



## IHSGCA December Meeting Agenda/Minutes

Dec 7, 2018

**Call to Order:** 8:41 - Erik Bostrom

**Attendance (46 attendees):** Avigliano, Basler, Batista, Beiersdorf, Blasko, Bostrom, Brandenburg, Brown, Calisch, Cordts, Costa, Crandall, DeFano, Didech, Donaldson, Dul, Foerch (D), Galfi, Gebhardt, Hagel, Harima, Huml, Jaros, Kim, Lutz, Mandarino, Meyer (M), Meyer (r ), Mukai, Naguita, Novakowski, Orna, Pajor, Payne, Phillips, Rogalski, Rubin, Russell, Sokol, Stanicek, Tucker, Vernon, Whelan, Wilhelm, Yun, Zeman

**Treasurer's Report:** This will be made available once approved by accountant in the new year.

**Current Balance:** \$8615.20 (awaiting funds from Lagunitas of \$348.25), Last year at this time: \$9361.51

### **Fundraising:**

- Revolution Brewery: held on Monday, Aug. 6, 2018
  - Overall, positive responses from those who attended; approx. 50 people
  - The food was great; it was much less work because Revolution provided the food as opposed to us bringing the food in.
  - \$435 in profit, about \$400 less than last year had the same number of people attended.
- 50/50 Raffle -
  - \$18 profit. This raffle was only held at one sectional: Wheaton Warrenville South (Wheaton Coop).
  - At most other schools/sectionals we weren't able to get approval from administration due to game of chance regulations.
  - We can still continue to try them at the schools who do allow them.
  - Prior to the conference and sectional meets, 50/50 kits will be created; kits will contain the following:
    - Letter to the AD and principal relaying pertinent information regarding the IHSGCA, the 50/50 raffle, and how the profited funds will be used.
    - Instructions on how to run a 50/50 Raffle.
    - Posters and signage to be displayed at the event.

- Raffle tickets.
  - The hope is that being provided everything necessary to conduct the raffle, more locations will host them.
- Senior All-Star Meet Donations
  - Due to new site, door entrance fee was collected for the host to pay their workers, rental fees, hospitality, etc.
  - This did not lose us money, but did not gain any either
  - The assn. and host will work together this year to amp up any potential door donations, shirt sales, etc. to raise funds for the assn.
    - Perhaps shout outs, program advertisements, solicited donations, can generate funds and asking for volunteer workers instead of paid could help as well.

*Question asked by Blasko - How much do we typically get from the Senior All-Star Meet.*

*Bostrom responded that we typically can get anywhere from \$350-\$600.*

*Tucker mentioned that we could charge for entry.*

- Open Gym: USGTC & Gymnastics Shop
  - Thank you Julian Basler for offering these fundraising open gyms.
  - None were run this past season (2018) due to conflicts of dates/times with his gyms and our season.
  - We hope to revisit this as a viable and successful fundraising option for this season.
    - We can also possibly reach out to other gyms more centrally located to host “open gyms” just like Julian so that we can hit more schools within all areas of Illinois. Gymkhana in Hanover Park is interested as well. If anyone has other ideas please feel free to let us know.
- Lagunitas Fundraiser – 11/19/2018
  - 7 coaches, 27 total attendees. After bar tab, food, insurance (~\$600), we took in \$280 with an additional \$50 individual donation for a total of \$330 for the evening.
  - The event went well and is a great deal for us - to make hundreds of dollars for little effort and to socialize with friends and family. The initial upfront costs take a fair amount of attendees to cover, but after they are covered it is easy to make much more as it is almost pure profit at this event. Just an additional 10 people would have gained us another ~\$250.
  - For these types of events we just need to get people to show, and they pretty much run themselves. We realize the location or date is not always ideal, but they always end up being a great time for a good cause.

