



NCAA®



2019 WOMEN'S
NATIONAL COLLEGIATE
GYMNASTICS
CHAMPIONSHIPS

ANN ARBOR, MI
University of Michigan, Host

PARTICIPANT
2018-19 MANUAL

Regionals

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SECTION 1 – INTRODUCTION

Congratulations on your qualification to the 2019 National Collegiate Women's Gymnastics Championships! This 37th year of regional competition will be held Thursday to Saturday, April 4-6, at the Crisler Center hosted by the University of Michigan.

As your team/individual competitors prepare for the championships in Ann Arbor, this manual will be a helpful guide to the policies and procedures governing the administration and conduct of this championship event. Further, this manual will provide specific information on hotel arrangements, tickets, as well as a schedule of events at the championships.

This outstanding championship opportunity is only superseded by the amazing talents and accomplishments of each of the student-athletes who have qualified. Similar to your coaching approach, we understand that thorough preparation is the key to success – that is why we are excited about the upcoming championships. Good luck and we will see you soon in Ann Arbor, Michigan!

SECTION 2 – NCAA STAFF/COMMITTEE

NCAA WOMEN'S GYMNASTICS COMMITTEE

<u>Central Region</u> Jeff Graba Head Women's Gymnastics Coach Auburn University Phone: 334-750-9475 Email: jjg0009@auburn.edu	<u>Central Region</u> Jacqueline Fain Head Women's Gymnastics Coach/SWA Centenary College (Louisiana) Phone: 940-231-1607 Email: jfain@centenary.edu
<u>Northeast Region</u> Jessica Chrabaszc, chair Associate Athletic Director Yale University Phone: 334-750-6727 Email: jessica.chrabaszcz@yale.edu	<u>North Central Region</u> Melissa Kutcher-Rinehart Head Women's Gymnastics Coach University of Denver Phone: 303-871-3395 Email: mkutcher@du.edu
<u>Southeast Region</u> Victoria May Head Women's Gymnastics Coach Towson University Phone: 410-704-3895 Email: vmay@towson.edu	<u>South Central Region</u> Maria Woods Executive Senior Associate AD/SWA Big Ten Conference Phone: 217-300-0316 Email: mtwoods@illinois.edu
<u>West Region</u> Randy Solorio Head Women's Gymnastics Coach California State University, Sacramento Phone: 916-747-2479 Email: rsolorio@skymail.csus.edu	

NCAA STAFF

<p>Molly Simons Assistant Director, Championships and Alliances <i>Operations</i> Office: 317-917-6785 Cell: 317-292-1808 Email: msimons@ncaa.org</p>	<p>Phil Pierce Assistant Director, Championships and Alliances <i>Media Coordination and Statistics</i> Office: 317-917-6976 Cell: 317-263-4475 Email: ppierce@ncaa.org</p> <p>Cassie Langdon Assistant Director, Championships and Alliances <i>Media Coordination and Statistics</i> Office: 317-917-6538 Cell: 317-410-6624 Email: clangdon@ncaa.org</p>
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<p>Daniel Zewde Coordinator, Championships and Alliances <i>Marketing & Ticketing</i> Phone: 317-917-6413 Cell: 317-794-4412 Email: dzewde@ncaa.org</p>	<p>Natalie Steger Assistant Director, Championships and Alliances <i>Marketing & Broadcast</i> Phone: 317-917-6690 Cell: 317-966-6450 Email: nsteger@ncaa.org</p>

SECTION 3 – CHAMPIONSHIPS HOST CONTACTS

Tournament Director:	Brad Hayes Event Manager Email: bhaye@umich.edu	Phone: 734-764-0336 Cell: 540-850-9358
Media Services/Sports Info:	Ben Blevins Director, Athletic Communications Email: bblev@umich.edu	Cell: 303-681-4538
Tournament Athletic Trainer:	Lisa Hass Athletic Training Coordinator Email: lisahass@umich.edu	Phone: 734-764-7318 Cell: 734-717-7550
Ticket Manager:	Neal Greenho Assistant Ticket Manager Email: greenho@umich.edu	Phone: 734-763-3436 Cell: 330-256-4720
Facility Manager:	Jenny Scherer Facility Manager Email: jensch@umich.edu	Phone: 734-763-1659 Cell: 330-608-3256

SECTION 4 – IMPORTANT DATES

SATURDAY, MARCH 23

Deadline for scores that will be used for qualifying purposes.

