

CHAPTER 9—WOMEN'S GYMNASTIC REGULATIONS

1. Playing Season Policies.

a. Championships Determination.

The team and individual Conference champions in women's gymnastics shall be determined at a Conference championship meet. (6/92)

b. Competition.

Competition shall begin no earlier than January 1 and conclude April 30 or with the NCAA Women's Gymnastics Championship. (6/87, 6/92, 6/94)

c. Conference Schedule.

The Conference schedule shall consist of three home meets and three road meets. Institutions may mutually agree to change the date of a scheduled Conference meet or compete at a non-dual meet. (5/89, 6/92, 6/94, 6/95, 6/07, 10/08, 10/10)

(1) Rescheduling Policies.

If a meet does not begin before 9:00 p.m. on the date for which it is scheduled, it shall be rescheduled only upon the mutual agreement of the administrators of the competing institutions. (7/92)

2. Meet Policies.

a. Officiating Policies.

See AR 6-15.

b. Playing Rules.

All meets shall use the rules adopted for NCAA Division I team competition except as modified below. (4/88, 6/92, 6/93)

(1) Equipment.

Equipment and matting requirements for competition are set forth in the USA Gymnastics Women's Program Rules and Policies. Conference institutions shall follow the Level 10 equipment specifications with additional collegiate specifications. Additional Conference specifications are as follows. (6/94)

(a) Balance Beam.

Chalk or other foreign substances are not permitted to be applied to the beam. (6/94)

(b) Floor Exercise.

It is strongly suggested that floor speakers and a component system that meets NCAA specifications be used in the floor exercise area during regular-season meets. (5/90, 6/93, 6/94, 6/06)

(c) Uneven Bars.

No special specifications. (6/94)

(d) Vault.

No special specifications. (6/94)

(2) Format.

The visiting institution shall be notified in writing of the Conference-meet format. Changes in format after January 1 shall not be permitted unless mutually agreeable to the participating institutions. Conference teams shall be given preference in competitive order at non-dual meets. If there are three or more Conference teams competing, the visiting team scheduled for the dual meet by the Conference schedule shall be given preference in the competitive order. (6/87, 6/99, 10/12)

(3) Lineups.

Visiting institutions must provide a lineup to the meet director at least one hour prior to the start of competition. Changes in the lineup shall be made prior to the beginning of each event as long as the order remains in compliance with NCAA rules.

(4) Number of Competitors.

No more than six gymnasts per event per institution shall be allowed. (6/87, 6/92, 6/93)

(5) Scoring.

- (a) All meets shall use open scoring. Start values also must be flashed. (4/88, 6/92, 6/94, 6/05)
- (b) The host institution must select knowledgeable scorekeepers to assure accuracy.

c. Public Address Announcer.

A public address announcer shall be required for all Conference events.

d. Results.

The meet director shall provide complete official results within 20 minutes of the conclusion of the meet.

3. Conference Championships.

a. Date and Site Rotation.

The Championships date shall be the last qualifying date of the regular season and the site shall be selected on the following rotation basis (6/99):

Year	Host Institution
2016-17.....	Stanford
2017-18.....	Arizona
2018-19.....	UCLA
2019-20.....	Utah
2020-21.....	Oregon State
2021-22.....	California
2022-23.....	Arizona State
2023-24.....	Washington
(12/87, 5/91, 6/95, 6/98, 10/00, 6/02, 6/09, 10/09, 6/10, 10/10, 6/11, 8/14)	

b. Entry Form.

An entry form, which includes participants and non-participants, must be submitted to the meet director and Conference office at least one week prior to the event. (6/02)

c. Equipment.

The host institution is required to use the same equipment used for NCAA Regional competition. If this requirement can not be met, the institution may request a waiver to shift in the championship rotation of the event until the appropriate equipment is acquired. Floor speakers and a component system which meets NCAA specifications are required for the floor exercise. (5/90, 6/93, 6/02, 6/04, 6/05, 6/06)

d. Host Responsibilities.