- First tear set up/tear down at Pheasant Run- THANK YOU to Frank Novakowski who generously organized his guys and 8-10 hours of his time across the two evenings. Frank was generous enough to split the donations evenly with the association to make us \$750. Thank you for your efforts!
- **Other possibilities for this year:**
  - Repeat Revolution Brewery Fundraiser - Frank Novakowski has booked next year, Monday, August 5 for our summer brewery date. Thank you Frank for the legwork on all of this.
  - Repeat additional Team set-up and tear-down of club invites - Frank to help organize.
    - Fast, easy, and large sum of money
    - Several dates are open this year at Pheasant Run, and will gain \$1500 approximately each time
    - Pineapple classic tear down is another option - 15 dollars an hour per person, Dec. 16, 5:30-10pm, Could receive pay and split however we'd like. Please let us know ASAP (dideys@aol.com) if you can contribute guys to help with this.
  - Another date at Lagunitas if there is enough interest.
  - Repeat raffles, restart open gyms, and continue asking for donations before and at the All Star Meet for entrance and programs, shout outs ec.
  - Other ideas:
    - Kind of like “jump rope for heart” but “back flips for association”
      - Have gymnasts get sponsors for doing “x” amount of backflips during a set date and time where ALL teams in the state will participate, competition amongst schools? Competition at Senior All Star? Total Amount raised? Number of backflips performed?

*We need someone to take the lead on this to get this going if it something the IHSGCA is interested in doing. Anyone interesting in joining the possible planning of this event?*

- Reopen casino nights? Large sum of money for just working a few hour shift.

*Discussion in regards to Casino Nights:*

- Sokol - We should be doing them if we have the License to do it. Novakowski agreed with this statement but also mentioned that it would cost \$400 to retain the license to do it every two years. Somebody responded that if we cannot get the commitment, why spend the \$400 to get the license again.
- Cordts - Asked why should it be so hard to ask of us to have only one night of a week of the year a lot to ask for in regards to commitment? Try recruiting former gymnasts and former coaches ... is there a possibility to pay them to “work” a casino night?
- The commitment being asked is 3 four hour shifts.

- *Frank Novakowski motioned to add to the ballot - Should we do Casino Nights & pay the \$400 and who is interested in showing commitment to work it? Motion was seconded by Alex Pajor.*
  - *Ballot was to have a write in question as to whether or not we should re apply for a license and/or if people would be willing to work. However, not all heard this instruction and did not write in to their ballot. We will keep this issue as an option and ask at future meetings for interest.*

*Other Ideas mentioned for fundraising:*

- ***Arlington Park “get together” brought up by Bill Cordts***
  - *Fridays are Party in the Park and we can reserve box seats or an area in the picnic area. We charge an entry fee to be able to get into the reserved area*
  - *We can look more into this for more details.*
  
- ***VIRTUAL STARS MEET brought up by Jason Orna***
  - *Josh Levin can “host” Intersquad meet - best gymnast from each level on each event*
  - *Coaches would Upload videos of routines & judged on-line*
  - *Great way to start a season; can do during spring break; don't have to go anywhere!*
  - *Money earned will be donated to the IHSGCA*
  - *\$150 entry fee per team - breaks down to \$10/gymnasts*
  - *If 7 schools enter: Total of \$1050*
  - *There should be 105 gymnasts/routines being scored. The website charges \$3/gymnasts or routine. The site makes \$315 and the IHSGCA would get the remaining \$735.*
  - *There could be accolades for winners and this provides good opportunities for all participants and our association.*
  - ***If you think this might be something you are interested in doing please let us, or Jason Orna know!***

Mike Galfi brought up - Are we trying to do too much? Should we emphasize and focus on only 1 or 2 things to fundraise for our association.

Blaise Blasko asked for these ideas to be brought up by the steering committee for discussion to decide what the association should do, and then bring that back to the association for what we are going to do to fundraise.

## **2019 Season:**

### Season Begins:

- Monday, February 11, 2019

### Sectionals:

- Seeds due March 26, 2019
- Sites TBD, posted March 28
- Monday April 29 - Saturday, May 4, 2019
- List of Participants due April 15

### State Meet:

- Fri.-Sat., May 10-11, 2019
- Hoffman Estates High School, 1100 W. Higgins Rd, Hoffman Estates.
- Thank you Ryan Brown for hosting- it was a great meet and very well run!

