

GIRLS GYMNASTICS COMMITTEE MEETING

East Lansing, September 21, 2022 – 9:30 a.m.

Members Present:

Brenda Betz, Adrian
John Cunningham, MHSGCJA
Michele Davis, Grosse Pointe
Kimberly Moffett, GR Kenowa Hills
Brian Osborn, Fowlerville
Eric Pierce West Bloomfield
Suzanne Lijewski, Vassar
J.D. Wheeler, Hartland

Members Absent:

Michele DeHaan, Lowell
Shannon Gohrman, Huron Valley
Erin Polk, Novi

Staff Members Present:

Kathy Vrugink Westdorp (Recorder)

GENERAL REVIEW AND PURPOSE OF THE COMMITTEE

The 2022-23 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 2023 Gymnastics Team Finals order. This committee also reviewed their responsibilities which include recommending to the Representative Council changes regarding MHSAA regulations relative to the sport as well as recommending to MHSAA staff appropriate procedures, sites and assignments for the MHSAA tournament.

STATUS OF THE SPORT

Committee members reviewed a list of the schools which offer gymnastics in 2022-23, as well as the number of teams which are currently competing. Members also received a list of the cooperative programs that exist in gymnastics between schools. Presently there are 103 schools that offer gymnastics and a total of 47 gymnastics teams. In 2021-22, there were 103 schools that offered gymnastics and a total of 48 teams. There are currently 25 approved gymnastics cooperative programs.

Participation numbers in Michigan were received and in 2021-22, there were 585 individuals who participated in gymnastics (compared to 613 in 2020-21). Gymnastics concussion epidemiology was also reviewed and there were seven reported head injuries and a prevalence rate of 1.2%. The type of exposures were person to surface contact.

This is the first 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 2022-23 Gymnastics Rules Book Insert with MHSAA clarifications included. 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 10, 2023. Friday's Team Competition will begin at 4 p.m. with check-in at 2 p.m. The Individual Competition has a starting time of 12 noon on Saturday, March 11, 2023, and both Divisions will compete together.

Upcoming dates and times were reviewed with online rules meetings scheduled from October 17 – December 15, 2022. 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 prior to officiating in their first regular-season meeting. The first day of tryouts and practice is Monday, October 31, 2022, with the first allowable competition on Saturday, November 19, 2022. Regional Tournaments are scheduled for Saturday, March 4, 2023 at Grand Rapids Kenowa Hills, Grand Ledge, Canton Plymouth and White Lake Lakeland. Finals are scheduled for March 10 and 11, 2023 at White Lake Lakeland.

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.

PROMOTION OF GIRLS GYMNASTICS

The committee was tasked with recommendations as to 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. Also reviewed was the current season of gymnastics in comparison to other sports.

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.

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, 2021. All other gymnasts will be considered Division II gymnasts.

The Xcel program was also discussed and that some of the levels in Xcel now are also at the same levels of skill as the current criteria for Division 1 Gymnastics. It was suggested that at the entry level of the Regional tournament, data be collected as to the skill level of the gymnast and to utilize that data collection of experience to support a change to include Xcel Sapphire and Xcel Diamond gymnastics in the criteria for a Division 1 gymnast. If the data supports the change, the recommendation will be made to the Representative Council.

TEAM AND INDIVIDUAL QUALIFYING SCORES

The 2017 through 2022 individual and team qualifying scores for regional entry were reviewed. The 2022 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 2022-23 qualifying scores. In addition, all-around scoring at each Regional was perused. The committee reviewed the 2022 summary of regional scoring and determined that the 2023 Regional qualifying scores would be the same as in 2022. 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. In addition, the new uniform criteria was also a point of emphasis for the rules meeting.

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 2023 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. 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 (White Lake Lakeland) indicated that they were already reviewing and considering the various dynamics of setting equipment as well as use of the space, classrooms needed and considerations for food service. It was also indicated that volunteers and training staff are already in preparation mode for the 2023 Gymnastics Finals.

RECOMMENDATION TO THE REPRESENTATIVE COUNCIL

The recommendation to the Representative Council includes Xcel levels Sapphire and Diamond be a part of the divisional structure criteria. The policy would read as follows: A gymnast who has EVER competed in a non-school competition at the USAG level or above, USAIGC Intermediate Optional Level, USAIGC Open Optional Level or Y Program at Level 8, AAU-Michigan qualifying meet judges at Level I or competed at AAU Xcel Sapphire level OR a gymnast who has competed in USAG Optional 7 or USAIGC Developmental Optional Level or AAU Xcel Diamond level or Level 7 equivalent Y program since January 1, 2021. Xcel collected data would occur prior to the MHSAA Regionals for review.

2023 MHSAA GYMNASTICS FINALS ROTATION DRAW

TEAM FINALS - FRIDAY, MARCH 10, 2023

WHITE LAKE LAKELAND HIGH SCHOOL

If 13 teams qualify:

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

If 12 teams qualify:

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

