

## Regulation 9

# WOMEN'S GYMNASTICS

**9.1 General Rules.** Women's gymnastics Conference competition shall be conducted in accordance with the rules of the NCAA as well as Mountain West Bylaws, Handbook, and Women's Gymnastics Championship Handbook.

**9.2 Championship Meet.** The Championship meet shall conform to the NCAA Women's Gymnastics Regional rules and format except where otherwise noted in these Bylaws and Mountain West Women's Gymnastics Championship Handbook. There shall be no qualifying standards. The five highest individual scores count for each team scoring event. The individual champions will be determined based on the highest score in each event.

**9.2.1 Championship Site Rotation.** The host site of the Championship meet will rotate amongst the participating institutions as follows:

- 2025: San José State
- 2026: Boise State
- 2027: Air Force

**9.2.2 Meet Date and Time.** The Mountain West Women's Gymnastics Championship shall be held the Saturday two weeks prior to the NCAA regionals. The meet time will be set by the host institution in collaboration with Mountain West sport administrator(s).

**9.2.3 Format.** The Championship meet will be conducted in one session and all four Conference teams will compete. The order of events will follow the Olympic order (Vault, Uneven Bars, Balance Beam, Floor). A random draw will determine the starting event rotation in 2024 (year one). Team event starting positions will rotate from the 2024 assignments in future years.

**9.2.4 Travel Party and Competition Roster.** The travel party limit for the championship shall consist of a maximum of 25 total individuals who will attend the Championship in a working or team capacity. There is no limit on the number of student-athletes who may be included within the travel party maximum of 25. The competition roster of student-athletes who are eligible to compete shall not exceed 15. Additional non-competing student-athletes may march out with their team and be announced during introductions. They are to remain with the team in the corral areas during competition except for when assisting the team as needed. All members of the championship travel party shall receive credentials and be permitted on the floor during competition within the corrals. Staff on the floor must be in appropriate attire.

**9.2.5 Entries.** Coaches shall submit the list of entries for the championship at least 48 hours prior to the Championship.

**9.2.6 Lineups.** Lineups must be turned in to the championship director at least one hour prior to the start of the championship. 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.

**9.2.7 Introductions.** Before the start of the meet, teams shall march in by competitive order according to their starting event rotation. All student-athletes, competing or not, may march in and be announced. Student-athletes will be introduced shortest to tallest, followed by the name of the head coach.

**9.2.8 Team Corrals.** There will be a designated team corral at each event. Teams must keep their bags and equipment inside their corrals. Teams will move to the respective event corral after each rotation and must take all belongings with them. Non-competing student-athletes are to stay with the team but can help as needed.

**9.2.9 Uniforms.** All competitors must wear, exclusively, the official uniform of their institution in competition, warm-ups, and during the award ceremony. Uniforms must conform to NCAA requirements, including jewelry being limited to one pair of stud earrings.

**9.2.10 Warm-Ups.** In the warm-up prior to the start of competition, a 20-minute general stretch and four 15-minute rotations, with two-minute transition between rotations, shall take place on the competitive floor. Teams will be assigned to a practice session according to their competitive starting events. As competitors arrive at each event for competition, there will be a four-minute touch warm-up on each event.

**9.2.11 Practice.** A two-hour practice matching the NCAA regional format will take place the Friday before the Championship. The host shall set the time in collaboration with the other coaches and Mountain West sport administrator(s).

**9.2.12 Pre-Championship Meeting.** A pre-championship meeting shall be held in person on the Friday prior to the start of the Championship. The head coaches of all participating institutions are required to participate in the meeting. A head coach who fails to participate in the mandatory pre-championship meeting shall have written notification sent to their director of athletics and institutional sport administrator. If a head coach provides the Conference office advanced notification of their absence from the meeting, the Commissioner (or designee) may approve a substitute. Conference office staff and an institutional representative shall also participate in the meeting.

**9.3 Judges.** Judges for Mountain West competition shall be selected as follows:

**9.3.1 Championship.** Judges shall be secured by the Mountain West through the NCAA judges assigning system. Sixteen (16) (four per event) judges and one meet referee will be selected for the championship with the request that individuals from each of the four states in which Mountain West teams reside are selected.

**9.3.2 Regular Season.** The host institution is responsible for securing and covering the cost of all judges for meets during the regular season.

**9.4 Awards.** The Conference women's gymnastics awards shall be determined as set forth below. Policies and procedures governing selection of the regular season and championship awards are outlined in the Mountain West Women's Gymnastics Championship Handbook.

**9.4.1 All-Conference Team.** The MW women's gymnastics all-conference team is based on National Qualifying Scores.

**9.4.1.1 First Team.** Gymnasts ranked 1-3 on each apparatus (all-around, vault, bars, beam, floor), according to National Qualifying Scores, shall be named First-Team All-Mountain West.

**9.4.1.2 Second Team.** Gymnasts ranked 4-6 on each apparatus (all-around, vault, bars, beam, floor), according to National Qualifying Scores, shall be named Second-Team All-Mountain West.

**9.4.2 Individual Awards.** Individual awards shall be provided to the Coach of the Year, Gymnast of the Year, Freshman of the Year, and Specialist of the Year on each apparatus.

Head coaches shall be the only viable coach of the year candidates. There shall not be a tie for Mountain West Coach of the Year. In the event of a tie, coaches shall re-vote between the two (or more) highest vote receivers. In the event of a tie for an "Of the Year" award, the coaches shall re-vote to determine the winner.

**9.5 Meeting of Coaches.** There shall be two virtual meetings of the gymnastics coaches each year. The meetings shall be in addition to the meeting that takes place at the annual coaches' convention. Attendance by each head coach at all meetings referenced in this regulation is mandatory.