

WEST SUBURBAN CONFERENCE: Boys' Gymnastics: Sport Guidelines

Revised 7/1/2009

I. Season Limitations

- A. Practice may begin on week 33, Monday, February 15, 2010.
- B. First contest may be held on week 35, Monday, March 1, 2010.
- C. Season ends on week 47, Saturday, May 29, 2010.

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

- A. Varsity, Junior Varsity, and Freshman - 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, and Freshman.

IV. Coaches Meeting

- A. Pre-season meeting will be held on week 34 of IHSA Calendar.
- B. Post-season meeting will be held on week 46 of IHSA Calendar.

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) and fifth (5th) in all-around will receive ribbons.
 2. Junior Varsity - 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, 10:00 A.M. on Saturday, unless otherwise specified by the home school. Meets started at other times will be by mutual agreement of the schools involved.
 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 Freshman, Junior Varsity, and Varsity teams competing consecutively. The home team is up first on floor exercise, rings and parallel bars, and last on pommel horse, vaulting, and horizontal bar. In WSC dual meets, with mutual consent of both head coaches, the order of competition can be:
 - a. Varsity, Junior Varsity, Freshman on FX, R, PB.
 - b. Freshman, Junior Varsity, Varsity on PH, V, HB.
 5. Varsity, Junior Varsity, and Freshman teams may have five (5) specialists competing on 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 three (3) 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.
 - g. The Freshman and JV levels will follow the requirements for lower levels.
8. Warm-up procedures
- a. For dual meets, there should be a minimum of one (1) hour of warm-up time prior to the start of the dual meet.
 - b. For a triangular meet, there should be a minimum of one (1) hour and twenty (20) minutes of warm-up time prior to the start of the triangular meet.
- B. Conference Division Meet:
1. The 2010 Division meets will be hosted by Leyden (Gold), and Glenbard West (Silver). Date and time TBD.
 2. An attempt will be made to alternate the Silver and Gold meets between Friday night and Saturday from year to year.
 3. Doors will open two and one half (2 1/2) hours prior to the start of the meet. (See X. A. for warm-up rotation)
 4. Nine (9) judges will be assigned to the Conference Division Meet. Six judges will be assigned to the Varsity level and 3 judges will be assigned to the Junior Varsity level. Judges should be notified of their assignments at the time contracts are sent out. One (1) judge will be designated as the meet referee.
 5. Varsity and Junior Varsity teams will have a maximum of four (4) specialists and one (1) all-around competitor competing on each event.
 6. Varsity will compete on three events at a time while Junior Varsity will compete on the other three events. ((Sec X. WSC Meet Rotation).
 7. Draw for the 2009 West Suburban Conference Division Championships is in the following order:
 - a. Gold
 - Addison Trail
 - Willowbrook
 - Hinsdale South
 - Leyden
 - Downers Grove South
 - b. Silver
 - York
 - Glenbard West
 - Hinsdale Central
 - Downers Grove North
 - Lyons Township

VII. Officials

- A. Number to hire:
1. Dual meets - two (2) officials
 2. Triangular meets - three (3) officials
- B. Steps to follow when there is an insufficient number of officials:
1. When two (2) officials are scheduled and one (1) or more does not show, the contest should be conducted with the officials that do show. The Varsity contest will take precedence if a decision has to be made concerning the level at which an official is used.
 2. When no assigned official shows up, the following steps shall be taken before the coach assumes their responsibility to officiate the meet:
 - a. Attempt to secure acceptable substitute registered officials not affiliated with either school.

- b. Attempt to secure acceptable substitute registered officials 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 all present officials shall decide meet officiating procedures.
- C. In the event no officials are available to judge the meet, the coaches shall officiate the contest. The Varsity contest may be re-scheduled by mutual consent of the coaches.

VIII. Reporting Results

- A. Individual schools are to report their Conference dual meet records for Junior Varsity 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. - South Campus

X. WSC Meet Warm-Up and Competition Rotation

Round	Floor	Horse	Rings	Vault	Parallel Bars	High Bar
4:45 – 5:00	1	BYE	5	4	3	2
5:00 – 5:15	2	1	BYE	5	4	3
5:15 – 5:30	3	2	1	BYE	5	4
5:30 – 5:45	4	3	2	1	BYE	5
5:45 – 6:00	5	4	3	2	1	BYE
6:00 – 6:15	BYE	5	4	3	2	1
6:20	LINE UP FOR MARCH IN					
6:30	COMPETITION BEGINS					

ROTATION

	FX	H	R	V	PB	HB
1	1 VAR	4 VAR	2 VAR	5 JV	3 JV	1 JV
2	2 VAR	5 VAR	3 VAR	1 JV	4 JV	2 JV
3	3 VAR	1 VAR	4 VAR	2 JV	5 JV	3 JV
4	4 VAR	2 VAR	5 VAR	3 JV	1 JV	4 JV
5	5 VAR	3 VAR	1 VAR	4 JV	2 JV	5 JV
6	5 JV	3 JV	1 JV	1 VAR	4 VAR	2 VAR
7	1 JV	4 JV	2 JV	2 VAR	5 VAR	3 VAR
8	2 JV	5 JV	3 JV	3 VAR	1 VAR	4 VAR
9	3 JV	1 JV	4 JV	4 VAR	2 VAR	5 VAR
10	4 JV	2 JV	5 JV	5 VAR	3 VAR	1 VAR