

WEST SUBURBAN CONFERENCE: Girls' Gymnastics: Sport Guidelines

Revised 4/21/2009

I. Season Limitations

- A. Practice may begin on Monday, November 9, 2009.
- B. First contest may be held on Monday, November 23, 2009.
- C. Season ends on Saturday, February 20, 2010.

II. Contest Limitations (Exclusive of the IHSA State Series)

- A. Varsity, JV1, and JV2 - fifteen (15) dates
- B. Teams and individuals that do not participate in the Conference dual meet schedule may not enter the Conference Championship Meet in that sport, with the exception of any athlete who has been recovering from an extended injury or illness. Individuals must appear on the eligibility sheet as specified by the IHSA Eligibility and Transfer Rules. (Prior to the first scheduled contest of an IHSA member school).
- C. By mutual consent, a third (3rd) non-conference team can be added to a scheduled Conference dual meet.

III. Levels of Competition

- A. Varsity, Junior Varsity 1, and Junior Varsity 2.

IV. Coaches Meeting

- A. Pre-season meeting will be held on November 3, 2009, at Hinsdale Central – Alumni Room., 6:00 pm.
- B. Post-season meeting will be held on February 23, 2010, at Hinsdale Central, Alumni Room, 5:30 pm.

V. Championships and Awards

- A. Division Standings
 1. A championship plaque shall be awarded to the winner at the Varsity level only of each Division.
 2. The Division Champion will be determined by points awarded during the dual meet season and the Divisional Championship Meet. Each portion will count equally toward the total possible points to be earned. One (1) point will be awarded for each dual meet win during the regular season. In case of a tie at a dual meet, a 1/2 point will be awarded to each team. Divisional Championship Meet points will be awarded according to the team's place in that meet. Points for each place will be determined by the following formula:
 - 1st place points - Total teams competing in this sport minus one.
 - 2nd place points - Total teams competing in this sport minus two.
 - 3rd place points - Total teams competing in this sport minus three.
 - 4th place points - Total teams competing in this sport minus four.
 - Etc.
 - Example: 7 team division; dual meet record 5-1 and 1st place finish in Championship Meet would equal 5 points for dual meet wins and 6

points for finishing first (7 teams minus 1 = 6 points), total points would be 11; a team with a 6-0 record and a 2nd place finish would have 6 points for the dual meets and 5 points for 2nd place, total points would also be 11.

3. If two (2) or more teams are tied for a place in the Divisional Championship Meet, the points awarded to each team will be determined by adding the points for the places tied and dividing that value by the number of teams tied. For Example, if three (3) teams were tied for 2nd place, add the 2nd place points (5 points), plus 3rd place points (4 points), plus 4th place points (3 points). Divide that total (12 points) by three (3 teams) equals four (4 points) awarded to each team.
4. In case of a tie for first place, there will be co-champions.

B. Individual Awards

1. Varsity
 - a. The first five (5) places in each event plus the first three (3) places in all-around will receive medals and will be declared "Medalists".
 - b. Sixth (6th) through tenth (10th) places in each event plus fourth (4th) through fifth (5th) in all-around will receive ribbons.
2. Junior Varsity I - The first ten (10) places in each event plus the first five (5) places in all-around will receive ribbons.
3. The WSC All-Academic Team shall be recognized composed of senior award winners from each Conference school who have received a Grade Point Average of "B" or above in grades accumulated at the conclusion of the seventh (7th) semester.

VI. Conduct of Contests

A. Dual and Triangular Meets

1. Meet time will be 6:00 P.M. Monday through Friday, 1:30 P.M. on Saturday, unless otherwise specified by the home school.
2. Host school responsibilities:
 - a. Provide all equipment. (Visiting schools may bring their own spring boards and pads.)
 - b. Make every effort to have the facility available one to one and one half (1 1/2) hours before the meet starting time.
3. Visiting school responsibilities:
 - a. Provide their own locks.
 - b. Supervise in their locker rooms.
4. Competition shall be run in block style with the order of competition being Junior Varsity II, Junior Varsity I, and Varsity. One exhibition gymnast per team event is permitted only in dual Varsity meets. This gymnast would compete immediately before the Varsity level.
5. Competition
 - a. Competition will consist of five (5) optional routines at each event, per level.
 - b. At least one (1) gymnast per level must be all-around, otherwise only four (4) individuals will compete at each event.
6. Meets shall be conducted in the manner recommended by the Illinois High School Gymnastics Coaches Association and National Federation Rules.
7. Scoring
 - a. The top four (4) scores in each event shall be counted as the event total at each level.

