

BIG RIVERS CONFERENCE GYMNASTICS BYLAWS

- Athletic Director in Charge:** River Falls
- Annual Meeting Date:** 1st Wednesday after the State Gymnastics Meet.
- Game Times:**
Varsity/JV 6:30 PM
March in: 6:20 PM
- Warm up time:** Gym ready for bar settings and stretching at 5:15-5:30. Begin at 5:40 pm.
Two 20-minute sessions (announce at 10-minute intervals)
Double-duel: 8 minutes per event.
Warmup rotation: Home team – Bars and Beam
- Referees and Scorers:** Conference duels will schedule four (4) judges, but in case of an emergency three (3) judges will be used and JV and Varsity will run concurrently. When three (3) judges are used, coaches and the meet manager will determine the JV officials.
- Media/Results:** Coaches will provide the BRC Secretary/Treasurer/Statistician with final scores of all BRC home meets.
- Conference Meet:** Conference meet will be on held on the Friday or Saturday the week prior to the WIAA Sectional. This will be up to the host school and should be scheduled a year in advance. Start time will be 6:30 p.m if on Friday and 11:30 if on Saturday. Warm-ups with “Capital Cup” style competition. Each team is allowed five (5) competitors in each event. Makeup day for the Conference Meet will determined by the host school. Gym opens at 5:00 and competition starts at 6:30 pm. The top five in each event and the all-around will be recognized at the conference meet. The draw for the conference meet will follow the WIAA tourney format. A “spring floor” must be available. AAI Elite Bars or extenders and risers that would equal these should also be available.
1st place winners will receive a medal. These medals have been donated and will not be a Big Rivers Conference expense. Open scoring will be used at the conference tournament.
Line Judges must be used on the floor exercise.

Conference Championship: The conference team champion will be determined by the total number of dual wins as well as the conference meet standings.

The team point values for each dual meet will be: 1 for a win, 0.5 for a tie.

Point value for the conference tournament are:

1st place	7 points
2nd place	6 points
3rd place	5 points
4th place	4 points
5th place	3 points
6th place	2 points
7th place	1 point

The school with the highest total combined points will be the conference champion. In the event of a tie, co-champions will be declared. The championship team will be recognized on the awards stand at the end of the conference meet.

All-Conference Selection: Coaches will fill out a form sent by the AD in charge with nominations and scores for those nominated for All Conference consideration. Five athletes will be named to the BRC 1st and 2nd teams and honorable mention. 1st team positions, along with the 2nd team and honorable mention would be selected by the coaches at their annual by-law meeting. The coaches will submit the names of the athletes they are nominating to the AD in charge of gymnastics by the Wednesday prior to the meeting. The AD will fax or email the composite list of nominees to the BRC schools/coaches by Friday of that same week. Coaches are expected to provide statistics and other pertinent information about their athletes at the meeting. The standard BRC awards will be given to the 1st and 2nd team all-BRC winners.

Other Pertinent Information: Home team always goes: Vault, Bars, Beam, Floor

JV will go prior to varsity on each event. JV will alternate between judge1 and judge2 for competition. They will be followed by a two minute touch for varsity.

JV's 2nd, 3rd and 4th rotations will receive a "one touch" warm-up.

JV2 will follow the new state rules regarding their participation

If possible, scoring should be displayed on a scoreboard after each round.

Alternative Rotations: Due to the possibility of a triple dual or only three officials available, the following formats should be followed.

BRC DUAL MEET FORMAT

- 5:00-5:30 Bars Settings & Stretching
- 5:30-5:50 Timed Warm-Ups: HOME: Beam & Bars
GUEST: Floor & Vault
- 5:50-6:10 Timed Warm-Ups: HOME: Floor & Vault
GUEST: Beam & Bars
- 6:20-6:30 March-In, National Anthem, Competition Begins

Competition Order:

	Vault	Bars	Beam	Floor
Round 1	HOME	Guest		
Round 2	Guest	HOME		
Round 3			HOME	Guest
Round 4			Guest	HOME

On each event:

- JV will have a 1 touch (except on 1st event), Varsity will have a 2-minute touch
- All JV will compete, followed by all Varsity
- JV will alternate between Judge 1 and Judge 2

BRC 3-JUDGE DUAL MEET FORMAT

- 5:00-5:30 Bars Settings & Stretching
- 5:30-5:50 Timed Warm-Ups: HOME: Beam & Bars
GUEST: Floor & Vault
- 5:50-6:10 Timed Warm-Ups: HOME: Floor & Vault
GUEST: Beam & Bars
- 6:20-6:30 March-In, National Anthem, Competition Begins

Competition Order:

	Vault	Bars	Beam	Floor
Round 1	HOME (V) HOME (JV)	Guest (JV) Guest (V)		
Round 2	Guest (V) Guest (JV)	HOME (JV) HOME (V)		
Round 3			HOME (V) HOME (JV)	Guest (JV) Guest (V)
Round 4			Guest (V) Guest (JV)	HOME (JV) HOME (V)

On each event:

- JV will have a 1 touch, Varsity will have a 2-minute touch
- JV will have 1 judge, Varsity will have 2 judges

BRC TRIANGULAR MEET FORMAT

5:00 **Bars Settings & Stretching**

5:30-6:18 **Timed Warm-Ups: 12 minute rounds on each event**

	Vault	Bars	Beam	Floor
Round 1	HOME	Guest 1	Guest 2	JV2
Round 2	JV2	HOME	Guest 1	Guest 2
Round 3	Guest 2	JV2	HOME	Guest 1
Round 4	Guest 1	Guest 2	JV2	HOME

6:20-6:30 **March-In, National Anthem, Competition Begins**

	Vault	Bars	Beam	Floor
Round 1	Guest 2	Guest 1	JV2	
Round 2	HOME	Guest 2		JV2
Round 3	Guest 1	HOME		
Round 4		JV2	Guest 2	Guest 1
Round 5	JV2		HOME	Guest 2
Round 6			Guest 1	HOME

Competition Order:

On each event:

- JV and Varsity will share a 3-minute touch on each event
- Competitors will alternate JV, Varsity, JV, Varsity, etc.
- Each event will have 2 judges for Varsity, 1 judge for JV

Approved March 2017