

## **NORTH SUBURBAN CONFERENCE GUIDELINES**

### **GIRLS' GYMNASTICS**

#### **I. SEASON LIMITATIONS**

Practice may begin Monday of week 19 of the I.H.S.A. standardized calendar. The first contest may be no earlier than Monday of week 21. The season shall end no later than Saturday of week 33.

#### **II. CONTEST LIMITATIONS**

- A. Varsity - 15 dates & IHSA State Series
- B. Junior Varsity - 15 dates

#### **III. LEVELS OF COMPETITION**

- A. Competition will be at two (2) levels, Varsity and JV. A third level may be scheduled by prior, mutual consent.
- B. 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 rule changes. The meeting will be held the Wednesday following the IHSA State Final Meet at 6:30 P.M. The site will be announced by the Resource A.D.

#### **V. CONFERENCE CHAMPIONSHIP**

- A. The Conference championship will be determined by a combination of a single round-robin plus the Conference meet. Schools will receive the number of points equal to their Conference dual meet standings (1st - 8 [or # equal to number of Conference schools] ; 2nd - 7, ...) and the number of points equal to their finish in the Conference meet (1st - 8 [or # equal to number of Conference schools]; 2nd - 7,...). The school (s) with the most total points will be the Conference champion (s). The Conference tournament will be conducted in the following manner:

1. Each team is permitted five (5) competitors on the varsity level. Four (4) top scores count.
2. The top four (4) scores in each event count toward team points. The four (4) scores are tallied together for an event score. The four (4) event scores will be totaled for a final team score.
3. All routines performed will be optional.

- B. In the event of a tie, the winner of the Conference Tournament will be awarded a trophy, and a duplicate trophy will be ordered and given to the other team.

#### **C. Conference Meet:**

1. If the N.S.C. Championship Meet is held on a Saturday, the meet will begin in the morning or no later than 1:00 pm.
2. **Conference meet and team warm-up will follow Olympic order.**

3. If the N.S.C. meet does not include a JV meet, the varsity meet will be four (4) events run concurrently, with one (1) judge per event.
4. If the N.S.C. meet is on one date and includes the JV's, the meet will be run **Olympic Format** with JV's starting first, followed by the Varsity. The following rotation format will be followed.

Round	Vault	Bars	Beam	Floor
1	1	5	4	2
2	2	6	5	3
3	3	1	6	4
4	4	2	1	5
5	5	3	2	6
6	6	4	3	1

- D. The host school will be responsible for a blind draw to determine the rotation number for each school prior to the Conference meet and will forward the information to each school. This draw will be done at the January N.S.C. A.D.'s meeting.
- E. The Games Committee will consist of the Superior Judge, the Meet Director, and the Head Coach of the prior year's Conference meet host.
- F. The Conference meet host coach will automatically be the Conference representative to the I.H.S.G.G.C.A.

## VI. CONDUCT OF CONTESTS

### A. 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:
  - Vault
  - Uneven Parallel Bars
  - Balance Beam
  - Floor Exercise
4. Meet will be conducted block style (Freshman, JV and Varsity) with no breaks between levels.
5. Order of Competition: Competition will begin with freshmen, followed by JV and then varsity. Two (2) events will run concurrently. One judge will score each event.
6. The freshmen, JV and varsity will perform optional routines only.
7. Scoring: Raw score method will be used as previously explained under V. A. 1. and 2. championship.
8. A 15 minute timed period for stretching and bar settings will be held prior to the start of the two 30 minute warm-up periods. Two 30 minute warm-up periods will be allowed. The warm-up is to begin at the time the team takes the floor, not before. First period home team on bars and vault, visiting team on beam and floor. Second period home team on beam and floor, visiting team on bars and vault. A "late warm-up" will be allowed for unusual circumstances only.

9. The home team shall perform first in vaulting and alternate the remaining three (3) events.
10. All Conference dual meets will begin at 6:00 p.m.
11. Each team is permitted five (5) competitors in each event at the varsity level, four (4) top scores to count. Teams may enter as many as desired all-around entries. At the junior varsity level, each team may enter five (5) entries with three (3) to count. If a freshman level is competing, each team may enter three (3) gymnasts per event with two (2) scores counting. Schools may have all-around entries on the JV or Freshman levels, but the raw team scores will be figured without adding an all-around average.
12. A third team may be added to a Conference dual meet only with the prior, mutual consent of both schools.

#### VII. OFFICIALS

- A. Officials will be assigned by the Conference Assignment Chairperson.
- B. Officials are to be rated by each head coach and ratings submitted to the Conference Assignment Chairperson.
- C. The superior official should check and sign the official score sheet.

#### VIII. AWARDS

- A. Medals will be awarded to the top **five** places in each event: vault, floor exercise, balance beam, uneven parallel bars, and all-around.
- B. A team trophy will be awarded to the Championship team(s).

### **Selected Highlights from the NSC Constitution**

**From Article VIII:** The Resource Athletic Director for each respective Varsity sport shall be responsible for compiling and distributing Conference Varsity standings and scores on a weekly basis. Each school shall be responsible for reporting Varsity scores to the Resource Athletic Director each week. The North Suburban Conference only recognizes championships at the Varsity level.

**From Article IX:** A player may participate at only one recognized level of competition on any given playing date or round of play against a Conference opponent, except where noted in individual sport Guidelines. In sports where there is a Conference tournament at the Varsity level, if a Conference school also hosts a Prairie-Lake (under-level) Invitational in that sport, an athlete is prohibited from competing at more than one level. Only freshmen may compete at the freshman level in any sport or contest. Member schools are required to field teams in recognized levels from the top down.

**From Article X:** It is agreed by all member schools that the use of video equipment for the purpose of scouting is allowed unless prohibited by individual NSC sport Guidelines or NFHS rules.