

GIRLS GYMNASTICS COMMITTEE MEETING
Video (Zoom) Conferencing, September 23, 2020

Members Present:

Cole Andrews, Rockford
John Cunningham, MHSGCJA
Greg Durkac, MIAAA
Brittany Easton, Parma Western
Tom Flynn, Birmingham
Brian Gordon, Novi
Todd Miller, Huron Valley
Kimberly Nichols, Coldwater
Brian Osborn, Fowlerville

Members Absent:

Victoria Clay, Northville
Lauren Suzio, Forest Hills

Staff Members Present:

Kathy Vruggink Westdorp (Recorder)

GENERAL REVIEW AND PURPOSE OF THE COMMITTEE

The 2020-21 Gymnastics Committee met by video conferencing to review its responsibilities as a standing sports committee; review prior Representative Council action; examine current MHSAA gymnastics policy; determine Regional qualifying scores and draw the 2021 Gymnastics Team Finals order. Additional dialogue included the COVID-19 pandemic and Executive Orders. Discussion also included protocols, considerations and limitations for gymnastics practices/competitions.

STATUS OF THE SPORT

Committee members were asked how they had been challenged by the pandemic and if there were ways it also became opportunity. Conversation included the recollections of the onset of COVID-19 in Michigan in March, 2020 and the challenges that were addressed during the Winter 2020 season. Conversation also included the current Executive Orders for participants and spectators as well as how guidelines could be put in place for using specific preventative approaches now, aimed at successfully participating in gymnastics this winter. Also reviewed was insight as to what to do when someone gets sick, including the protocol for positive cases of COVID-19, the coach monitoring form, the Health Questionnaire and COVID-19 return to physician evaluation.

Committee members also viewed a list of the schools which offer gymnastics in 2020-21, as well as the number of teams which are currently competing. Members also received a list of the cooperative programs that exist in gymnastics between schools. Presently there are 103 schools that offer gymnastics and a total of 49 gymnastics teams. In 2019-20, there were 102 schools that offered gymnastics and a total of 50 teams. There are currently 27 approved gymnastics cooperative programs.

Participation numbers in Michigan were received. In 2019-20, there were 666 individuals who participated in gymnastics. Gymnastics concussion epidemiology was also reviewed. There were seven reported head injuries and a prevalence rate of 1.05%. The type of exposures was all person to surface contact and six injuries occurred at practice and one at competition.

Committee members also reviewed innovative ways to connect with additional judges in the sport of gymnastics. Additional points made were to provide senior athletes additional information regarding opportunities in judging gymnastics. Currently there are 41 registered gymnastics judges. Information continues to be provided to judges regarding availability of registration and training. Also, there was a request from a member of the gymnastics judge's community to allow the same option as girls competitive cheer to wear black quarter-zip jackets as a part of their attire. This is reflected in the recommendations.

Both the PSTI and Tournament Manager's Materials were received by the Committee and special notice was given to the starting time and schedule for the Team Competition on Friday, March 12, 2021. Check-in will be at 12 noon and competition is scheduled to start at 2:00 p.m. start for Friday. The Individual Competition has a starting time of 12 noon on Saturday, March 13, 2021 and both Divisions will compete together. The host site (Rockford) indicated that they were currently making plans to facilitate the 2 p.m. start. The Representative Council did pass last year's recommendation to start the contest at a later (different) time if needed. Rockford has been very gracious (and has already started preparation) in their offer to host gymnastics in 2021.

Upcoming dates and times were reviewed with online rules meetings scheduled from October 12 – December 10, 2020. Head varsity coaches and sub-varsity coaches are required to take the online meeting (during the dates indicated) or are not allowed to coach in the MHSAA Girls Gymnastics Tournament. To qualify to officiate in the MHSAA Tournament, judges must take the online meeting (during the dates indicated) and submit a schedule to the MHSAA. The first day of tryouts and practice is Monday, October 26, 2020 with the first allowable competition on Saturday, November 14, 2020. Regional Tournaments are scheduled for Saturday, March 6 at Grand Rapids Kenowa Hills, Grand Ledge, White Lake Lakeland and a site to be determined. Finals are scheduled for March 12 and 13 at Rockford High School. The Girls Gymnastics Finals will rotate to White Lake Lakeland High School in 2022 and 2023.

