

# **1200 GYMNASTICS**

## **1210 Schedules and Dates (2023-24 is the first year of the new draw)**

|      |                              |   |
|------|------------------------------|---|
| 1211 | Start of season              | November 6, 2023  |
| 1212 | Earliest day for first match | November 30, 2023                                       |
| 1213 | WIAA Rules Meeting           | TBA   |
| 1214 | End of Season Meeting        | Wednesday, March 6, 2024 Menomonee Falls HS or Zoom 6pm |
| 1215 | WIAA Sectionals              | February 22, 23 & 24, 2024                              |
| 1216 | WIAA State Meet              | March 1 & 2, 2024 at Wisconsin Rapids HS                |

## **1220 Scheduling**

- 1221 Scheduling is based on a single round robin with the initial meet scheduled no earlier than the first Thursday in December. Some adjustments may have to be made, which becomes a local issue.
- 1222 Meets will be scheduled on **Wednesday** evenings. Waupun will host on **Tuesday** evenings. Exceptions will be made that have local agreements to avoid Wednesday evening contests. Other factors affecting schedules are conflicts with Wrestling or Basketball. Schedule conflicts will become a local issue and worked out between the schools involved. They must notify the Conference Commissioner and the officials assigned.
- 1223 The last meet scheduled will be the week prior to the Conference Meet.
- 1224 The Conference Meet will be scheduled on the Thursday, Friday or Saturday prior to the WIAA Sectional Meet on a yearly rotating basis between MF/GT, West Allis/DSHA and Waupun.
- 1225 Brookfield, Hamilton and Shorewood are unable to host Conference meets because of facility issues.

## **1230 Officials**

- 1231 In dual meets, there will be two officials for the Varsity and one official for the JV. All will be paid the same and assigned at the meet.

## **1240 Rules and Regulations**

- 1241 Varsity competition will include optional routines only.
- 1242 JV competition will be composed of optional routines that will be scored the same as the Varsity.
- 1243 Teams scores will be kept for Varsity and JV competition separately.
- 1244 Starting times of the meets will be **6:00 PM**, but may vary slightly due to individual school circumstances. Waupun starting times will be **6:30PM**. There will be one hour of warm-up time with the host school providing a schedule for warm-ups. Tri-meets will allow 90 minutes of warm-up time. A two minute touch will be allowed before all Varsity and JV events. **A Triangular warm up schedule will be given to teams.**
- 1245 There will be a maximum of five gymnasts entered per event at each level, including the Varsity Conference Meet. Any or all persons may be entered in the All-Around competition.
- 1246 A gymnast may not compete in the same event during dual or Conference meets where JV and Varsity teams compete. The JV and Varsity meet will be considered the same meet.
- 1247 The order of competition will be block style and the Olympic order shall follow for the Varsity. The JV shall perform in the following order: Bars, Vault, Floor, and Beam. Block scoring will be used in all GMC Conference meets. The flashed score will be the final score, including all neutral.
- 1248 The host school is responsible for calling in scores to the Milwaukee Journal-Sentinel: 414-224-2175 or email [jssports@hournalsentinel.com](mailto:jssports@hournalsentinel.com)
- 1249 Coaches are required to communicate prior to hosting a meet if they have either a vaulting conversion table (new top/old base) or a newer standard set.

## **1250 JV/Varsity Conference Meet**

- 1251 There will be a Conference Meet that will determine the Conference Team Champion and Individual Champions scheduled on the week prior to the WIAA Sectional Meets.
- 1252 Optional competition will allow five entries per event, including All-Around, the the Bars, Beam, Vault, and Floor Exercise.
- 1253 Facilities will be open one hour before the scheduled timed warm-ups for stretching and bar settings. There will be no practice prior to the timed warm-ups. A

maximum of 15 minutes for warm-ups at each event with the meet continuing forward and being timed at the event table.

1254 The school hosting the meet shall send out a meet timed schedule at least one week prior to the Meet.

1255 The alphabetical draw for the given year from the WIAA Tournament draw sheet will be the Conference draw format.

2024 – West Allis/DSHA

2025 – Menomonee Falls/Germantown

2026 – Waupun

1256 Entry deadline will be the Monday prior to the meet by 7:00 P.M.

1257 Substitutions may be made at the scratch meeting session during the coaches' meeting prior to the start of the meet. Competitors with an injury or illness, which occurs during warm-ups at the meet may be substituted for in any one or all of her entered events. The substitute may have competed in the JV meet in the same events. **All changes must be reported to the scoring table.**

1258 Each team will get an equal amount of timed warm-ups on each apparatus.

1259 The Conference Team rotation order will be designated by the number of teams entered.

1260 The format of the meet will be a modified Capital Cup.

1261 Teams hosting the Conference Meet will follow WIAA draw/rotation.

1262 Each team's head coach will determine which competitive team (JV or Varsity) shall compete first in competitive order.

## **1270 Awards**

1271 Varsity Team Championship bar determined at Conference Meet.

1272 Varsity Individual Medals 1<sup>st</sup> place gold, 2<sup>nd</sup> place silver, 3<sup>rd</sup> place bronze. JV Individuals will receive ribbons for 1<sup>st</sup> place, 2<sup>nd</sup> place and 3<sup>rd</sup> place.

1273 Coach of the Year voted at the EOS meeting.

1274 Gymnast of the Year determined by a vote of coaches at the EOS meeting.

## **1280 Conference Schools**

Menomonee Falls/Germantown  
Shorewood  
Brookfield  
West Allis/DSHA  
Waupun  
Hamilton