SUNDAY, MARCH 24

Deadline for institutions to login to Road to Nationals and complete electronic signoff process for confirming NQS scores for selections. Signoff must be completed by noon Eastern time.

MONDAY, MARCH 25

Team, all-around and individual event specialist selections to the NCAA regionals.

TUESDAY, MARCH 26 (Noon Eastern time)

Tournament directors to conduct teleconferences with participating head coaches and administrators [teams, all-arounders (AA) and individual event specialists (IES)] and site representatives. (Four different calls will be conducted.) The assigned site representative along with the tournament director will lead this call. The meet referee also will participate on the teleconference.

WEDNESDAY, MARCH 27

Deadline for institutions/individuals that have qualified for regionals to accept or decline the invitation to participate [Note: Not later than noon Eastern time.] Accept by submitting all requested information using the link in the selection email. All declines must be in writing to Molly Simons at (msimons@ncaa.org).

THURSDAY-SATURDAY, APRIL 4-6

NCAA Regional Competition. First round on Thursday, second round on Friday, and regional final on Saturday.

MONDAY, APRIL 8

National championship selections are announced by noon on the NCAA website.

ALTERNATES

No alternates will be named for regionals for individual qualifiers.

For regionals, if a team declines, then the team with the next highest NQS meeting the selection criteria will be selected.

SECTION 5 – TELECONFERENCE

A teleconference will be held at Noon Eastern time, March 26, to discuss items relevant to regional competition. This call shall include the tournament director, NCAA site representative, participating head coaches/administrators and meet referee. The site representative will lead this call along with the tournament director.

The purpose of the teleconference will be to discuss pertinent information about the regionals. Please be prepared to have the following information available (where applicable):

- Congratulations and introductions.
- Name and contact information for administrator traveling with team.
- Squad size (15), travel party (20 for teams) and corral (24).
- Review schedule of events noting look throughs and competitive rotation.
- Travel arrangements; estimated arrivals.
- Parking (hotel and venue).

- Hotel rooming lists.
- Uniform and logo specifications.
- Athletic training/medical staff.
- Competitor numbers.
- Ticket orders.
- Reminder of forms to bring to administrative meeting.

Please refer to the pre-championships manual for additional information.

SECTION 6 – SCHEDULE OF EVENTS

THURSDAY, APRIL 4

8 a.m.	Equipment check with meet referee, tournament director and site representative
11 a.m.	Administrative meeting for teams participating in first round
11:30 a.m. - Noon	Look through for teams participating in first round
Noon	Training room opens
1 – 1:20 p.m.	Open stretch
1:20 – 1:22 p.m.	Transition
1:22 – 1:37 p.m.	Warmup Rotation 1
1:37 – 1:39 p.m.	Transition
1:39 – 1:54 p.m.	Warmup Rotation 2
1:54 – 1:56 p.m.	Transition
1:56 – 2:11 p.m.	Warmup Rotation 3
2:11 – 2:13 p.m.	Transition
2:13 – 2:28 p.m.	Warmup Rotation 4
2:48 p.m.	March Ins/National Anthem
2:54 p.m.	March to first event
2:56 p.m.	Touch warmup start
3 p.m.	Competition starts
6 p.m.	Administrative meeting for teams/individuals participating in the second round
6:45 – 7:45 p.m.	Look through for teams/individuals participating in the second round

