

GIRLS GYMNASTICS COMMITTEE MEETING

East Lansing, October 1, 2014

Members Present:

DeAnn Allen, Walled Lake
Steve Baker, Grand Ledge
John Cunningham, Canton (MHSGCJA)
Michele DeHaan, Lowell
Tim Erickson, Rockford
Chris Galloway, Jackson
Kimberly Nichols, Coldwater

Members Absent:

Eric Haik, Kenowa Hills
Courtney Kosmala-Jackson, Fraser
John Thompson, MIAAA

Staff Members Present:

Kathy Vruggink Westdorp (Recorder)

GENERAL REVIEW AND PURPOSE OF THE COMMITTEE

The 2014-15 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 51 gymnastics teams. In 2013-14, there were 74 schools which offered gymnastics and a total of 52 teams. There are currently 21 approved gymnastics cooperative programs.

Committee members expressed some concern about diminishing girls gymnastics programs and the inability to find qualified coaches. 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.

2014-15 GYMNASTICS SEASON

Gymnastics tournament information was reviewed with the Committee. Monday, October 27, 2014 is the starting date for tryouts and practice and the first competition date is Saturday, November 15, 2014. The opt-out due date is Friday, February 27, 2015 at 4 p.m. Regional tournament sites on March 7, 2015 will be GR Kenowa Hills HS, Mason HS, Canton-Plymouth HS and Walled Lake Central HS. The 2015 MHSAA Gymnastics Finals Tournament will be held at Rockford High School on March 13 and 14. The 2015 and 2016 tournaments have been scheduled at Rockford High School. There was additional conversation to continue the cycle of 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 the possibility of Walled Lake Central or Canton Plymouth being the site. The tournament would return to Grand Rapids Kenowa Hills High School in 2019 and 2020. Additional discussion included the possibility of the tournament being held in one of the Michigan colleges.

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.

In addition, online gymnastics rules/risk management meetings will be posted starting Monday, October 20 through Thursday, December 18, 2014. Head coaches are required to attend or take the online meeting (during the dates indicated) or they may not coach in the MHSAA 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. For those individuals who prefer to attend a face-to-face rules meeting, there are two available: 6 p.m. on Monday, November 10 at the MHSAA or 8:30 a.m. on Saturday, December 6 at Walled Lake Central (in conjunction with the MHSGCJA Judges Cup).

COACHING REQUIREMENTS

Committee members reviewed information regarding coaching requirements for 2014-15 and future years. New with fall sports 2014, the athletic director or principal of each school must attest that all high school coaches (sub varsity 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. Discussion included how athletic administrators were enforcing the requirement. Effective with the 2015-16 school year, high schools must attest that all varsity head coaches have a valid current cardiopulmonary resuscitation (CPR) certificate. 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 three (or 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 three (or four) students in grades 7-12 of the school district in which they coach. The three (or 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 three (or four) players (students in grades 7-12). If all students are enrolled in the coach's school (there are no others present), then the coach may work with four players.

Additional discussion involved MHSAA Regulation I, Section 12 (Limited Team Membership). 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 also 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.

2014-15 PARTICIPATING SCHOOL TOURNAMENT INFORMATION AND TOURNAMENT MANAGER'S MATERIALS

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, 2015. 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, 2015 and for the third year, both Divisions will compete together.

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 will be resolved with the new change. However, there will be continued discussion regarding whether additional gymnastics club and recreation programs should be added to the policy. 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 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, 2012.

GYMNASTICS FINALS FORMAT

The change of format to having one Finals Individual Meet held on Saturday, March 14 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. In the 2013-14 Finals, there were 76 gymnastics that competed on vault, 66 on bars, 72 on beam and 73 on floor exercise.

TEAM AND INDIVIDUAL QUALIFYING SCORES

The 2009 through 2014 team and individual qualifying scores for regional entry were reviewed. The 2014 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 2014-15 qualifying scores. In addition, all-around scoring at each Regional was perused. The committee reviewed the 2014 summary of regional scoring and determined that the 2015 Regional qualifying scores were to remain unchanged. The team score would also remain the same as it has been for the last four 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.

GYMNASTICS FINALS

The Gymnastics Committee reviewed and confirmed the current 2015 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 2015 Finals. A draw was done for both a 13 and 12 team rotation and is posted on mhsaa.com and attached to these meeting minutes.

RECOMMENDATIONS TO THE REPRESENTATIVE COUNCIL

There were no recommendations to the Representative Council.

2015 MHSAA GYMNASTICS FINALS ROTATION DRAW

TEAM FINALS - FRIDAY, MARCH 13, 2015

ROCKFORD HIGH SCHOOL

If 13 teams qualify:

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

If 12 teams qualify:

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