The host institution, at least one month in advance of the Championships meet, shall notify the other member institutions and the Conference office of all appropriate meet information. The host institution shall provide hospitality rooms for coaches and student-athletes and shall make available for practice the day before the Championships the equipment, with every effort made to set it up in the Championships facility, to be used for the event. (5/91, 6/00, 10/12)

e. Officiating Policies.

A judges' meeting shall be held prior to the onset of competition, not to conflict with the coaches' meeting. The meet director shall attend all judges' meetings. See also AR 6 and AR 6-15. (6/92)

f. Playing Rules.

The Conference Championships shall use the rules adopted for NCAA Division I regular season team competition except as modified below. (6/92, 6/93, 6/01)

(1) Format.

The meet format shall be two, four-team sessions conducted on the same day. Teams shall be seeded based on the regional qualification scores available the Tuesday before the championships. Seed Nos. 1-4 shall compete in the evening session, and Seed Nos. 5-8 in the first session. The host institution shall determine the starting times for the two sessions. The rotational order shall be established the same day the seeds are finalized. The top three seeds in each session (in order of ranking) shall select from the available events, the event on which it wishes to begin, following the Olympic order thereafter. (6/92, 6/93, 6/99, 6/01, 6/11, 10/12, 8/14, 8/16)

(2) Interference with Meet.

Any interference with the meet shall be handled by the Jury of Appeals. A 0.3 point deduction from a team's score may be assessed.

(3) Jury of Appeals.

The Jury of Appeals for the Championships shall consist of the Conference staff liaison, the meet director, the meet referee, the chief event judge, and the next-highest rated judge at the event who is not involved in the event in question. (4/88, 5/89, 6/02, 6/08)

g. Practice Sessions.

The practice sessions shall follow the NCAA regional format. There shall be two practice sessions, each being one hour and 40 minutes in length (20 minutes for stretching and 20 minutes per event).

h. Qualifying Standards.

There shall be no qualifying standards for the Conference Women's Gymnastics Championships. (6/92)

i. Squad Limit.

There shall be a squad limit of 17 for the Conference Championships. (11/86, 6/94, 6/00, 6/09, 6/10)

4. Awards.

The Conference women's gymnastics coaches shall select recipients for all women's gymnastics individual awards. Nominees for individual awards shall be submitted to the Conference office two weeks prior to the Conference Championships. Balloting shall be completed by the beginning of the timed warm-ups the day of the Championship. Balloting conducted for individual awards shall use a weighted voting method. Each coach shall be allowed two votes in the balloting for the Gymnast of the Year and Freshman/Newcomer of the Year. (6/87, 5/91, 6/92, 6/02, 6/05, 6/06, 6/11, 12/13)

a. All-Conference Team.

The All-Conference teams shall be determined by regional qualifying scores, including the regular season, and the Pac-12 Championships. (5/89, 5/91, 6/06, 6/07, 6/08, 8/14, 8/16)

The first team shall consist of the top four all-around finishers (first place through fourth place, including ties), and the top four finishers in each individual event (first place through fourth place, including ties). (8/16)

The second team shall consist of the fifth place through eighth place all-around finishers, including ties, as well as the fifth place through eighth place finishers in each individual event, including ties. (8/16)

b. Individual Awards.

Individual awards from the Conference office shall be provided to the Coach of the Year, the Gymnast of the Year (all-around competitor), Specialist of the Year (competitor in three or fewer events), and the Freshman/Newcomer of the Year (a student-athlete participating in her first season of competition in the Pac-12) in women's gymnastics. (6/87, 5/91, 6/92, 2/99, 6/00, 6/12, 8/15)

5. Meetings of Coaches.

There shall be an annual meeting of the women's gymnastics coaches with the date and site to be established by the Conference office. The attendance of each head coach is mandatory. If multiple coaches from a given institution are in attendance, the institution shall designate one coach who may speak. (5/89, 5/91, 6/92, 6/05, 10/11, 10/12)