

2025 GYMNASTICS COMMITTEE MEETING MINUTES
Wednesday, September 17, 2025 – 9:30 a.m. – East Lansing

MEMBERS PRESENT

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

Chad O'Brien, Adrian
Charlie O'Dell, Grand Rapids

MHSAA STAFF

Kathy Vrugink Westdorp (Recorder)

GENERAL REVIEW/STATUS OF GYMNASTICS

The 2025-26 Gymnastics Committee met at the MHSAA to fulfill its responsibilities as a standing sports committee. Its work included reviewing prior Representative Council action, examining current MHSAA gymnastics policy, determining Regional qualifying scores and drawing the order for the 2026 Gymnastics Team Finals. This committee also reviewed its 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 2025-26, 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 106 schools that offer gymnastics and a total of 43 gymnastics teams. This compares to 111 schools and 48 gymnastics teams in 2024-25. There are currently 26 approved gymnastics cooperative programs.

There are 36 gymnastics officials registered for the 2025-26 season, and the committee discussed strategies for recruiting additional judges to support the sport. One resource identified was RefReps, an officiating education platform that helps schools train new student officials across multiple sports. The site currently indicates that a curriculum for training gymnastics judges is "coming soon," which the committee noted would be an excellent addition—especially as a pathway for high school gymnasts to become future officials.

The discussion also included the pros and cons of establishing a cooperative program and the possibility of adding gymnastics to a school's athletic offerings. There was unanimous agreement that gymnastics is a valuable addition for the school setting.

Participation numbers in Michigan were received and in 2024-25 there were 497 individuals who participated in gymnastics (compared to 529 in 2023-24). Gymnastics concussion epidemiology was also reviewed and there were four reported head injuries with a prevalence rate of .80%. 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 conversation also included how to further promote gymnastics within the school, the district, and throughout the state. Suggestions included promoting gymnastics through middle school programs and building an early love for gymnastics through physical education, recreation and community education programs. One proposal was for schools to host a combined "Rumble and Tumble" event (gymnastics and wrestling competitions held simultaneously), which could draw larger crowds and highlight both sports.

This is the second 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 27, 2025, with the first allowable competition on Saturday, November 15, 2025. Regional tournaments are scheduled for Saturday, February 28, 2026. Finals are scheduled for March 6 and 7, 2026 at Milford 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 in the last two years. 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. 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, 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, 2024. All other gymnasts will be considered Division II gymnasts.

A proposal was reviewed that would have lowered the Division 1 requirement to include any gymnast who had competed at the USA Gymnastics Optional Level. The proposal also suggested additional guidelines for Division 2 placement, stating that if a gymnast demonstrated the skill level to compete in three of the four events prior to Regionals, they should be moved to Division 1. After discussion, however, the committee did not approve either proposal.

TEAM AND INDIVIDUAL QUALIFYING SCORES

The 2020 through 2025 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 in establishing 2025-26 qualifying scores. A team's 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. An additional suggestion was made that the MHSAA email all athletic administrators who offer gymnastics to review the 2026 Gymnastics Regional Entry for accuracy prior to submission.

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 2026 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. 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

Gymnastics Regional Tournament or have previously achieved a Regional individual qualifying score. The host (Milford High School) indicated that they were already considering the various dynamics of setting up equipment as well as the use of the space, classrooms needed, and other considerations. Gymnastics coaches are reminded that it is necessary to bring their own “beat board”, vault surround, and sting mats to the Regional and Finals tournaments. The 2026 MHSAA Gymnastics Finals Rotation Draw is attached.

In addition, a rotational schedule was set up for further Gymnastics Finals. Milford will host the Finals in 2026 and 2027. Rockford or Kenowa Hills will host the Finals in 2028 and 2029. Adrian will host the Finals in 2030 and 2031.

RECOMMENDATIONS TO THE REPRESENTATIVE COUNCIL

None.

2026 MHSAA GYMNASTICS FINALS ROTATION DRAW

TEAM FINALS - FRIDAY, MARCH 6, 2025 - 4 p.m.

