

GIRLS GYMNASTIC GUIDELINES

SECTION I. SEASON LIMITATIONS

- A. Opening date - same as IHSA Guidelines
- B. Length of season ends with State Final Meet

SECTION II. SCHEDULE

- A. Number of contests - same as IHSA guidelines
- B. Single round
- C. Make-up procedures
 - 1. In case of cancellation, the opponent will call as soon as possible with an acceptable reason to both parties.
 - 2. The athletic directors will do rescheduling as soon as possible
 - 3. Contests must be made up before date of conference meet.

SECTION III. LEVELS OF COMPETITION

- A. Varsity (5)
- B. Junior varsity (5)
- C. Freshmen (3)
- E. Each school shall have 5 varsity specialists in each area (vault, uneven parallel bars, balance beam and floor exercise), one of which must be competing in all-around. The level of competition will be the same as that which is required at the State meet. Junior varsity level is open competition with no all-around
- F. A person may not compete on two levels or teams on the same day in conference.
- G. No person can compete at a level that is lower than her year in school. At the JV level, an athlete from any year can compete.

SECTION IV. GAMES/CONTEST MANAGEMENT

- A. Procedures for conducting contests
 - 1. Competition shall be run in a block style with the order of competition being freshmen, junior varsity followed by varsity.
 - 2. Competition will consist of 5 optional routines for varsity and 5 for junior varsity and 3 for freshmen,. Scoring 4 for varsity and 4 for junior varsity, and 2 for freshmen.
 - 3. At least one varsity gymnast must be all-around.
 - 4. The top four scores in each event shall be counted as the event total at the varsity level
 - 5. The final team score is determined by totaling a team's event scores at each level
 - 6. Coaching - there will be no coaching while girl is performing.
- B. Starting time and warm-up period
 - 1. Both schools will agree upon starting times.
 - 2. Each school should attempt to have equipment ready one hour before the meet starting time.

3. Warm-up will begin as soon as possible and equal allowance for each team.
- C. Uniforms - participants shall wear team leotard.
- D. Responsibilities of the home school.
1. Provide bars, horse, beam, and floor exercise mat - all set at regulation height, distance and meeting IHSA standards
 2. Provide flash cards and/or public address system
 3. Provide chalk and a tape player
 4. Provide the following officials:
 - a. Judges
 - b. Head Scorer
 - c. Announcer
 - d. Flashers
- E. Responsibilities of the visiting school
1. Provide music for the floor exercise
 2. Provide their own locks
 3. Provide supervision of their girls in the locker room
 4. Provide individual score sheets
 5. Provide their own first aid equipment
- F. Equipment breakage
1. Meet will start as scheduled as host school makes necessary repairs for equipment to meet specifications.
 2. If, at the conclusion of the remaining events, the equipment has not been repaired to meet specification, the IHSA ruling will be followed. (Coaches should check on ruling with a member of the IHSA advisory committee prior to the start of the season.)
- G. Scoring
1. Scoring for all events and team scores shall follow IHSA Guidelines
 2. The judges shall remain until all scores have become finalized at the conclusion of the meet.
 3. The visiting school may have one person sitting at the scorers' table at the conclusion of each event.
 4. Prior to each meet, the two coaches will meet with the judges to discuss the scoring procedures.
 5. Each school shall use the same score sheet.
 6. Judges sheets are required for conference meets.
 7. Entry lists must be submitted to the scoring table upon arrival at the meet. All competitors shall be listed in the order they are to compete on each event with all-around designated as AA.
 8. Judges will use the open method of scoring.
 9. Mathematical table errors are correctable within 24 hours of completion of meet.
- H. Procedures for dual meets
1. There will be two 25 - minute warm-up periods. The host team will warm up on vault and bars, while the guest team will warm up on beam and floor. After 25 minutes, teams will switch apparatus to complete their warm-ups. Bar settings should be completed prior to controlled warm-ups.