### Golf Outing / HOF Banquet:

- Monday, May 13, 2019, 7:00pm
- Morava Center 110 W Camp McDonald Rd, Prospect Heights
- Inductees: Greg Gebhardt and Scott Phillips
- Coaches awards will be announced before state competition on Saturday
- Certificates will be handed out at the HOF Banquet
- Old Orchard Golf Club in Mt. Prospect
- Golfing is optional; please make every possible attempt to attend the HOF Banquet to support these fantastic coaches and all they do.

### Brinkworth Senior All-Star Meet:

- Last year host was Hinsdale South
- Tentatively - Friday, May 17, 2019, 6:00pm
- Date flexible
- Last year was a great meet, Thank you to Anthony Colant for hosting. If others are interested we can discuss options for this season. Anthony please let us know also if you are still able.

### **Judges' Clinics and information:**

- **November Sessions went well, looking for more numbers at February clinic:**

*Howie Sokol - assignors can ONLY assign judges IF your names are on the registered list. If they are not, they cannot assign you to any meets.*

### **Saturday, February 2, 2019 9:00am - 3:00pm**

- Glenbrook South High School - Enter East Side and follow signs, Room TBD
- Food will be provided.
- We need more judges - another crop of judges have retired or stepped away - please plan to attend one!

- Reach out to former graduates to help. Reach out to girls' coaches, assistants, etc.
- It's better to be certified and ready to judge than to have to force a coach to judge. Reflects poorly on us if we run out of judges.
- Additionally, being a judge makes you a better coach and helps you know the rules more thoroughly.
- Taking just one or two meets helps tremendously- take an early season or under-level meet to start
- Take advantage of shadowing opportunities for your own education or for the \$25 incentive
- Communicate early to assignment chairs to ensure convenient or preferred judging assignments
- We've emailed alumni list we have and have received a few interested responses already- it just takes a simple email to your graduates and they might want to help- please consider helping both recruit and sign yourself up for a meet this season.

*Adrian Batista - hosting a new Freshmen Invite in which they only want NEW JUDGES so that they can get experience. Contact Batista if you are interested in either judging in this meet or getting into it as a team.*

*If you're hosting an intersquad meet - ask for judges to be there as it is a great opportunity for NEW JUDGES to gain experience! Tell the assignors about your intersquads.*

### **Rulebook:**

- The most current edition of the rules, rules addendums, interps, FIG book, etc. which IHSA Boys Gymnastics abide can be found at
  - <http://www.ihsgca.org/index.php?pageID=19>

### **Rules Proposals**

- Discussion of Rule Proposals per the November meeting:

RULES PROPOSAL DOCUMENT can be found here:

<https://docs.google.com/document/d/16Dg03RkYbEOc6MgMs5H4tRfNgALQ7nxxE-8KJH7ztP0/edit?usp=sharing>

### **RULES PROPOSALS :**

New Proposals (Discussion took place in November, Voting in December after one Pro and One Con):

- Advisory Board Proposal to bring back the regional (week 44), proposed by Frank Novakowski

*PRO - more recognition for gymnasts*

*CON - False sense of security from receiving too many awards*

- *judging and seeding issues, later state meet, chance for more awards, another meet for gymnasts to compete in*

■ **VOTING RESULT: FAIL**

- Constitutional Amendment to update the timeline for proposing rule changes from May (voting in December) to March (voting in May), proposed by Blaise Blasko

*PRO - Keeps it in the season while it is fresh*

*CON - Have to be quick to submit in March if you want a change*

- *faster into a rule book*
- *December clinic could suffer*
- *get ample time to develop book*
- *proposing rules from the season before instead of at end of the season*
- *could be a 1.5 year delay if you think of something late in season but can't propose until next March and wait for changes.*

■ **VOTING RESULT: PASS**

- Advisory Board Proposal to move gymnastics to a Fall sport, proposed by Bill Cordts