FRIDAY, APRIL 5

10 a.m.	Equipment check with meet referee, tournament director and site representative
11 a.m.	Training room opens
Noon – 12:20 p.m.	Open stretch for Session 1
12:20 – 12:22 p.m.	Transition
12:22 – 12:37 p.m.	Warmup Rotation 1*
12:37 – 12:39 p.m.	Transition
12:39 – 12:54 p.m.	Warmup Rotation 2*
12:54 – 12:56 p.m.	Transition
12:56 – 1:11 p.m.	Warmup Rotation 3*
1:11 – 1:13 p.m.	Transition
1:13 – 1:28 p.m.	Warmup Rotation 4*
1:48 p.m.	March Ins/National Anthem
1:54 p.m.	March to first event
1:56 p.m.	Touch warmup start
2 p.m.	Competition start for Session 1

5 – 5:20 p.m.	Open stretch for Session 2
5:20 – 5:22 p.m.	Transition
5:22 – 5:37 p.m.	Warmup Rotation 1*
5:37 – 5:39 p.m.	Transition
5:39 – 5:54 p.m.	Warmup Rotation 2*
5:54 – 5:56 p.m.	Transition
5:56 – 6:11 p.m.	Warmup Rotation 3*
6:11 – 6:13 p.m.	Transition
6:13 – 6:28 p.m.	Warmup Rotation 4*
6:48 p.m.	March Ins/National Anthem
6:54 p.m.	March to first event
6:56 p.m.	Touch warmup start
7 p.m.	Competition start for Session 2
Post competition	Award ceremony for AA/IES

**Time on clock may not reflect actual time on each warmup rotation due to individuals competing with teams.*

SATURDAY, APRIL 6

3 p.m.	Equipment check with meet referee, tournament director and site representative
4 p.m.	Training room opens
5 – 5:20p.m.	Open stretch for Regional Final
5:20 – 5:22 p.m.	Transition
5:22 – 5:37 p.m.	Warmup Rotation 1
5:37 – 5:39 p.m.	Transition
5:39 – 5:54 p.m.	Warmup Rotation 2
5:54 – 5:56 p.m.	Transition
5:56 – 6:11 p.m.	Warmup Rotation 3
6:11 – 6:13 p.m.	Transition
6:13 – 6:28 p.m.	Warmup Rotation 4
6:48 p.m.	March Ins/National Anthem
6:54 p.m.	March to first event
6:56 p.m.	Touch warmup start
7 p.m.	Competition starts for Regional Final

SECTION 7 – CHAMPIONSHIP OPERATIONS

For regional competition, the top 36 teams based on the NQS will be selected, with the top 16 teams seeded. Qualification for regional competition is based on a team's, an all-around competitor's and an individual event specialist's six best regular season meet scores, three of which must be contested away. To obtain the NQS, the high score is eliminated and the remaining five scores are averaged. Meet officials must be assigned using the Judges Assigning System (JAS).

In case of ties for the last berth into the regional competition and for seeding purposes, the team, all-around competitor or event specialist with the highest score, not including the six used for the regional qualifying score, will qualify. If a tie still exists, the process is continued until the tie is broken.

The top 12 all-arounders and top 16 event specialists based on national qualifying score and not on a qualifying team will be selected. The list of top 12 all-arounders and top 16 individual event

specialists will include individual qualifying scores from the teams competing in the first round to ensure those individuals compete in the individual competition, regardless of whether their teams advance from the first round.

Individuals will compete in the second round at regionals. Scores achieved in the second round will be used to determine advancing individuals once the regional final is finished (to account for individuals on teams that are eliminated in the regional final) and then the top all-arounder (not on an advancing team) and top specialist for each event (not on an advancing team) will advance to the national championship, in that event only. This method ensures 4 all-arounders and 16 specialists advance to the championship.

The winner of the first round will advance to the second session in the second round. The top two teams from each second round session will advance to the regional final. The top two teams from the regional final will advance to the championship.

ADMINISTRATIVE MEETINGS

Thursday, April 4

A mandatory administrative meeting of the head coaches of the first round teams will be held at 11 a.m. in the Junge Center, connected to the North Tunnel of Crisler Center. At this meeting the NCAA site representative, tournament director and meet referee will review meet format, march in, meet procedures, etc. The meet referee also will collect tentative lineups (Appendix C).

