

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 @ 5:25 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 how many judges will be present. The meet will follow one of the attached formats, depending on the number of judges

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 9:30 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.

Teams will get one point for each team the defeat at a triangular. The most they can attain in one meet is two points. Example: Team A score – 136, Team B score - 133, Team C score – 131

* Team A = 2 Points

* Team B = 1 points

* Team C = 0 points

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 (there are no tie-breakers. If teams have the same win-loss record, they split the points for the two spots in question:

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: At the beginning of the season, a Google form will be sent out for teams to enter an alphabetical listing of athletes with grades. This will help individuals who enter athletes into the scoring program. You may also send a listing of which athletes are competing in each event a couple of days prior to each meet. 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.

Teams should remain in the gym until all teams have completed the competition.

If there is 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.

Media/Results: The home team is responsible for sending team results to the BRC Statistician.

Approved: 3/1/2023

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

6:20 March- in

6:30 Competition Begins

- * There will be up to a 5 minute "passing time" between events to allow coaches to check score cards, gymnasts to prepare for the next event and equipment to be set. THIS does not include the 3-minute touch.

Order

- * 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. Can be split between JV and V
- * JV competes first and alternating judges and then Varsity.
- * Teams will determine together whether they all rotate at once or if a team can move to the next event if it's available.
- * 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

(5 Judges)

5:00 Bars Settings & Stretching

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

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

6:20 March- in

6:30 Competition Begins

- * There will be up to a 5 minute "passing time" between events to allow coaches to check score cards, gymnasts to prepare for the next event and equipment to be set. THIS does not include the 3-minute touch.

Order

- * Home: Bye, Vault, Beam, Bye, Bars, Floor
- * Guest 1: Vault, Beam, Bye, Bars, Floor, Bye
- * Guest 2: Beam, Bye, Vault, Floor, Bye, Bars
- * Vault and Bars run with 2 judges- all JV (alternating judges), then all Varsity for each team. Beam and Floor will Run with 3 judges - alternate JV, Varsity for each team.
- * All events begin with a 3-minute touch. Can be split between JV and V
- * Teams will determine together whether they all rotate at once or if a team can move to the next event if it's available.
- * 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 3

(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

6:20 March- in

6:30 Competition Begins - Same order as warmups

- * There will be up to a 5 minute "passing time" between events to allow coaches to check score cards, gymnasts to prepare for the next event and equipment to be set. THIS does not include the 3-minute touch.

	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

- * 2 judges per event. All JV (alternating judges), then all Varsity
- * All events begin with a 3-minute touch. Can be split between JV and V
- * JV competes first and alternating judges and then Varsity.
- * Teams will determine together whether they all rotate at once or if a team can move to the next event if it's available.
- * 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 4

(3 Judges)

**CONSIDER WHETHER OR NOT YOU SHOULD CANCEL THE MEET, ESPECUALLY IF THE TEAMS HAVEN'T
BEGUN THEIR TRAVEL**

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

6:20 March- in

6:30 Competition Begins

- * There will be up to a 5 minute "passing time" between events to allow coaches to check score cards, gymnasts to prepare for the next event and equipment to be set. THIS does not include the 3-minute touch.

Order - Option 1

- * Vault, Bars, Beam, Floor - Guest 1, Guest 2, Home
- * 3 Judges at the same event. One judges JV and the other 2 judge Varsity.
- * Alternate JV, Varsity for each team

* Order - Option 2

- * Varsity with 2 judges on vault, JV with 1 judge on bars

	Vault	Bars	Beam	Floor
Round 1	Guest 1	Guest 2 - JV		
Round 2	Home	Guest 1 - JV		
Round 3	Guest 2	Home - JV		
Round 4	Guest 1 - JV	Home		
Round 5	Home - JV	Guest 2		
Round 6	Guest 2 - JV	Guest 1		
Round 7			Guest 2	Guest 1 - JV
Round 8			Guest 1	Home - JV
Round 9			Home	Guest 2 - JV
Round 10			Guest 2 - JV	Guest 1
Round 11			Home - JV	Guest 2
Round 12			Guest 1 - JV	Home

- * All events begin with a 3-minute touch. Can be split between JV and V
- * Teams will determine together whether they all rotate at once or if a team can move to the next event if it's available.
- * 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