*PRO - Summer camps will lead right into Season*

*CON - Recruiting time for teams will be decreased as season would start before some schools even begin.*

[https://drive.google.com/file/d/0B\\_BwcOqIAb0oWm1wd21UTWh6S1ZTZxp6R3NKMmdEU2NtYmtj/view?ts=5aefe04f](https://drive.google.com/file/d/0B_BwcOqIAb0oWm1wd21UTWh6S1ZTZxp6R3NKMmdEU2NtYmtj/view?ts=5aefe04f)

This proposal is thorough on the attached document- would provide potential for less competing sports, lead in from potential summer camps, think outside box and doesn't conflict with club, could diminish numbers of frosh on team. would need to look at sport balance, and have to be approved by us and advisory board.

■ **VOTING RESULT: FAIL**

- Resolution to allow digital attendance to association meetings, limiting to one for credit for voting rights, proposed by Chad Jaros

*PRO - More involvement from coaches that cannot attend meetings*

*CON - Decreased attendance in actual meetings*

- <https://docs.google.com/document/d/1pI5NgGdcNIgVBJkioUUYvLD3qftKft7VGMtb1O8Stb8/edit?usp=sharing>
- *increasing participation and eliminates excuses*
- *people viewing might not be paying attention and still get credit*

■ **VOTING RESULT: PASS**

- Constitutional Amendment to update definition of voting rights, proposed by Chad Jaros

*PRO - Clarifies who can vote in December*

*CON - Does not require people to attend 2 meetings in the school/season calendar*

- <https://docs.google.com/document/d/1pI5NgGdcNIgVBJkioUUYvLD3qftKft7VGMtb1O8Stb8/edit?usp=sharing>
- **VOTING RESULT: PASS**
- PROPOSAL: Constitutional Amendment to make association meetings on Mondays instead of Wednesdays to avoid meet and judging conflicts.
  - PRO - Fewer meets are scheduled on Mondays which can hopefully increase attendance at meetings.*
  - CON - The change from tradition could cause confusion*
    - **VOTING RESULT: PASS**
- Rule Update to eliminate 0.5 team deduction for a failed second inquiry, proposed by Zack Crandall
  - PRO - Benefits gymnasts without fear of losing points on an inquiry*
  - CON - More inquiries will be submitted lengthening time of meets*
    - [https://drive.google.com/file/d/0B\\_YCc-NWDL3qZ3ZJVmZiZ0hscWVDA3Bac1BVWnlPTDlsNkR3/view?usp=sharing](https://drive.google.com/file/d/0B_YCc-NWDL3qZ3ZJVmZiZ0hscWVDA3Bac1BVWnlPTDlsNkR3/view?usp=sharing)
    - We don't need an added penalty to dissuade inquiry
    - could potentially lengthen meets
    - judges are human and make mistakes
    - it is worth it to potentially make the meet longer in order to make sure we get it right
  - **VOTING RESULT: PASS**
- Rule Update to update/clarify touching a gymnast on a skill, a skill is still awarded and a .5 deduction, but is left to judge's discretion, proposed by Doug Foerch
  - PRO - helps benefit the gymnast when in doubt*
  - CON - could cause confusion in whether to award or not*
    - opens up judges interpretation of a skill
    - makes a safer environment
    - we all know when the spotter facilitates the skill and when they don't
    - **VOTING RESULT: PASS**
- Rule Update to clarify the requirement to circle out of a skill on PH, proposed by Keith Mukai
  - PRO - Clarity for judges while judging PH*
  - CON - Making it harder than what international gymnasts do*
    - [https://drive.google.com/file/d/0B\\_BwcOqIAb0oVEpMUzF2M0d0VUYyX1RfVkR4emV4TVdZekhv/view?ts=5aefe05c](https://drive.google.com/file/d/0B_BwcOqIAb0oVEpMUzF2M0d0VUYyX1RfVkR4emV4TVdZekhv/view?ts=5aefe05c)
      - **VOTING RESULT: FAIL (Option 2: keep as is)**