The administrative meeting for all second-round teams and AA/IES head coaches will be at 6 p.m. in the Junge Center, connected to the North Tunnel of the Crisler Center.

COMPETITION ROTATION (provided by NCAA)

First Round: No draw for dual meet. The higher NQS team receives Olympic order. The lower NQS team rotation order will be bars, vault, floor, beam. Teams will compete simultaneously in the first round, as is done in all postseason meets.

Second Round:

Event	Team
Vault	Team NQS 1
Bars	Team NQS 4
Beam	Team NQS 2
Floor	Team NQS 3

Regional Final:

Event	Team
Vault	Session 2, Team 2
Bars	Session 1, Team 2
Beam	Session 2, Team 1
Floor	Session 1, Team 1

LOCKER ROOMS AND CORRALS

Four private locker rooms are available in the Crisler Center for teams, all-around and individual event specialists for use during all warm-up and competition sessions. All-around and individual event specialists will be in a locker room with the team they are rotating with (Appendix F). Signs with team/individual competitors' names will be posted on the assigned locker room door. Additionally, separate locker rooms will be provided for male and female coaching staff members.

Security personnel will be posted outside each locker room. Towels, bottled water and electrolyte replacement drinks will be placed in each locker room.

Note: Teams competing in the first session of the second round will need to remove all belongings from the locker room by the end of the third rotation. This will allow venue staff to flip the room for the incoming teams. A secure drop area for teams located in locker rooms B, C & E for team belongings is located in the North Tunnel Storage Area. The team in the WBB locker room on the opposite side of the competition floor will have a drop area in the Player Development Center (PDC), conveniently located between the WBB locker room and the competition floor

The host team shall remain in its regular-season locker room with the next best locker room assigned to the remaining highest seeded team, etc. A copy of the assigned team's march-in order shall be affixed in the locker room along with a timing sheet.

Thursday First Round (Avail. @ Noon)	Assignment	
First Round Higher Seed	Locker Room C	
First Round Lower Seed	Locker Room E	

Friday Session 1 (Avail. @ 11AM)	Assignment	*AA & IES will use the same locker room as the team they are rotating with.
Highest Participating Seed	WDPDC WBB LR	
Next Seed	Locker Room C	
Lowest Participating Seed	Locker Room B	

