

BIG RIVERS CONFERENCE BYLAWS

GYMNASTICS

- Athletic Director in Charge:** River Falls
- Annual Meeting Date:** 1st Wednesday after the State Gymnastics Meet
- Meet Times:** JV/Varsity March In @ 6:20 pm/ Competition @ 6:30 pm
- Warm Up Times:** Gym open for stretching and bar settings @ 5:00 pm. Event warm-ups begin @ 5:30 pm. Warmups and competition will follow **Format 1** unless not enough judges have been secured or all teams involved have agreed prior to the meet.
- Judges and Scorers:** Conference meets will schedule 6 judges if possible. When 6 judges cannot be secured, 4 judges will be used. The number of judges that have been secured will be communicated to the home team head coach at the beginning of the season. The head coach will communicate to the visiting teams that there are 4 judges. The meet will follow **Format 2**.
- Media and Results:** The home team is responsible for sending team results to the athletic director in charge.
- Conference Meet:** The Conference meet will be held on Friday or Saturday the week prior to the WIAA Sectional. Start time will be 6:30 pm (gym opens at 5:00 pm) if on Friday and 11:30 am (gym opens at 10:00 am) if on Saturday. The host school will determine the date one year prior to hosting. A makeup date for the Conference meet will be determined by the host school.
- The meet will run Modified Capitol Cup format. The draw for the order of competition will follow the WIAA tournament format. Line judges must be used on the floor exercise.
- The top 5 individuals in each event and all around will be recognized at the conference meet. First place finishers will receive a medal. The medals have been donated and will not be a Big Rivers Conference expense.
- Conference Championship:** The conference team champion will be determined by the total number of points received from regular season competition as well as points from the conference meet team standings. 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.
- Points for regular season: Teams will be ranked according to the number of win/losses from the triple duals. The following points will be assigned to the ranking:

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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 same point assignment will be used for the conference meet standings.

All-Conference Selection: Head coaches will submit nominations for those athletes they are nominating for All Conference consideration. Coaches will submit the names to the Athletic Director in charge of gymnastics by the Wednesday prior to the meeting. The athletic director will email the composite list of nominees to the BRC coaches by Friday of the same week. Coaches will bring scores with them to the meeting to help determine all conference teams. If you are unable to attend the meeting

Five athletes will be named to the BRC 1st, 2nd and Honorable Mention teams. Teams will be selected by the coaches at their annual by-law meeting.

Standard BRC awards will be given to 1st, 2nd and Honorable Mention winners.

Other Pertinent Information: It is requested that all teams send an alphabetical listing of competing athletes with their grade levels to the home team 3-5 days prior to the meet. This will help individuals who enter athletes into the scoring program. You may also send a listing of which athletes are competing each event. If you do not send this, please have it available to give to the scorer's table upon arrival. Changes in competitors and order can be made according to WIAA rules. (See attached example)

We ask that home teams halt take down of equipment during the announcing of team results.

If there will be a JV2 team, they will have a 1-touch warmup and will follow the WIAA state guidelines regarding their participation. The team with a JV2 team will communicate with all other teams prior to the meet.

BIG RIVERS CONFERENCE BYLAWS GYMNASTICS

BRC Triple Dual Meet Format 1

(6 judges)

5:00 Bars Settings & Stretching

5:25--Timed Warm-Ups: 12-minute rounds on each event

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

6:25 --March-In

6:30 Competition Begins

Home: Vault, Bars, Beam, Floor

Guest 1: Beam, Floor, Vault, Bars

Guest 2: Floor, Vault, Bars, Beam

Vault and Bars run as one event with 2 judges—start on vault and move to bars when done
Beam and Floor run separately with 2 judges on each event

All events begin with a 3-minute touch.

JV competes first and alternating judges and then Varsity.

Teams will wait to rotate events together (except for vault/bars).

No individual scores/placing will be announced.

Team scores will be announced as a triple dual—Home vs. Guest 1, Home vs. Guest 2, Guest 1 vs. Guest

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BRC Triple Dual Meet Format 2

(4 judges)

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5:00 Bars Settings & Stretching

5:25--Timed Warm-Ups: 12-minute rounds on each event

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

6:25 --March-In

6:30 Competition Begins

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

All events begin with a 3-minute touch.

JV competes first and alternating judges and then Varsity.

Teams will wait to rotate events together (except for vault/bars).

No individual scores/placing will be announced.

Team scores will be announced as a triple dual—Home vs. Guest 1, Home vs. Guest 2, Guest 1 vs. Guest

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EXAMPLE TO SEND TO HOME TEAM PRIOR TO MEET

Menomonie/Superior Double Dual—January 23

Head Coach: Michelle Johnson

Assistant Coach: Steph Rogers

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GYMNASTICS

Annabella Campbell Grade 10
 Kora Falkner Grade 10
 Hannah Firari Grade 10
 Victoria Gordon Grade 9
 Anna Koss Grade 9
 Emma Loen Grade 10
 Addie May Grade 9
 Lexis Pedersen Grade 9
 Sydney Schultz Grade 9
 Tatia Tillery Grade 11
 Maddie Weber Grade 10
 Camie Werlein Grade 9

Vault	Bars	Beam	Floor
V	V	V	V
Tatia Tillery	Lexis Pedersen	Annabella Campbell	Hannah Firari
Maddie Weber	Annabella Campbell	Lexis Pedersen	Lexis Pedersen
Emma Loen	Tatia Tillery	Emma Loen	Maddie Weber
Annabella Campbell	Maddie Weber	Maddie Weber	Annabella Campbell
Hannah Firari	Emma Loen	Tatia Tillery	Emma Loen
JV	JV	JV	JV
Camie Werlien	Victoria Gordon	Hannah Firari	
Addie May	Camie Werlien	Kora Falkner	Addie May
Sydney Schultz	Addie May	Addie May	Anna Koss
Anna Koss	Sydney Schultz	Camie Werlien	Sydney Schultz
Lexis Pedersen	Hannah Firari	Sydney Schultz	Tatia Tillery