- Rule Update to replace frosh mushroom bonus 2 flares with 1 moore, proposed by Keith Mukai
  - PRO - Coaching will be easier to transition to sophs*
  - CON - Take away a “cool” skill*
  - [https://drive.google.com/file/d/0B\\_BwcOqIAb0oQVdSUKh2bWw3WVlBam1WSnFGUTJoUGc2a1FJ/view?ts=5aefe06f](https://drive.google.com/file/d/0B_BwcOqIAb0oQVdSUKh2bWw3WVlBam1WSnFGUTJoUGc2a1FJ/view?ts=5aefe06f)
    - ***VOTING RESULT: PASS***
- Rule update to specify that PH non-diagrammed A skills (single leg circle and single leg travel) begin and end in front support with leg moving in correct direction, proposed by Blaise Blasko
  - PRO - clarifies what should be taking place anyway*
  - CON - adding more language to rulebook*
  - [https://drive.google.com/open?id=0B\\_YCc-NWDL3qOUFoYWdtZFRpWUE2UWRhT09Za0o0WkVPVFZR](https://drive.google.com/open?id=0B_YCc-NWDL3qOUFoYWdtZFRpWUE2UWRhT09Za0o0WkVPVFZR)
  - ***VOTING RESULT: PASS***
- Rule update to limit bonus on high bar turns into or out of giants. A .1 Bonus would be awarded once to each of the following: one ½ pirouette, one blind change skill (no half higgins), and one full pirouette, for a maximum of .3 possible bonus. proposed by Doug Foerch.
  - PRO - Cuts down on excessive bonus for “simple” skills*
  - CON - Limits bonus for those earning it and adds more confusing language to rules*
  - why no half higgins?
  - ***VOTING RESULT: FAIL***
- Rule update to clarify that 6-8 parts are needed to get bonus for .8 or less execution deductions, proposed by Blaise Blasko
  - PRO - Adds clarity for judges*
  - CON - adds language*
  - [https://drive.google.com/open?id=0B\\_YCc-NWDL3qOUFoYWdtZFRpWUE2UWRhT09Za0o0WkVPVFZR](https://drive.google.com/open?id=0B_YCc-NWDL3qOUFoYWdtZFRpWUE2UWRhT09Za0o0WkVPVFZR)
    - ***VOTING RESULT: PASS***
- Rule updates to eliminate .1 bonus for .8 or fewer deductions, proposed by Brandon Tucker
  - PRO - Emphasis on form and technique*
  - CON - rewarding kids for good form - rich getting richer*
  - <https://docs.google.com/document/d/1AcLhIpKu6cBze4xY1BM6CEynVQ1xiXsAzTICa6F2L8s/edit?usp=sharing>
  - This is a J.O. rule, we should push for more from and emphasis technique
    - ***VOTING RESULT: FAIL***

- Rule updates to eliminate unnecessary specific/difficult skills from IHSA bonus, proposed by Brandon Tucker:
  - PRO - Even if removed, chances are the gymnasts still starts at a 10.0*
  - CON - Unalignment with JO rules - we're getting too far away from it*
    - <https://docs.google.com/document/d/1AcLhIpKu6cBze4xY1BM6CEynVQ1xiXsAzTICa6F2L8s/edit?usp=sharing>
    - FX Eliminate- element group III D or higher multiple layout salto will receive 0.2 bonus
    - PH Eliminate- element group II, E or higher including E flop will receive 0.2 bonus
    - PH Eliminate- E or higher element group III travel with 360 turn will receive 0.2 bonus
    - PB Eliminate- D or higher element group II skills receive 0.2 bonus
    - PB Eliminate- E or higher element group III skills will receive a 0.2 bonus
    - HB Eliminate D value jam to handstand will receive 0.2 bonus
      - Again these are J.O. updates so if we are trying to stick with the rule book they provide then these just stay in. Not terribly necessary to remain since so many skills most are not doing.
    - **VOTING RESULT: PASS**
- Rule Update - PH Add- a 0.1 Bonus for all circling FIG skills that include at least 180 turn (i.e. spindle, czeckehr, Russian, schwabenflank), proposed by Brandon Tucker
  - PRO - Starting value will be increased for gymnast*
  - CON - Making more complex rules for the judges*
    - <https://docs.google.com/document/d/1AcLhIpKu6cBze4xY1BM6CEynVQ1xiXsAzTICa6F2L8s/edit?usp=sharing>
    - **VOTING RESULT: PASS**
- Rule Update - SR Add- any FIG skill done to handstand for credit will receive a 0.1 bonus, proposed by Brandon Tucker
  - PRO - Increased start value*
  - CON - adding more rules making it more difficult for judges*
    - <https://docs.google.com/document/d/1AcLhIpKu6cBze4xY1BM6CEynVQ1xiXsAzTICa6F2L8s/edit?usp=sharing>
    - **VOTING RESULT: PASS**
- Rule Update - PB Add - B or higher swing to hand will receive 0.1 bonus, proposed by Brandon Tucker
  - PRO - Rewarding gymnasts for doing harder/higher level skills*
  - CON - Adding more rules making it more difficult for judges*
    - <https://docs.google.com/document/d/1AcLhIpKu6cBze4xY1BM6CEynVQ1xiXsAzTICa6F2L8s/edit?usp=sharing>