MILFORD HIGH SCHOOL

If 13 teams qualify:

ROTATION	WARM-UP	VAULT	BARS	BEAM	FLOOR	COMPETE
1	1:40 p.m.	Reg. 1 - 3rd	Reg. 1 - 2nd	Reg. 4 - 3rd	Ex. Qual.	4:00 p.m.
2	2:00 p.m.	Reg. 4 - 2nd	Reg. 2 - 2nd	Reg. 2 - 1st	Reg. 2 - 3rd	4:20 p.m.
3	2:20 p.m.	Reg. 3 - 2nd	Reg. 1 - 1st	Reg. 3 - 1st	Reg. 3 - 3rd	4:40 p.m.
4	2:40 p.m.	Reg. 4 - 1st	Reg. 1 - 3rd	Reg. 1 - 2nd	Reg. 4 - 3rd	5:00 p.m.
5	3:00 p.m.	Ex. Qual.	Reg. 4 - 2nd	Reg. 2 - 2nd	Reg. 2 - 1st	5:20 p.m.
6	3:20 p.m.	Reg. 2 - 3rd	Reg. 3 - 2nd	Reg. 1 - 1st	Reg. 3 - 1st	5:40 p.m.
7	3:40 p.m.	Reg. 3 - 3rd	Reg. 4 - 1st	Reg. 1 - 3rd	Reg. 1 - 2nd	6:00 p.m.

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8	4:40 p.m.	Reg. 4 - 3rd	Ex. Qual.	Reg. 4 - 2nd	Reg. 2 - 2nd	7:00 p.m.
9	5:00 p.m.	Reg. 2 - 1st	Reg. 2 - 3rd	Reg. 3 - 2nd	Reg. 1 - 1st	7:20 p.m.
10	5:20 p.m.	Reg. 3 - 1st	Reg. 3 - 3rd	Reg. 4 - 1st	Reg. 1 - 3rd	7:40 p.m.
11	5:40 p.m.	Reg. 1 - 2nd	Reg. 4 - 3rd	Ex. Qual.	Reg. 4 - 2nd	8:00 p.m.
12	6:00 p.m.	Reg. 2 - 2nd	Reg. 2 - 1st	Reg. 2 - 3rd	Reg. 3 - 2nd	8:20 p.m.
13	6:20 p.m.	Reg. 1 - 1st	Reg. 3 - 1st	Reg. 3 - 3rd	Reg. 4 - 1st	8:40 p.m.

If 12 teams qualify:

ROTATION	WARM-UP	VAULT	BARS	BEAM	FLOOR	COMPETE
1	1:40 p.m.	Reg. 1 - 3rd	Reg. 1 - 2nd	Reg. 4 - 3rd	Reg. 4 - 2nd	4:00 p.m.
2	2:00 p.m.	Reg. 2 - 2nd	Reg. 2 - 1st	Reg. 2 - 3rd	Reg. 3 - 2nd	4:20 p.m.
3	2:20 p.m.	Reg. 1 - 1st	Reg. 3 - 1st	Reg. 3 - 3rd	Reg. 4 - 1st	4:40 p.m.
4	2:40 p.m.	Reg. 4 - 2nd	Reg. 1 - 3rd	Reg. 1 - 2nd	Reg. 4 - 3rd	5:00 p.m.
5	3:00 p.m.	Reg. 3 - 2nd	Reg. 2 - 2nd	Reg. 2 - 1st	Reg. 2 - 3rd	5:20 p.m.
6	3:20 p.m.	Reg. 4 - 1st	Reg. 1 - 1st	Reg. 3 - 1st	Reg. 3 - 3rd	5:40 p.m.

-----BREAK-----

7	4:20 p.m.	Reg. 4 - 3rd	Reg. 4 - 2nd	Reg. 1 - 3rd	Reg. 1 - 2nd	6:40 p.m.
8	4:40 p.m.	Reg. 3 - 3rd	Reg. 3 - 2nd	Reg. 2 - 2nd	Reg. 2 - 1st	7:00 p.m.
9	5:00 p.m.	Reg. 2 - 3rd	Reg. 4 - 1st	Reg. 1 - 1st	Reg. 3 - 1st	7:20 p.m.
10	5:20 p.m.	Reg. 1 - 2nd	Reg. 4 - 3rd	Reg. 4 - 2nd	Reg. 1 - 3rd	7:40 p.m.
11	5:40 p.m.	Reg. 2 - 1st	Reg. 2 - 3rd	Reg. 3 - 2nd	Reg. 2 - 2nd	8:00 p.m.
12	6:00 p.m.	Reg. 3 - 1st	Reg. 3 - 3rd	Reg. 4 - 1st	Reg. 1 - 1st	8:20 p.m.