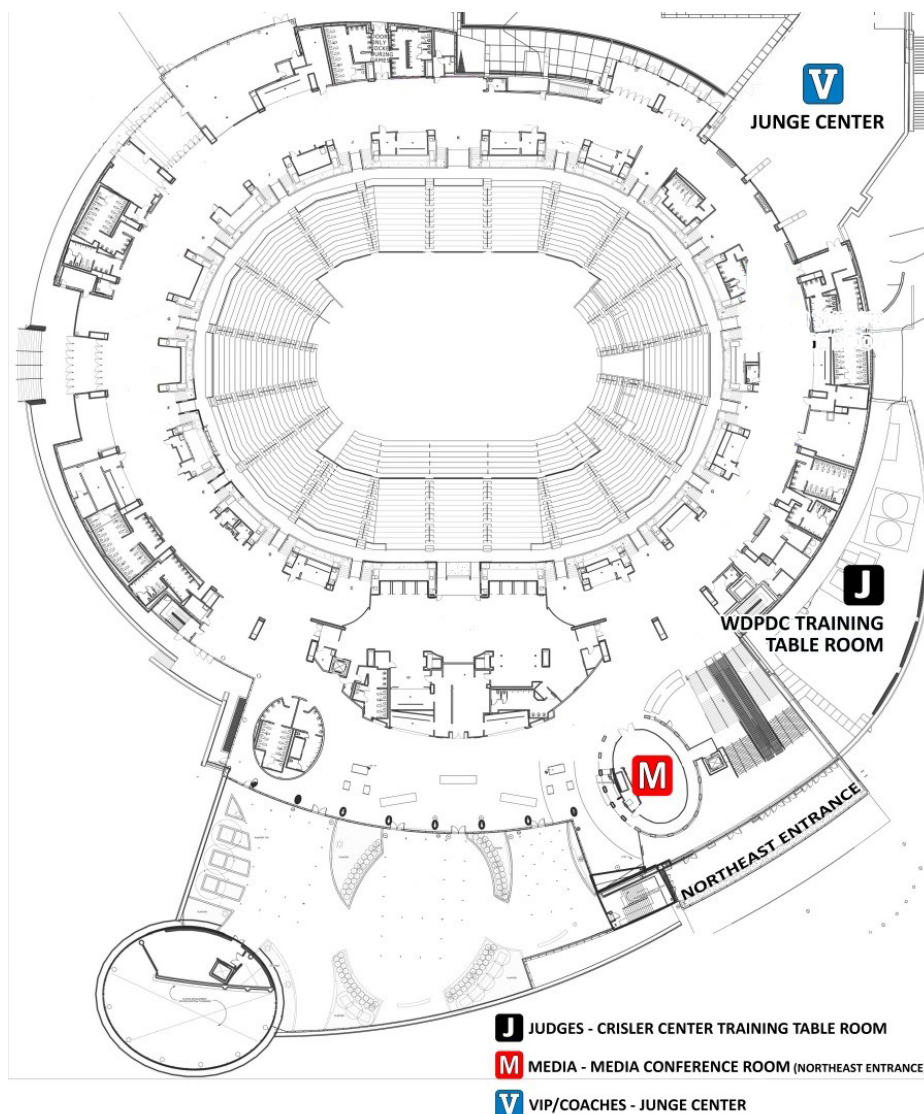
Friday Session 2 (Avail. @ 4PM)	Assignment	*AA & IES will use the same locker room as the team they are rotating with.
Highest Participating Seed	WDPDC WBB LR	
Next Seed	Locker Room C	
Lowest Participating Seed	Locker Room B	

Saturday Regional Final (Avail. @ 4PM)	Assignment	
Highest Seed	WDPDC WBB LR	
Next Seed	Locker Room C	
Next Seed	Locker Room E	
Lowest Seed	Locker Room B	

PARTICIPANT HOSPITALITY

Hospitality rooms will be available for the following groups. Appropriate credentials are required for admission.

VIP AND COACHES	Junge Center
JUDGES	Training Table Room
MEDIA	Crisler Center Media Room
STUDENT-ATHLETE	Each Team's Respective Locker Room



Student Athlete Hospitality [oranges, bananas, apples, trail mix, yogurt, bagels (cream cheese/peanut butter), power bars, etc. as well as electrolyte replacement drinks and DASANI water] will be provided in each team's respective locker room during all competition sessions.

LOOK THROUGHS

Participants will have access to the arena seating area during their designated look through time. Gymnasts may not have access to the floor (no touching or mounting equipment). The look

through is intended for athletes to see the venue setup, venue lighting and to complete visualizations. Participants will not have access to the venue prior to their assigned time.

OPEN STRETCH

Teams/individual competitors will use the matting surrounding the first event for open stretch. Group dances are prohibited. There are no restrictions on flight or inverted skills for the duration of the open stretch. Gymnasts warming up on vault, bars and beam may use the apparatus for stretching purposes without mounting the equipment. On bars, the low bar may be raised or removed only when proper facility staff are present to ensure the bar is replaced safely and correctly; the high bar may not be used.

TIMED WARM UPS (TIME ALLOTMENTS)

Timing at beam and bars will begin once the first student-athlete touches the apparatus. Any team (or individual competitor) not using the full allotted time segment [3:15 (:30) on bars; 6:25 (1:05) on beam] may carry over a maximum of 15 seconds (calculated in five-second increments) to the next warm-up time segment (maximum four segments for bars and two for beam). Likewise, any overtime will be deducted from the next warm-up segment in five-second increments. If team(s) has completed its warm-up(s) before the 3:15 segment on bars or the 6:25 segment on beam expires, then the AA or IES may begin her allotted warm-up time. Time required to adjust the bars between team and individual event specialist/all-around competitor, as well as the time required to prepare the balance beam area, is not included in the timed warm-up. This protocol will be followed during warm-ups on the days of competition.