- b. The final team score is determined by totaling a teams event scores at each level.
 - c. Schools should use similar score sheets.
 - d. Judges sheets are required for Division Meets.
 - e. Entry lists must be submitted to the scoring table prior to the start of the meet. All competitors shall be listed in the order they are to compete on each event.
 - f. Mathematical table errors are correctable at any time.
8. Warm-up procedures
- a. For dual meets, there will be two (2) x thirty (30) minute warm-up periods. The visiting team (Team 1) will warm-up on vault and bars, while the host team (Team 2) will warm-up on beam and floor. After thirty (30) minutes, teams will switch apparatus to complete their warm-ups.
 - b. For a triangular meet, there will be open warm-ups until all schools have arrived. Thereafter, twenty-five (25) minute rotation periods will occur. The floor exercise station will remain open for all teams.
- B. Conference Division Meet:
1. The 2010 Division Meets will be hosted by Oak Park River Forest (Silver) and Leyden (Gold).
 2. Division meets will be held on the Saturday before the start of the state series.
 3. Six (6) judges will be assigned to the Conference Division Meet. Four (4) judges will be assigned to the Varsity level with two (2) judges per event. Two (2) judges will be assigned to the Junior Varsity I level with one (1) judge per event. Judges should be notified of their assignments at the time contracts are sent out. One (1) judge will be designated as the meet referee.
 4. The Junior Varsity I and Varsity gymnasts will compete at the same time.
 5. Four (4) events will be run concurrently with the rotation of warm-up and competition order based on the pre-season meeting draw. No school shall be allowed to warm-up on the host school's equipment prior to the day of the Conference Meet.
 6. Draw for the 2010 West Suburban Conference Division Championships is in the following order:
 - a. Gold
 - Addison Trail
 - Leyden
 - Hinsdale South
 - Downers Grove South
 - Morton
 - Willowbrook
 - b. Silver
 - Lyons Township
 - Glenbard West
 - Oak Park River Forest
 - Hinsdale Central
 - York
 - Downers Grove North

VII. Officials

- A. Number to hire:
1. Dual meets, two (2) officials.
 2. Triangular meets, two (2) levels, two (2) officials.

3. Triangular meets, three (3) or four (4) levels, four (4) officials.
- B. Steps to follow when there is an insufficient number of officials.
 1. Dual and triangular meets with two (2) levels - When two (2) officials are assigned and one (1) does not show, the contest 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 substitutes, registered officials who are affiliated with either school.
 - c. Attempt to secure any mutually acceptable person considered by the two (2) 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 officials show at the site, coaches will officiate the lower level contest. The Varsity will be re-scheduled.
 2. Triangular meets with three (3) or four (4) levels:
 - a. Three (3) officials - Begin competition on bars, beam, and floor. Start vault at the end of the three (3) events with two (2) judges chosen by the coaches.
 - b. Two (2) officials - The coaches will determine by mutual consent or draw which coaches will judge the remaining events.
 - c. One (1) official - The coaches will determine by mutual consent or draw which event each coach will judge.

VIII. Reporting Results

- A. Individual schools are to report their conference dual meet records for JV1 and Varsity levels to the Resource Athletic Director at the completion of their dual meet season.
- B. A report of dual meet standings and points will be sent to schools hosting the WSC Conference Meet.

IX. Miscellaneous Information

- A. Scheduling
 1. The dual meet schedule will be rotated every two (2) years with the bottom set of contests moving to the top and all other sets moving down. Home sites will be alternated each year.
- B. Playing Sites
 1. Leyden - West Campus
 2. Lyons Twp. - North Campus
 3. Morton - East Campus

X. Chart for Conducting All Dual Meets - two (2) Officials

Round	Vault	Bars	Beam	Floor
1	2-JV2, JV1, V	1-JV2, JV1, V	Free	Free
2	1-JV2, JV1, V	2-JV2, JV1, V	Free	Free

3	Free	Free	2-JV2, JV1, V	1-JV2, JV1, V
4	Free	Free	1-JV2, JV1, V	2-JV2, JV1, V

XI. Chart for Conducting Triangular Meets - three (3) Levels - four (4) Officials

Round	Vault	Bars	Beam	Floor
1	1V 2V 3V	3 JV2 JV1	2 JV2 JV1	1 JV2 JV1
2	1 JV2 JV1	2V 3V 1V	3 JV2 JV1	2 JV2 JV1
3	2 JV2 JV1	1 JV2 JV1	3V 1V 2V	3 JV2 JV1
4	3 JV2 JV1	2 JV2 JV1	1 JV2 JV1	1V 2V 3V

XII. Triangular Meet Rotation - two (2) Levels - two (2) Officials

Round	Vault	Bars	Beam	Floor
1	1JV1-V	3JV1-V	Free	Free
2	2JV1-V	1JV1-V	Free	Free
3	3JV1-V	2JV1-V	Free	Free
4	Free	Free	2JV1-V	1JV1-V
5	Free	Free	3JV1-V	2JV1-V
6	Free	Free	1JV1-V	3JV1-V

XIII. WSC Girls Gymnastics Meet Warm-Up Rotation

Time	Vault	Bars	Beam	Floor
10:15-10:30	1	2	3	4
10:30-10:45	5	6	1	2
10:45-11:00	3	4	5	6

11:00-11:15	4	5	6	1
11:15-11:30	2	3	4	5
11:30-11:45	6	1	2	3
12:00	March In, Competition Begins			

XIV. Competition Rotation

Round	Vault	Bars	Beam	Floor
1	1V	2V	3JV	4JV
	5V	6V	1JV	2JV
	3V	4V	5JV	6JV
2	4V	3V	6JV	5JV
	2V	1V	4JV	3JV
	6V	5V	2JV	1JV
3	1JV	2JV	5V	6V
	5JV	6JV	3V	4V
	3JV	4JV	1V	2V
4	4JV	3JV	2V	1V
	2JV	1JV	6V	5V
	6JV	5JV	4V	3V