■ **VOTING RESULT: FAIL**

**Voting Eligibility:**

- Voting will take place following the announcement of the proposal, one pro and one con; no further discussion is to be had.
- Full members must attend two meetings before voting to be eligible to vote on association matters.
  - The Winter Clinic does count as one meeting.

**Conference Reps:**

Responsibilities include:

- Gathering communication information at preseason conference meeting
- Reporting Coach of the Year at all levels and Brinkworth Senior All-Star Meet information to the secretary (Ryan Dul)

*CSL - Adrian Batista*

*MSL East - Zach Crandall*

*MSL West - Scott Hagel*

*DVC - NO LONGER EXISTS - part of Independent now*

*WSC Gold - Bill Cordts*

*WSC Silver - Frank Novakowski*

*Independent - Greg Gebhardt*

*South Suburban - NO LONGER EXISTS - part of Independent now*

**IHSGCA Meeting Calendar:**

**Assoc: MONDAY, January 14, 7:00pm @RMHS**

**Assoc: MONDAY, February 11, 7:00pm @RMHS**

**Assoc: MONDAY, March 18, 7:00pm @RMHS**

**Assoc: MONDAY, April 15, 7:00pm @RMHS**

**Assoc: MONDAY, May 6, 7:00pm @RMHS**

**HOF: Monday, May 13, 7:00pm @Morava Center**

**For the good of the Membership/Additional Items:**

NAIGC – National Association of Intercollegiate Gymnastics Clubs

- List of club teams throughout the country
  - [https://www.naigc.net/club\\_list.php](https://www.naigc.net/club_list.php)
- Please promote NAIGC to our coaches/gymnasts

- A Great way to get gymnasts involved post-high school. Many athletes don't want to be done after graduation, but are forced to. Publicize these clubs for them in case they aren't aware their college has one.
- Possible means of recruiting coaches/judges
- UIUC Flippin' Illini currently has 3 former SHS gymnasts, 1 Mundelein among others
- Northern Illinois University is growing their program and encouraging any local athlete to join whether or not they attend NIU. Josh Levin has been working with a few people to try and turn NIU into more of a varsity level team. There are a few teams that are involved in Gym Act: Temple, Washington, Arizona State, Northern Cal United, Southern Cal United and most recently NIU. Gym Act goes by NCAA gymnastics rules and Gym Act teams compete against NCAA teams. A few of the boys at NIU work out at Aerial but most of them work out at Energym in Sycamore. Please contact Josh Levin for more info: ([joshlevin10@hotmail.com](mailto:joshlevin10@hotmail.com))

