Gymnastics (Girls)

SEASON REGULATIONS

(Rules in this section are specific for sport involved. Refer to Constitution, Bylaws, and Rules of Eligibility for regulations related to age, residence, scholarship, amateur status, etc.)

ALERT: State Law (175.22) prohibits use of cell phones (and other image-recording devices) in locker rooms except in emergency situations.

1. PRESEASON AND OUT-OF-SEASON

a. Organizational meetings may be conducted outside the season provided no instruction or practice is included and the meeting(s) has been approved by school administration.

b. So long as participation is voluntary and available to all interested students, there shall be no restrictions upon schools, school teams and school coaches (grades 9-12) relative to assembling in the summertime, between June 1 through June 30 and July 7 through July 31 for all WIAA sports sponsored by the school. Sanctioned school contact days must conclude no later than July 31.

c. It is the philosophy of this Association that athletes should not be unreasonably restricted, except during the actual school season of a sport. Subsequently, students may voluntarily assemble at any time without school and/or school coach involvement. With school consent, in the summertime, members of a school's team may voluntarily assemble with their teammates and coaches for purposes of instruction and/or competition in all WIAA sports sponsored by the school, without restriction between June 1 through June 30 and July 7 through July 31. Note: Whether an opportunity is school sponsored or not, coach contact may not exceed Board of Control approved contact days.

d. Other than during the actual school season and those days designated as sanctioned school coach contact days in the summertime, the following provisions shall apply to nonschool participation in accordance with the above:

(1) An acceptable nonschool program or activity is one which is not limited to students on the basis of a school affiliation, athletic experience, team status, etc. and no school monies or resources can be applied.

(2) The person who will be coaching a student in the following school season shall not be permitted to coach that student other than during the designated school season and Board of Control approved coach contact days in the summertime. Board of Control approved summertime contact is as follows:

(a) Sanctioned School Coaching Contact - Coaches in all WIAA recognized sports (baseball, cross country, football, golf, gymnastics, lacrosse, softball, swimming & diving, tennis, track & field, volleyball, soccer, basketball, hockey and wrestling) have been afforded sanctioned school coaching contact between June 1 through June 30 and July 7 through July 31, in accordance with the Bylaws and as described in item B of this section.

1) There must be a minimum of one calendar week (Sun.-Sat.) of no sanctioned school coaching contact prior to (i.e. the week immediately preceding) the first allowed practice in a fall sport. This does not affect nonschool programming.

2) Football must follow the WIAA Fall Acclimatization policy.

(b) Nonschool Programming – Coaches in all sports except football have been afforded nonschool program contact beyond the sanctioned school contact days that is permitted to continue throughout the summertime (when school is not in session from the last day of school to the start of school) in accordance with the Bylaws and as described in Section 2 – A and C-1) of Rules of Eligibility, Article VI - Nonschool Participation.

Note: Coaches or others may not mandate participation or provide any incentives to athletes for participating in summertime/out-of-season activities/programs. Participation may not be a requirement for making a school team or earning a letter award, etc..

2. LENGTH OF SEASON

The earliest day practice may begin is Monday of Week 19 (November 9). The season ends with the State Tournament concluding on Saturday of Week 35 (March 6).

3. MINIMUM DAYS OF PRACTICE

a. There must be practices on a minimum of 20 different days before the first competition may be conducted.

b. The minimum days of practice may not involve a team from outside the school.

c. The minimum days of practice prior to the first competition is a team requirement. While it is desirable for each participant to satisfy this requirement, schools will determine when athletes may begin competition.

d. Teams must rest from all physical activity for at least one calendar day after six consecutive days of practice or competition. In the event extreme weather forces a WIAA tournament contest to be cancelled, school administration may request relief.

4. SCRIMMAGES

Any interschool scrimmage counts toward the maximum allowed meets.

5. DATE OF FIRST MEET

The first meet may not be held before Thursday, December 3.

6. MAXIMUM ALLOWED MEETS

a. The maximum number of meets is 14. Schedules of all teams should be clearly published and separated by level for each team sponsored by a school.

b. Conference tournaments must be included in count of regular season maximums.

c. No meet may continue more than two days.

d. No meets may be scheduled (but a meet may be rescheduled if postponed) after any of the schools in the rescheduled event have begun WIAA tournament series competition.

e. The WIAA tournament series is not part of the maximum allowed meets.

f. Competition involving students not eligible for the school's official interscholastic teams (e.g., Grades 6-7-8 students) must be conducted at a time other than during the period (start to finish) of a meet.

g. Except for events held in bordering states (MN, IL, MI and IA), no approval shall be provided for more than one out-of-state competition, event and/or scrimmage per team each school season.

