

**NORTH SUBURBAN CONFERENCE GUIDELINES**

**BOYS' GYMNASTICS**

I. SEASON LIMITATIONS

Practice may begin Monday of week 33 of the I.H.S.A. standardized calendar. The first contest may be no earlier than Monday of week 35. The season shall end no later than Saturday of week 47.

II. CONTEST LIMITATIONS

Varsity - 15 dates + IHSA State Series  
Frosh/Soph - 15 dates

Conference schools will compete against each other in a single round-robin plus a Conference Tournament.

III. LEVELS OF COMPETITION

- A. Varsity (Freshmen and Sophomores eligible)
- B. Sophomore (Freshmen eligible)
- C. Freshman
- D. Participation: Refer to Article IX of the N.S.C. Constitution regarding eligibility.

IV. COACHES' MEETING

The conference coaches will hold a meeting at the conclusion of each season for the purpose of making recommendations to the Athletic Directors on rules changes. The meeting will be held the week following the Sectional meet. The site, time, and date will be announced prior to each season.

V. CHAMPIONSHIP

A. The Conference Championship will be conducted using the following raw score method:

- 1. A school may enter up to five contestants in each individual event provided not more than four are specialists. Not more than three contestants may compete in the all around competition and they must be included in the limit of five entries in each individual event (same as State guidelines).
- 2. The top three scores in each event count toward team points. The three scores are tallied together for an event score. The six event scores will be totaled for a running team score. To reach a final team score the scores from all six events are added together.

B. In the event of a tie, the championship or other team place will be shared with the team tied. There is no tie breaker.

VI. CONDUCT OF CONTESTS

Dual Meets:

1. The host school is responsible for providing locker room facilities, officials, and personnel to conduct a meet (scorers, runners, supervision, first aid, announcer, etc.)
2. The visiting school is responsible for the protection of their valuables and the supervision of their team while at the host school.
3. Order of competition:
  - Floor Exercise
  - Pommel Horse
  - Still Rings
  - Vaulting
  - Parallel Bars
  - Horizontal Bar
4. Meets will be conducted block style at both Varsity and underclass levels.
5. The freshmen will compete first with two events running concurrently. At the conclusion of the freshman meet, the sophomore meet will immediately begin. There is no warm-up between meets.
6. The Varsity will be permitted a fifteen minute warm-up after the sophomore meet.
7. The Varsity meet will be conducted with one event at a time, except in double dual competition where the host school will have the option of running two events concurrently.
8. Scoring will be by raw score method as previously explained under Championship V A-2.
9. At the lower levels, the order of competition is as follows:

Floor Exercise	home team first
Pommel Horse	visiting team first
Still Rings	home team first
Vaulting	visiting team first
Parallel Bars	home team first
Horizontal Bar	visiting team first

At the varsity level, the order of competition will have the home team up first in the first three events and up last in the last three events. All conference meets will begin at 6:30 p.m. on weekdays and at 1:00 p.m. on Saturdays.

10. Entries determined by Illinois High School Association state office:
  - a. Varsity - Five entries, up to three All-Around entries
  - b. Sophomore & Freshman - Four entries, up to two All-Around entries.

VII. OFFICIALS

- A. Officials will be assigned by the Conference Assignment Chairman.
- B. Officials are to be rated by each coach and submitted to the Athletic Directors. The Athletic Directors will see that the Assignment Chairman receives this information and every effort will be made to assign competent officials to your meet.
- C. The official with the most seniority and the highest IHSA rating shall be declared the superior official.
- D. The superior official should check and sign the official score sheet.

VIII. AWARDS (Conference)

- A. Medals will be awarded to the top five places in each event; floor exercise, pommel horse, still rings, vaulting, parallel bars, and horizontal bar, plus five for all around.
- B. A team trophy will be awarded the championship team(s).

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