled for March 8 and the Individual Competition will be held on Saturday, March 9, 2024, with both Divisions competing together.

Upcoming dates and times were reviewed with online rules meetings scheduled from October 16 – December 14, 2023. Head varsity coaches and subvarsity coaches are required to take the online meeting (during the dates indicated) or are not allowed to coach in the MHSAA Girls Gymnastics Tournament. In addition, this year all varsity and subvarsity head coaches must have a valid current CPR certification. To qualify to officiate in the MHSAA Tournament, judges must take the online meeting (during the dates indicated) and submit a schedule to the MHSAA. A reminder was provided that officials must take a rules meeting before officiating in their first regular-season meeting. The first day of tryouts and practice is Monday, October 30, 2023, with the first allowable competition on Saturday, November 18, 2022. Regional tournaments are scheduled for Saturday, March 2, 2024, at Grand Rapids Kenowa Hills, Grand Ledge, Canton Plymouth and Birmingham Groves. Finals are scheduled for March 9 and 10, 2024 at Rockford High School.

PROMOTION OF GIRLS GYMNASTICS

The committee was tasked with recommendations on how girls gymnastics could be further promoted and additional ways to increase participation in gymnastics. Ideas included summer gymnastics camps, making it a no-cut sport, providing access to affordable equipment and hosting "gymnastics events" in schools so others

can see the flow and excitement of a gymnastics meet. Additional information included recognizing school gymnasts through websites honoring athletes and building an early love for gymnastics through physical education programs, recreation programs and community education programs.

DIVISION 1 AND DIVISION 2 DECLARATION

Committee members discussed Division 1 and Division 2 declaration. Most of the issues that may have occurred in prior years in which coaches placed competitors in the wrong division have been resolved. It was again indicated that coaches must continue to make conscientious and principled decisions when placing gymnasts in the respective levels of competition. Last year, through a recommendation to the Representative Council, Xcel levels Sapphire and Diamond became a part of the divisional structure criteria. Starting in 2023-24, 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 a gymnast who has competed at the Xcel Sapphire Level. **Or** a gymnast who has competed USAG Option 7 or USAIGC Developmental Optional Level or a Level 7 equivalent Y Program or Xcel Diamond Level Program since January 1, 2022. All other gymnasts will be considered Division II gymnasts.

TEAM AND INDIVIDUAL QUALIFYING SCORES

The 2018 through 2023 individual and team qualifying scores for Regional entry were reviewed. The 2023 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 2023-24 qualifying scores. In addition, team 6th place scoring at each Regional was perused. The committee reviewed the 2023 summary of Regional scoring and determined that the 2024 Regional qualifying scores would be the same as in 2023. The team score would also remain the same as it has been for the last seven 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 PER 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 2024 Team Finals. Committee members indicated it was important to reach out to other teams as well as school groups (National Honor Society, etc.) to assist in the scoring and timing of the Finals Meet. A draw was done to include both a 13 and 12-team rotation and is attached. This draw will also be posted on mhssa.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 Team Finals must have participated in the MHSAA Regional Tournament or have previously achieved a Regional individual qualified score. The host (Rockford High School) indicated that they were already reviewing and considering the various dynamics of setting equipment as well as use of the space, classrooms needed and other considerations. It was also indicated that volunteers and training staff are already preparing for the 2024 Gymnastics Finals at Rockford High School.

RECOMMENDATIONS TO THE REPRESENTATIVE COUNCIL

There were no recommendations to the Representative Council.

2024 MHSAA GYMNASTICS FINALS ROTATION DRAW

TEAM FINALS - FRIDAY, MARCH 8, 2024

ROCKFORD HIGH SCHOOL

If 13 teams qualify:

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

If 12 teams qualify:

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