7. INDIVIDUAL PARTICIPATION LIMITATIONS

a. A student who participates in both varsity and nonvarsity competition in the same meet uses only one of her maximum of 14 meets but may not enter the same events at both levels.

b. Only students eligible for the school's official interscholastic teams may participate on an exhibition or similar basis.

c. For information about non-school participation, refer to Rules of Eligibility, Article VI, Section 1 of the Senior High Handbook and consult with Athletic Administration.

8. FLAGRANT OR UNSPORTSMANLIKE CONDUCT

a. A student, disqualified from a contest for flagrant or unsportsmanlike conduct, is suspended from interscholastic competition for no less than the next competitive event (but not less than one complete game or meet) at the same level of competition as the disqualification.

b. Athletes who are ineligible during the WIAA Tournament (for any reason) may not appear in uniform, participate in warm-ups, and may not participate in the awards ceremony at the WIAA Tournament. Exception: An injured athlete will be allowed to participate in the awards ceremony provided he/she is included in the roster allotment for that game. During the regular season, schools should establish their own policy as to whether athletes are allowed to be in uniform and participate in pregame and postgame activity, if they are ineligible to compete due to flagrant and/or unsportsmanlike conduct, athletic and/or academic code violations, or for any other reason.

c. Any player who in the judgment of the official, intentionally spits on, strikes, slaps, kicks, pushes or aggressively physically contacts an official at any time shall be immediately ineligible for competition a minimum of 90 calendar days from the date of the confrontation. In addition, the player is ineligible to compete for the first 25% of the next season in that same sport.

9. PROHIBITION OF PRACTICE AT MEET SITE

Schools are prohibited during the regular season and the WIAA tournament series from practicing for regional, sectional, and state tournament preparation at sites and facilities hosting WIAA tournaments.

10. CONTEST CONTROL

a. All schools are responsible before, during, and after a contest for the proper conduct of their coaches, athletes, students, and other spectators and, when requested, a school must complete a report regarding the contest in which a problem occurred (WIAA Bylaws, Article X).

b. Schools are expected to prohibit and/or eliminate pranks and/or mischief or any other activity involving destruction, theft, etc., of athletic facilities, equipment, and material.

c. Schools are required to conduct a pre-contest meeting (Pre-event Emergency Action Plan Meeting) that shall include event management, the head official and medical personnel present at the event, to discuss the Emergency Action Plan.

11. LICENSED OFFICIALS

A minimum of two WIAA licensed officials (judges) are required, per event, for all varsity interscholastic competition. Two are recommended but only one is required, per event, below the varsity level.

12. MEDICAL COVERAGE

For all meets and practices, emergency procedures should be in place as per DPI and Wisconsin Statute 121.02 (1) (g) Emergency Nursing Service.

These should include, but are not limited to, such things as:

a. A physician available by phone or on location.

b. Phone location and phone numbers available for contacting physician and/or ambulance service.

c. A designated physician or licensed athletic trainer will determine whether an injured athlete may continue whether or not consciousness is involved. They may consult with another physician if they desire, but their decision will be final. Coaches cannot keep medical personnel from examining athletes that are or may be injured.

13. CONCUSSION AND/OR UNCONSCIOUS PARTICIPANT

No athlete shall return to play or practice on the same day of being diagnosed with a concussion. Any athlete suspected of having a concussion must be evaluated by an appropriate health-care professional that day. Any athlete with a concussion must be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition. Return to play must follow a step-wise protocol which includes provisions for delaying return to play based upon the return of any signs or symptoms. Any athlete deemed unconscious must have medical evaluation and clearance before being allowed to return to participation.

14. OXYGEN AND FLUIDS PROVIDED INTRAVENOUSLY

a. Oxygen administered by mechanical means for recuperative purposes is not permitted.

b. Fluids provided intravenously is an invasive procedure to be used only in emergency situations. An athlete may not return to competition the same day.

Note: See WIAA Medical Policies and Procedures for additional medical information.

15. RULES GOVERNING COMPETITION

The official rules for all interscholastic competition are contained in the (a) current edition of GIRLS GYMNASTICS RULES and MANUAL and (b) related publications and interpretations of the National Federation with these additional provisions:

NATIONAL FEDERATION ALLOWED ADAPTATIONS

a. Scoring

(1) Team score is determined by adding the top four raw scores in each of the four individual events. (Rule 4-2-2)

(2) Varsity and junior varsity team scores may not be added to determine a final team score.

