

## MINUTES OF THE IHSA GYMNASTICS ADVISORY COMMITTEE MEETING

March 22, 2024

The IHSA Girls Gymnastics Advisory Committee met virtually on Friday, March 24, 2024, beginning at 9:00 a.m. Committee members participating were: Art Ostrow, Darien (Hinsdale South); Denise Caton, Vernon Hills; Dr. Jennifer Tyrell, LaGrange (Lyons); Lynne Paver, Big Rock. Also, in attendance were IHSA Girls' Gymnastics Head Clinician Kathy Krebs and IHSA Assistant Executive Director Tracie Henry conducted the meeting.

### TERMS AND CONDITIONS RECOMMENDATIONS:

#### 1. V. TOURNAMENT ASSIGNMENTS AND SEEDING MEETINGS B. Sectional Complex Meeting:

**Recommendation:** Move the online seeding meeting deadline from ~~Wednesday of Week 28~~ to **Wednesday of Week 29.**

**Rational:** Provides an extra week for schools to obtain their best seed scores. Currently, due to Thanksgiving and winter break, schools are entering multiple contests each week and weekend in approximately five (5) weeks prior to winter break. This proposal change will provide some relief from the pressure and physical stress on the athlete's bodies to compete multiple times in one week at the beginning of the season. Regional host sites are now pre-determined and not based off of seed score which makes this proposal realistic to implement.

#### 2. VI. TOURNAMENT STRUCTURE AND TIME SCHEDULES F. Time Schedules

**Recommendation:** **4. State Series Meets (Regionals, Sectionals and State Preliminaries) --Rotations shall be held until all competitors on each event in a rotation have completed competition in that rotation. A line shall be drawn across the competition order sheet to indicate the end of a rotation.**

**Rational:** Provides an effective order by which Regionals, Sectionals and Prelims will progress without one or two events moving faster than two slower events. Without holding rotations, competitors will end up on two events at the same time.

### ADMINISTRATIVE RECOMMENDATION:

#### 1. Manual for Schools & Managers: pg. 10

**Recommendation: Competition. Warm-up Rotation:** The scoring program randomly determines the competition order. The rotation order for warm-ups must follow competition order and allow for equal time for all competitors at each event. **Regionals, Sectionals and State Preliminaries:** Each athlete is allowed 2 minutes at each event on the competition equipment with her rotation group. The 2 minutes includes setting the bars, mats, boards, etc. Athletes should plan on warming up with just a few major elements. Refer to the rotation order included in the downloadable forms. Open rotations are not allowed.

**Rational:** Teams currently have 2 minutes per gymnast for regionals and sectionals and 2 minutes is the standard practice for all competitions throughout the season (10 minutes per team). Considering that this is a large scale meet with many athletes competing as individuals, this would allow athletes to set equipment and perform 3-4 skills within a reasonable time frame by moving warm-up time to 2 minutes per gymnast instead of the 1:30 currently used.

## 2. Manual for Schools & Managers: pg. 17

**Recommendation:** Adjust the Girls State Final Gymnastics Meet Time Schedule to accommodate the 2 minutes of warm-up time per gymnast.

~~10:00 – 11:00 a.m.~~ **10:00. - 10:30 a.m.** **Head Girls Gymnastics Coaches pick up school packets**

~~11:10: a.m.~~ **10:30 a.m.** **Coaches meet with Technical Committee**

~~11:25 a.m. – 1:45 p.m.~~ **11:00 a.m. – 1:45 p.m.** **Warm-ups for Session I competitors ONLY**

**Rational:** Modest adjustments will need to be made to the Girls State Final Gymnastics Meet Time Schedule to allow for the additional warm-up time per gymnast.

### ITEMS OF GENERAL DISCUSSION

1. Tracie Henry reviewed the proposal process with the committee. IHSA Advisory Committees communicate information about their area of interest to the Board of Directors and staff. Committees make recommendations for changes in policy, administration, and terms and conditions. The recommendations are reviewed by the IHSA staff and then either approved or rejected by the Board of Directors.
2. The committee reviewed the minutes of the 2023 advisory committee meeting.
3. The committee discussed the gymnastics season and State Meet at Palatine High School. The feedback the committee shared is that athletes, coaches, officials, and teams enjoy competing at Palatine and find the meet to be well-run. The coaches and judges favor a two-judge panel at the State Meet.
4. The committee evaluated the matting recommendations for regionals, sectionals and the state meet from the coaches' association. Tracie will work with the coaches' association and state series hosts to communicate the recommendations.
5. The committee reviewed the terminology in the Terms and Conditions for *panel judge* and *acting judge* and will remove the antiquated language and update with current terminology.
6. The committee assessed a proposal from the coaches' association to allow non-qualifying gymnasts into the state meet early. Coaches would like to bring all levels of their high school program to support a state qualifying team, however, they are limited in staff to run transportation services multiple times per day. In addition, these other levels are not easily supervised outside of the building. A potential solution is to allow lower-level athletes to travel with coaches and enter the building prior to the doors open to the general public (with regular priced paid admission). The committee expressed concerns about chaperoning and monitoring the non-qualifying gymnasts during the lengthy pre-meet warm-up.
7. The committee reviewed the number of officials licensed in girls' gymnastics and the current number of teams competing in the state series.
8. The committee heard an overview of the NFHS rule changes for 2024-2026 from Kathy Krebs the NFHS Girls Gymnastics Consultant.