

SOUTHWEST SUBURBAN CONFERENCE: Boys' Gymnastics: Sport Guidelines

I. Season Limitations

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

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

- A. Fifteen (15) dates.
- B. By mutual agreement, a third team or individuals may be added to a conference dual meet.

III. Levels of Competition

- A. Varsity
- B. Sophomore
- C. Freshmen optional
- D. Gymnasts may compete on only one level per contest on the same day.

IV. Coaches Meeting

- A. Pre-season meeting will be hosted by Lincoln-Way Central on Wednesday, February 24, 2010 at 6:00 p.m. at Andrew as a part of the SWSC spring mega-meeting.
- B. Post-season meeting will be held at Lincoln-Way Central High School at 7:00 p.m. on May 19, 2010.

V. Championships and Awards

- A. A championship trophy shall be awarded to the winner at the Varsity level of the Conference Tournament.
- B. The top four (4) individuals in the Conference Championship Tournament in each discipline will receive awards at each level. The top three (3) from each discipline will be declared All-Conference.
- C. An engraved plate will be awarded to the winner at the sophomore level of the Conference Tournament.

VI. Terms of Contests

- A. Procedures for running dual meets
 - 1. Varsity and sophomore meets run concurrently.
 - 2. Varsity and sophomore competitors shall compete using the IHSA block style.
 - 3. The events shall be Floor Exercise, Pommel Horse, Still Rings, Vault, Parallel Bars, Horizontal Bar and All-Around.
 - 4. The order of competition for the home team shall be as follows: Floor Exercise, Pommel Horse, Still Rings, Vault, Parallel Bars and Horizontal Bar.
 - 5. There is no limit to the number of events in which a competitor may enter.
 - 6. Each team may enter no more than five (5) competitors per event with the top three (3) counting for the team score. At least one (1) competitor must be entered in the all-around event.
 - 7. The all-around competitor must perform a routine on each apparatus to score.
- B. IHSA and National Federation rules shall apply unless modified by the conference.

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- C. Conference dual meets will be held at 6:30 p.m. unless mutually agreed upon.

VII. Conference Meet

- A. It is the responsibility of the host school to mail out an informational packet to all Athletic Directors and Coaches of the participating schools, plus all judges assigned to work the conference meet.
- B. The information packet should include:
 - 1. Entry fee deadline.
 - 2. Roster and pass gate list
 - 3. Site, date, and time.
 - 4. Warm-up rotation information.
 - 5. Competition rotation and format information. Follow IHSA format.
 - 6. Games committee selection composed of the host head coach, one additional head coach and the meet referee.
 - 7. Listing of the names of the judges that have been selected to officiate.
 - 8. Scoring information (If computerized scoring will be in effect, a manual backup is required).
 - 9. A certified athletic trainer is required at the conference meet.
 - 10. Hospitality room information.
 - 11. Information regarding team entrance, locker room and spectator entrance.
 - 12. The host school shall do the draw for competition order. The draw must be random and follow National Federation Rules.
- C. Each level will be allowed a minimum of twenty (20) minutes per event for warm-ups.
- D. Competition Procedures
 - 1. School(s) will compete block style.
 - 2. Teams must finish one round before moving to the next event.
 - 3. Scoring:
 - a. Adults should be at head scoring table. One adult should be responsible for the team scores, individual places for each event, and All-Around scores.
 - b. Team scores will be determined by taking the three (3) best scores.
 - c. The top three (3) teams shall be recognized at the awards stand at the conclusion of the meet.
 - d. If judging error or computational errors are not discovered or protested within the allotted five (5) minutes, all scores will stand. It is the responsibility of the host school to have the judges sign the final results to declare them "official".
 - e. All results should be duplicated that evening so that each team will have a copy to take home. One (1) complete copy shall be sent to each school the following week. After each event is completed during the meet, results will be available for review by the head coaches for their review as a check for errors. The results should be sent to the media immediately following the meet and a copy sent to the historian and resource AD the next day.
- E. All award recipients must report to the awards stand in competition uniform or school issued warm-up suit.
- F. Equipment

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1. All meet equipment must meet IHSA specifications. Any equipment deemed unsafe or that might hinder a gymnast's optimum performance must be changed.
2. Mats – National Federation standards should be followed as closely as possible regarding dimensions or Mats, under and around apparatus.
3. Floor Exercise – the competition area should be very evident and marked with distinctive lines if necessary.
4. Pommel Horse – A school cannot bring their own pommels. The cover must be intact.
5. Still Rings – the straps must be non-adjustable. If the rings are made of fiberglass, they must not be slippery and must be able to hold chalk.
6. Vaulting – The landing area should be a minimum of 8' x 15' and 20' from a wall. The landing mats must be secure from slipping.
7. Parallel Bars – the mats must be level and cover the entire area for dismounts.
8. Horizontal Bar – base mats should be 8' wide with a minimum of 18' x 4' landing mats on each side of the bar.

G. Rotations should follow chart below: (A= H-F, B= LW, C= VJA)

ROUND	Floor/Vault	Pommel/P. Bars	Rings/High Bar
#1	A	B	C
#2	C	A	B
#3	B	C	A

VIII. Officials

- A. For dual meets, two (2) officials will be hired.
- B. For the Conference Championship Meet, six (6) officials will be hired.

VIII. Reporting Results

- A. Each varsity and sophomore coach (or their designee) will record their conference home meet scores on the SWSC conference website at www.athletics2000.com/swsc.
- B. Each host school is responsible to report results of the division tournament immediately after the event to all local newspapers and forward the results to the Historian.
- C. The resource AD is responsible to enter conference team champions and all-conference players on the SWSC website.

IX. Miscellaneous Information

- A. Playing Sites
 - Andrew - Upper West Gym
 - Homewood-Flossmoor – at North Campus
 - Lincoln-Way Coop – at East Campus