(3) Closed scoring will be used for all competition. (Rule 4-4-4)

b. In situations where equipment failure occurs during warm-ups or during the meet, the equipment will be replaced or repaired if possible. If replacement or repair is impossible, the chief judge will rule to omit the event from the meet. (Rule 3-1)

c. Apparatus, equipment failure or other interference the gymnast may stop immediately and request permission from the chief judge to continue from the point of interruption after the problem is corrected. (Rule 2-2-1b(9))

d. Coaches will be allowed unlimited inquiries without penalty. (Rule 5-1-6)

STATE ASSOCIATION REGULATIONS

a. All-around shall be considered as an individual event in all meets, and all-around entries shall compete in all events listed above.

(1) Junior varsity all-around participants must compete at the same level, in all events, to be considered for all-around scoring unless all head coaches involved agree differently.

b. A girl may compete in both varsity and junior varsity competition in the same meet, but she may not enter the same event in both competitions.

Note: A girl who competes in both varsity and junior varsity competition on the same day is considered to have participated in one meet.

c. A school may enter (for any of its teams) a maximum of five girls per event in dual and multischool competition. If a team does not have five entrants per event, their opponent may fill the open positions which are not to be counted towards the team total.

d. Seeding

(1) Dual meets: The host school will determine if teams compete as a unit or alternate competitors.

(2) Meets involving three or more schools: A team must perform as a unit, after which competition will be rotated.

(3) A girl who is up on two events simultaneously must be moved down three positions on the second event.

e. Schools are encouraged to conduct meets with all events running concurrently, and it is strongly recommended that regular season meets be conducted with no less than two events being run concurrently.

(1) When two events are run simultaneously, sessions will be determined by the host school.

f. CD or MP3 player is permitted for floor exercise at all meets, and each school will be responsible for its own music and the mechanics thereof with the exception of the WIAA State Meet.

g. The host school must provide a minimum of 60 minutes for warm-up stretches, bar settings, and equipment warm-ups prior to the scheduled meet starting time.

h. For regular season meets, both duals and invitationals, where Modified Capital Cup is used if the first round of warm-ups occurs before march in, then a two-minute touch is allowed, but not required. Following the first round, each team receives a ten-minute warm-up.

i. If a Non-Modified Capital Cup meet is held, a two-minute touch per level is allowed for each event.

j. The official equipment for all competition will be provided by the host school. If the host school cannot provide official equipment, the visiting schools must be notified and allowed to bring official equipment if possible.

Note: Visiting schools are allowed to bring their own vaulting board to all meets with the understanding that any other competing school may also use it.

k. Members of teams below the varsity level will not be penalized for failing to wear uniforms prescribed in the rules, provided: (1) a reasonable attempt is made to conform to the regulations and (2) participant safety is not jeopardized. The WIAA office should be informed about questionable situations.

l. Judges may sit together as per Wisconsin judges protocol. (Rule 2-2-2, b2)

(1) Judges must mark independently.

(2) No communication with other judges unless there is a question or discrepancy concerning scores or awarding proper credit to skills.

m. Invitationals and conference meets are required to have line judges for floor exercise.

n. Coaches must report to their school administration within 48 hours following a contest any player or coach ejection. School administrators must then report the ejection to the WIAA via written communication within three (3) school days following the contest. This written communication must also include a plan of action to prevent future ejections. Officials will continue to provide electronic reports to the WIAA.

o. Club logos, club mascots, and club name cannot be worn on the school-approved uniform. (Rule 3-3)

16. NON-VARSITY TEAMS WITH ONLY GRADE 9 STUDENTS

The above rules apply with these additional provisions:

a. The season ends on Saturday of Week 34 (February 28).

b. By mutual agreement or conference adoption, schools may make adaptations in rules relative to (1) level of competition (compulsory or optional), (2) number of girls in any event, and (3) method of team scoring.

17. GRADE 9 STUDENTS PARTICIPATING ON GRADE 8 TEAMS

a. Rules governing junior high/middle level competition are contained in the Junior High/Middle Level Handbook.

b. A school may not allow its students in Grades 9, 10, 11 and/or 12 to compete against another member school's students in Grade 8 and/or below.

Note: In emergency situations a waiver may be requested allowing 9th grade student(s) at member middle schools to compete at the 8th grade level at member middle schools.

c. Rules governing Grade 9 season length apply for teams with students Grade 9 and below.