#### UIC/Windy City Invitational

- [Windy City Invitational](#)
  - <http://www.windycitygymnastics.com/>
  - January 18-21st, 2018 held at UIC pavillion (Credit Union 1 arena), 6:00pm on the 19th
- [UIC Men's Gymnastics](#)
  - <http://www.uicflames.com/index.aspx?path=mgym>
  - As you've seen through the association emails, UIC has been told both of their gymnastics teams will be discontinued at the close of the 2019 season.
  - This is terrible news and terrible for the sport. The claim is that it is to be more equitable and alike to other schools in the conference, but it is for their gym space to have a larger weight training area for their baseball complex they've built within the PE building.
  - The pressure on the university is ongoing, but is needed to continue through phone calls, emails and letters. Please do your part if you haven't and even if you have send some more. Let us know if you need the sample letters sent again. Charley will try to attend our winter clinic to share any new information with us.
  - It is looking like an uphill battle for Charley, but we will continue to support and do what we can as an association to fight for them
  - What else can we do?
    - To show the area's support for the UIC gymnastics teams, please do everything you can to get yourself AND your team to their home meets. There are very few and we need to show the admin and NCAA that there is a fan base. Fill a bus and drive them down for an inspiring afternoon of great college gymnastics.

- UIC Home meets:
  - Sunday Feb. 10th at 1pm, VS. Springfield and Penn State, at the UIC Dorin Forum
  - 725 W. Roosevelt Road
  - (Corner of Roosevelt and Halsted)
  - Sunday March 10th, 2pm, at the UIC pavillion (Credit Union 1 arena), Vs. William and Mary
- Charley Nelson- UIC
- 3124981948
- [cnels4@uic.edu](mailto:cnels4@uic.edu)

#### The Midwest Open Collegiate Meet

The Midwest Open this year on Sunday, March 3rd. The location and time will be announced soon. It will feature a few NAIGC teams: University of Iowa, University of Minnesota, University of Wisconsin and Northern Illinois University. The Midwest Open will donate money to each of these schools.

#### IHSGCA Meeting Mini-Clinics

- Following each of the association meetings, mini-clinics will be run by fellow coaches.
  - If you'd like to run a mini-clinic please let us know.

***Doug Foerch - Deerfield will have a Physical Education and Head Coach opening come next year. If you know of anybody or are interested, please contact Doug.***

***Casino Night Vote - needs to be revisited and re-polled due to miscommunication of vote.***

Meeting Adjourn: 10:03am

#### RULES UPDATES DISCUSSION SESSION:

*Questions brought up at the meeting ...*

- *Rings - any handstand FIG skill gets 0.1 bonus*
  - *wording on this needs discussion ... ex) if a gymnast does a shoot to handstand and then later on a press to handstand, will they get 0.2 in bonus?*
- *PH - will new vote be applied to dismounts?*

*Rules Updates - presented by Frank Novakowski, Blaise Blasko, and Doug Foerch*

*Floor Exercise*

- *Japanese handstands: fist between floor and head for credit without deduction*
- *Endo to Wide Arm Press = C in EG I*

*Pommel Horse*

- *Sivado: Without showing both in front support on end it will be considered to be  $\frac{2}{3}$  travel and given B credit for difficulty*
- *EG III Side Travels - mush show ending in front support*
- *Handstand dismounts:*
  - *If too much strength is utilized, it will not be a recognized skill*
  - *Judges interpretation based on using gymnastics sense*
    - *must be going in an upward direction INTO a handstand from circles or flairs*
    - *Hips need to be up and without any pause or stop during skill*

*Still Rings*

- *All EG III: if finishing above 45 degrees, no partial value is awarded and a large deduction is taken*
  - *Example) Back uprise cross - if gymnast goes above 45 degrees then settles into cross, the gymnast will not receive credit for a back uprise, for an iron cross, or for a back uprise cross and they will receive a large deduction.*
- *Back Uprise to Straddle Planche will not receive 0.1 bonus anymore. All other "C" EG III skills do get bonus.*

*Vault*

- *no updates*

*Parallel Bars*

- *B or C moy to support followed immediately by "lay away back" to upper arm support is allowed*
- *Front uprises - angle between shoulder and hips needs to be at least horizontal for credit*

*High Bar*

- *no updates*