2. Two (2) officials will be hired to judge all levels of competition, using one judge per event.
 3. The meet shall be conducted in rounds as illustrated by IHSA, starting with vault and bars, and then switching.
 4. The meet will be conducted in Olympic Order - vault, uneven bars, beam, and floor exercise.
- I. Procedures for triangular meets
1. Any non-conference team needs to be agreed upon by each school.
 2. Warm-up and competition rotation will be determined from the (UEC) schedule.
 3. Team 1 is the first team named, team 2 is the second team named, and team 3 is the host (home) school.
 4. The coaches prior to the beginning of the meet shall agree upon warm-up rotation. Suggested format (floor open):

Team 3 - Bars	Team 2 - Beam	Team 1 - Vault
Team 3 - Beam	Team 2 - Vault	Team 1 - Bars
Team 3 - Vault	Team 2 - Bars	Team 1 - Beam

SECTION V. CHAMPIONSHIPS AND AWARDS

- A. Team championships
1. A traveling trophy will be given to the varsity team winning the conference championship.
 2. A team receives points according to its standing in dual competition as well as its finish in the conference meet Example: 1st place - 7 points; 2nd place - 5 points, 3rd place – 4 pts, etc.. These points are combined with points earned for each dual meet (1 point for each win) for final placement. In the case of the combined points, the number of teams tied divides the points of the places. The highest point total determines the champion. In case of a tie for first place, there will be co-champions.
- B. Individual awards
1. Varsity – 1st to 5th medals and 6-10 ribbons
 2. Junior varsity - the first five places in each event, plus all-around, will receive ribbons. Total: 25 ribbons.

SECTION VI. CONFERENCE TOURNAMENT

- A. Dates
1. The conference meets will be hosted by alphabetical order of UEC schools. It is the host's option to have an alternative site if host school is unable to accommodate the number of athletes.
 2. Meet dates will be the Friday or Saturday prior to the start of the State Meet Series.
 3. Entries should be sent in writing to the host school one week prior to the meet
 4. The win/loss record for both levels must accompany entries.

- B. Entries, level of competition
 - 1. Varsity
 - 2. Junior varsity
 - 3. The number of varsity competitors for each event shall follow the IHSA State Series guidelines. Junior varsity will enter five competitions. In order to have the maximum number of entries; at least one person on each level shall be an all-around.
 - 4. Each school shall list four (4) team alternates.
 - 5. Changes may be made at the scratch meeting prior to starting the meet using the designated alternates.
 - 6. Changes other than using designated alternates may be made only in the event of an injury or disciplinary action with an accompanying letter from a physician or principal or athletic director.
- C. Format, order of events for varsity meets
 - 1. Horse
 - 2. Uneven
 - 3. Balance beam (two events at a time)
 - 4. Floor exercise
 - 5. Schools will draw for order of performance at the pre-season conference meeting. Order of performance will follow the IHSA rotation.

SECTION VII. OFFICIALS

- A. Number to hire
 - 1. Dual meets - 2 officials
 - 2. Tri meets - 3 officials
- B. Steps to follow when there are insufficient numbers of officials
 - 1. Dual and tri meets with 2 levels - when two officials are assigned and one does not show the contests should be conducted with the official that does show. When no official arrives, the following steps shall be taken:
 - a. Attempt to secure acceptable substitutes - registered officials not affiliated with either school.
 - b. Attempt to secure acceptable substitute - registered officials who are affiliated with either school
 - c. Attempt to secure any mutually acceptable person considered by the two coaches to be competent to officiate the meet
 - d. Under unusual circumstance, coaches from both schools and the present official shall decide meet officiating procedures.
 - e. If no official shows at the site, coaches will officiate all levels or eliminate the lower levels (coaches' discretion)

SECTION VII. ALL-CONFERENCE

Not applicable

SECTION IX. COACHES MEETING

- A. Two mandatory coaches meetings
 - 1. Pre-season - to preview season and answer questions
 - 2. Post-season - to review season and proposals for next season
- B. The chairperson for meetings will be from Neuqua Valley High School

SECTION X. SPECTATOR CONTROL

Responsibility of host school

SECTION XI. REPORTING RESULTS

- A. Coaches will report scores each week (Mondays) to Neuqua Valley.
- B. Coaches are responsible for bringing their win/loss record to the post-season coaches meeting