

BIG RIVERS CONFERENCE GYMNASTICS BYLAWS

Athletic Director in Charge: River Falls

Annual Meeting Date: 1st Wednesday after the State Gymnastics Meet

Game Times: 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.

Conference Schedule: The conference schedule will be a set of triangulars where each school will see every other school twice in a season.

Conference Final 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:

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

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.

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

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.

Home teams should halt take down of equipment during the announcing of team results.

Media/Results: The home team is responsible for sending team results to the statistician by the morning after the r

Approved: 3/1/2020

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 - Same order as warmups

- * 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 2

BRC TRIPLE DUAL MEET FORMAT 2

(4 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 - Same order as warmups

	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 2

EXAMPLE TO SEND TO HOME TEAM PRIOR TO MEET

Menomonie/Superior Double Dual - January 23, 2021

Head Coach: Michelle Johnson

Assistant Coach: Steph Rogers

Roster

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