

SOUTHWEST SUBURBAN CONFERENCE: Girls' Gymnastics: Sport Guidelines

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. 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. Junior Varsity
- C. Seniors, juniors, sophomores or freshmen may compete at any level.
- 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 High School at 6:00 p.m. on October 28 at Bolingbrook as a part of the SWSC winter mega-meeting.
- B. Post-season meeting will be held at Lincoln-Way Central High School at 7:00 p.m. on Wednesday, February 24.

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 be awarded medals and designated all-conference at the varsity level.
- C. An engraved plate will be awarded to the winner at the junior varsity level of the Conference Tournament.

VI. Terms of Contests

- A. Procedures for running dual meets
 - 1. Varsity and Junior Varsity meets run concurrently.
 - 2. Varsity and Junior Varsity competitors shall compete using the "block" style.
 - 3. The following example is the format that should be used for warm-ups for triangular meets.

Rotation	Vault	Bars	Beam	Floor
(1) 20 Min.	A	B	C	Open
(2) 20 Min.	C	A	B	Open
(3) 20 Min.	B	C	A	Open

- 4. Home Team will always compete in Olympic Order (V, UPB, BB, FX). Visiting team will compete in alphabetical order. Open rotation on any event may be used if all coaches agree. A sample form has been provided to be used for warm-up rotations in SWSC gymnastic contests.

SOUTHWEST SUBURBAN CONFERENCE: Girls' Gymnastics: Sport Guidelines

THE FOLLOWING IS A SAMPLE FORMAT THAT SHALL BE USED FOR WARM-UP ROTATIONS FOR SWSC CONTESTS.

DUAL MEET FORMAT:

Hosting team: A=Varsity a=JV Visiting team: B=Varsity b=JV

TIME	VAULT	BARS	BEAM	FLOOR
5:00 – 5:20	A	a	B	b
5:20 – 5:40	a	A	b	B
5:40 – 6:00	B	b	A	a
6:00 – 6:20	b	B	a	A

TRIANGULAR AND QUAD MEET FORMAT:

TIME	VAULT	BARS	BEAM	FLOOR
5:00 – 5:20	A	B	C	D
5:20 – 5:40	D	A	B	C
5:40 – 6:00	C	D	A	B
6:00 – 6:20	B	C	D	A

FOR TRIANGULARS, TEAM “D” BECOMES BYE

RECOMMENDATION: TEAMS SHOULD USE THE TIME FROM 6:20 TO 6:30 P.M. TO MAKE FINAL PREPARATIONS (CHANGE FROM WARM-UP ATTIRE TO COMPETITION LEOTARD AND ORGANIZE MEET WORKERS, SCOREKEEPER, TIMERS, AND FLASHERS. THIS WILL HELP START THE CONTEST PROMPTLY AT 6:30 P.M.

HOST SCHOOL SHALL MAKE THE GYM AVAILABLE FOR STRETCHING AND BAR SETTING THIRTY MINUTES PRIOR TO SCHEDULED WARM-UPS.

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 two (2) head coaches selected by the conference host and the meet referee.

SOUTHWEST SUBURBAN CONFERENCE: Girls' Gymnastics: Sport Guidelines

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 recommended).
 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. Forerunner procedure handled through videotape viewed during warm-up.
 13. P.A. system for floor exercise music.
 14. Opening ceremony and march-in information.
 15. 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. The host school shall provide a "time remaining clock" for this purpose. If schools are entering individuals, each gymnast gets two (2) minutes only on the beam and bars (assuming vault and floor exercise are open)
- 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 four (4) best scores.
 - c. The top three (3) teams shall be recognized at the awards stand at the conclusion of the meet.
 - d. All scores shall be final five (5) minutes after all scores are recorded for that event. The superior judge or meet referee shall time the five (5) minute period after the completion of each event.
 - e. 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".
 - f. 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 leotard or school issued warm-up suit.

SOUTHWEST SUBURBAN CONFERENCE: Girls' Gymnastics: Sport Guidelines

- F. Rotations should go in Olympic order (V, UPB, BB, FX) or modified Olympic order (BB, FX, V, UPB). See charts to follow.

	VAULT	BARS	BEAM	FLOOR
THREE TEAMS				
	1	BYE	3	2
	2	1	BYE	3
	3	2	1	BYE
	BYE	3	2	1
FOUR TEAMS				
	1	4	3	2
	2	1	4	3
	3	2	1	4
	4	3	2	1

VIII. Officials

- A. For dual meets, two (2) officials will be hired.
- B. For the Conference Championship Meet, eight (8) 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. The Resource Athletic Director shall oversee the results of all league contests and compile the official standing for league records on the conference web site.
- C. Each host school will report conference championship meet results to the Resource A.D. and the Historian.
- D. Each host school is responsible to report results of the championship meet immediately after the event to all local newspapers.

IX. Miscellaneous Information

- A. Playing Sites
 - Andrew- Upper West Gym
 - Homewood-Flossmoor – North Campus
 - Lincoln-Way East- Gymnastics Room
 - Sandburg- Blue Gym