OUT-OF-SEASON COACHING CLARIFICATIONS/MHSAA REGULATIONS

Committee members reviewed out-of-season and summer coaching controls. Information regarding the four-player period, preseason down time and summer limitations was also reviewed. Specific attention was focused on the number of coaches who are currently running their own facility or practicing at an outside facility and not in the school in which they coach. Also reviewed were the contact days afforded to spring teams. Opinions varied regarding the spring team contact days with every spring program utilizing the days in some schools to only a few taking advantage of the days in other schools. In addition, there were a few concerns that contact days had an adverse effect on participation with some of the fall season sports.

NFHS GIRLS GYMNASTICS RULES BOOK INFORMATION & RULES MEETINGS

Information was provided regarding the 2020-22 Girls Gymnastics Rules Book which includes some new language as well as consistent terminology in all events. The majority of the rule changes reflect the ongoing process of keeping with current trends and terminology and recognizing a variety of elements to better reflect today's high school gymnasts and their performances. Points of emphasis include awarding credit, composition, event requirements on floor and seven ways to break a series.

Composition has again been revised in the new Rules Book and is defined as the structure or framework of the exercise. Good composition reveals a variety of changes in the direction of movement, tempo and rhythm as well as using all areas of the apparatus or floor. In each event, there are new guidelines to consider when evaluating composition. This Rules Book eliminated redundant language and streamlined the composition category for ease of use.

DIVISION 1 AND DIVISION 2 DECLARATION

Committee members discussed Division 1 and Division 2 declaration. Most of the issues that occurred in prior years in which coaches placed competitors in the wrong Division have been resolved. It was further opined that coaches must continue to make conscientious and principled decisions when placing gymnasts in the respective levels of competition.

The current rule for Division 1 and 2 is: A Division I gymnast is one who has ever competed in a non-school competition at the USAG Level 8 or above, USAIGC – Intermediate Optional Level or the USAIGC Open Optional Level, or Y Program at Level 8 or competed in the AAU-Michigan qualifying meet judges at Level 8 or a gymnast who has competed in USAG Option 7 or USAIGC Developmental Optional Level or Level 7 equivalent Y Program since January 1, 2019. All other gymnasts will be considered Division II gymnasts.

TEAM AND INDIVIDUAL QUALIFYING SCORES

The 2015 through 2020 individual and team qualifying scores for regional entry were reviewed. The 2020 regional participation information and scoring distribution for events at each site was received and discussed in order to assist the committee's charge to establish 2020-21 qualifying scores. In addition, all-around scoring at each Regional was perused. There was some concern regarding the large number of gymnasts who qualified in vault, however the committee reviewed the 2020 summary of regional scoring and determined that the 2021 Regional qualifying scores would be the same as in 2020. The team score would also remain the same as it has been for the last six years. The individual and team scores are as follows:

Vault – 7.9 Bars – 6.7 Beam – 7.4 Floor Exercise – 7.8 Team – 120

Verification of gymnasts' qualifying scores must be signed by the coach and athletic director and the four dates on which the gymnast met or bettered the qualifying score must also be provided for each competitor for each event. Conversation ensued regarding the number of qualifying scores and whether there would be a reduction in opportunities to obtain a qualifying score due to possible limitations on gymnasts and gymnastics teams at an event; as well as possible limitations on the number of meets that would be held due

to COVID-19 breakouts. The committee indicated that due to the current norms of COVID-19, that in this year only, consideration be given to reducing the number of qualifying scores per individual from four to three.

GYMNASTICS FINALS

Committee members verbalized the tasks, equipment and procedures that are necessary to conduct an efficient meet and participated in a draw for order of competition at the 2021 Team Finals. A draw was done to include both a 13 and 12 team rotation and is attached. This draw will also be posted on mhsaa.com.

The host (Rockford) indicated that they were already in the preparation mode for the dynamics of setting equipment, use of the practice area and the auxiliary gymnasium, classroom space as well as considerations for food service needs. Additional conversation included negotiating Finals price with the NFHS network as well as using the "Behind the Rock Pixellot". Mr. Andrews indicated that his volunteers, security and training staff are already preparing for the 2021 Gymnastics Finals.

2020-21 GYMNASTICS/COVID-19 CONSIDERATIONS

Some of the COVID-19 considerations that were reviewed by the Gymnastics Committee will continue to be reviewed by an established group of coaches, officials and athletic directors. The considerations that will be outlined will be used to decrease potential exposure to respiratory droplets by encouraging physical distancing, possibly limiting participation according to venue capacity, and protective equipment. With the COVID-19 situation rapidly changing, some of the considerations may quickly become outdated. Continued updates will be made through review of Executive Orders, CDC and health officials. Below is not an exhaustive list and there will be additional steps that will be taken for practices, contests and the MHSAA tournament series.

Some general considerations include:

- Accurate records must be maintained for athletes and staff who attend each practice or contest in case contact tracing is needed.
- Clear instructions provided about entrance and exit points. All coaches and students must be screened daily for signs and symptoms of COVID-19 prior to participating, including a temperature check. Anyone with a temperature of greater than 100.3 degrees or any other positive signs/symptoms for COVID-19 should not participate and be sent home. When screening, all individuals should be physically distanced.
- Physical distancing of at least 6 feet maintained. No hugging, shaking hands, fist bumps, etc.
- Proper cleaning protocols for equipment.
- Removal of common chalk bowls. Each gymnast will use their own chalk which will not be shared.
- Facial coverings in observance of the Executive Orders.
- Physical distancing while waiting for a turn on the apparatus or moving from one event to another.
- Washing and sanitizing hands before entering and leaving the gym and washing/sanitizing hands between rotation to different events.
- Hand sanitizer should be plentiful at all contests and practices.
- Spacing of judges six feet apart at judging table.
- Workouts should be conducted in "pods" of same students always training and rotating together on apparatus in practice to ensure more limited exposure if someone develops an infection.
- Personal water bottles for drinking.
- All gym bags should be kept in specific area and must be disinfected after each practice. Each student will be responsible for their own supplies.

RECOMMENDATIONS TO THE REPRESENTATIVE COUNCIL

1. In preparation for the 2020-21 gymnastics season with the fluidity of COVID-19, if needed, allow for the number of qualifying scores for gymnasts (in 2020-21 only) to be reduced from four to three scores. (9-0)
2. Provide the additional option for girls gymnastics officials to wear a specified black quarter-zip with MHSAA logo. (9-0)

2021 MHSAA GYMNASTICS FINALS ROTATION DRAW

TEAM FINALS - FRIDAY, MARCH 12, 2021

ROCKFORD HIGH SCHOOL

If 13 teams qualify:

ROTATION	WARM-UP	VAULT	BARS	BEAM	FLOOR	COMPETE
1	1:40 p.m.	Reg. 4 – 3rd	Extra Qual.	Reg. 3 – 2nd	Reg. 4 – 2nd	2:00 p.m.
2	2:00 p.m.	Reg. 1 – 2nd	Reg. 4 – 1st	Reg. 2 – 3rd	Reg. 2 – 2nd	2:20 p.m.
3	2:20 p.m.	Reg. 1 – 3rd	Reg. 3 – 3rd	Reg. 2 – 1st	Reg. 1 – 1st	2:40 p.m.
4	2:40 p.m.	Reg. 3 – 1st	Reg. 4 – 3rd	Extra Qual.	Reg. 3 – 2nd	3:00 p.m.
5	3:00 p.m.	Reg. 4 – 2nd	Reg. 1 – 2nd	Reg. 4 – 1st	Reg. 2 – 3rd	3:20 p.m.
6	3:20 p.m.	Reg. 2 – 2nd	Reg. 1 – 3rd	Reg. 3 – 3rd	Reg. 2 – 1st	3:40 p.m.
7	3:40 p.m.	Reg. 1 – 1st	Reg. 3 – 1st	Reg. 4 – 3rd	Extra Qual.	4:00 p.m.
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8	4:40 p.m.	Reg. 3 – 2nd	Reg. 4 – 2nd	Reg. 1 – 2nd	Reg. 4 – 1st	5:00 p.m.
9	5:00 p.m.	Reg. 2 – 3rd	Reg. 2 – 2nd	Reg. 1 – 3rd	Reg. 3 – 3rd	5:20 p.m.
10	5:20 p.m.	Reg. 2 – 1st	Reg. 1 – 1st	Reg. 3 – 1st	Reg. 4 – 3rd	5:40 p.m.
11	5:40 p.m.	Extra Qual.	Reg. 3 – 2nd	Reg. 4 – 2nd	Reg. 1 – 2nd	6:00 p.m.
12	6:00 p.m.	Reg. 4 – 1st	Reg. 2 – 3rd	Reg. 2 – 2nd	Reg. 1 – 3rd	6:20 p.m.
13	6:20 p.m.	Reg. 3 – 3rd	Reg. 2 – 1st	Reg. 1 – 1st	Reg. 3 – 1st	6:40 p.m.

If 12 teams qualify:

ROTATION	WARM-UP	VAULT	BARS	BEAM	FLOOR	COMPETE
1	1:40 p.m.	Reg. 4 – 3rd	Reg. 3 – 2nd	Reg. 4 – 2nd	Reg. 1 – 2nd	2:00 p.m.
2	2:00 p.m.	Reg. 4 – 1st	Reg. 2 – 3rd	Reg. 2 – 2nd	Reg. 1 – 3rd	2:20 p.m.
3	2:20 p.m.	Reg. 3 – 3rd	Reg. 2 – 1st	Reg. 1 – 1st	Reg. 3 – 1st	2:40 p.m.
4	2:40 p.m.	Reg. 1 – 2nd	Reg. 4 – 3rd	Reg. 3 – 2nd	Reg. 4 – 2nd	3:00 p.m.
5	3:00 p.m.	Reg. 1 – 3rd	Reg. 4 – 1st	Reg. 2 – 3rd	Reg. 2 – 2nd	3:20 p.m.
6	3:20 p.m.	Reg. 3 – 1st	Reg. 3 – 3rd	Reg. 2 – 1st	Reg. 1 – 1st	3:40 p.m.
-----BREAK-----						
7	4:20 p.m.	Reg. 4 – 2nd	Reg. 1 – 2nd	Reg. 4 – 3rd	Reg. 3 – 2nd	4:40 p.m.
8	4:40 p.m.	Reg. 2 – 2nd	Reg. 1 – 3rd	Reg. 4 – 1st	Reg. 2 – 3rd	5:00 p.m.
9	5:00 p.m.	Reg. 1 – 1st	Reg. 3 – 1st	Reg. 3 – 3rd	Reg. 2 – 1st	5:20 p.m.
10	5:20 p.m.	Reg. 3 – 2nd	Reg. 4 – 2nd	Reg. 1 – 2nd	Reg. 4 – 3rd	5:40 p.m.
11	5:40 p.m.	Reg. 2 – 3rd	Reg. 2 – 2nd	Reg. 1 – 3rd	Reg. 4 – 1st	6:00 p.m.
12	6:00 p.m.	Reg. 2 – 1st	Reg. 1 – 1st	Reg. 3 – 1st	Reg. 3 – 3rd	6:20 p.m.