Bars	Beam
Team = 3:15 AA/Event Specialist = :30	Team = 6:25 AA/Event Specialist = 1:05
Team = 3:15 AA/Event Specialist = :30	Team = 6:25 AA/Event Specialist = 1:05
Team = 3:15 AA/Event Specialist = :30	
Team = 3:15 AA/Event Specialist = :30	

MARCH-IN

Teams will be introduced in competitive order (vault, bars, beam, floor exercise). During march-in (by each team's shortest to tallest gymnasts) the name of the institution, the head coach and names of the gymnasts will be announced expediently, followed by any all-around competitors, and then any event specialists assigned to rotate with the team.

NATIONAL ANTHEM

The national anthem will be performed live before each regional competition.

TOUCH WARM-UP

During NCAA postseason competition, as competitors arrive at each event for competition there will be a 4:00 touch warm-up on each event. At the NCAA regionals and national championships,

0:30 will be added for each all-around and individual competitor. All participants on each event may use the entire touch warm-up time and all warm-ups will begin at the same time, regardless of duration. At the NCAA regionals and national championships, the two-minute transition between events will begin at the conclusion of the march-in ceremony, when all teams reach their respective corrals. After each rotation and the initial score is flashed, the PA announcer will announce the beginning of the two-minute transition period. This protocol is also recommended for regular season. For the NCAA regionals and national championships, the 2:00 transition will be announced and any adjustments may be made to extend the time, as necessary, for an orderly processional between events.

(Note: During the competition, all participants and coaches must remain in uniform and on the competition floor (or in team seating) until the completion of the awards ceremony.)

(Note: For all competition, if an injury or equipment failure occurs and competition is halted for 20 minutes or more, a 30-second touch warm-up per student-athlete will be allowed.)

CORRAL PROTOCOL

All gymnasts, coaches and team personnel shall be in the designated corral from the end of the timed warm-up to the completion of the competitive rotation.

The next two gymnasts scheduled to compete in any event are the only gymnasts permitted outside of the corral. Only on the balance beam may the on-deck competitor warm up in a designated area.

After the team completes competition on the uneven bars, its student-athletes *scheduled* to compete on the balance beam (plus an alternate and the balance beam coach) may proceed to the designated warm-up area, if available, until the next rotation. All other team members shall remain in the corral.

Teams and individual competitors are required to take their personal belongings with them as they move from corral to corral.

[Note: During the competition, all participants and coaches must remain in uniform and on the competition floor (or in team seating) until the completion of the awards ceremony.]

COACHES (ATHLETIC TRAINING PERSONNEL) VIEWING BOXES

Regional hosts shall use tape to outline designated viewing boxes outside the team corrals (maximum of two per event) for coaches to watch their student-athletes compete. The designated viewing areas will be placed throughout the competition floor to not impede meet operations or jeopardize the safety of the student-athletes.

One athletic trainer per competing institution will be permitted in a designated area near the vault landing area in instances where the vault corral is located at the beginning of the vault runway. The athletic trainer is there to observe and must refrain from engaging in any communication and/or cheering with the student-athlete, coach or other team personnel while in the vault landing area.

EQUIPMENT AND MUSIC

Equipment and matting as listed in Appendix D will be provided. Teams, all-around and individual competitors may bring one vaulting board and one small beam pad (not a sting or suede mat).

The small beam pad may not be left on the floor during the competition. Plywood to be used beneath vault boards and spotting blocks will be supplied by the host.

Teams, all-around competitors and those individual event qualifiers on floor exercise are asked to bring their floor exercise music in two different forms. If your primary method is via iPod, please bring a CD and vice-versa as backup.

REGIONAL MAT COLOR

Regional hosts may use any solid color floor exercise carpet, provided any corporate logos are covered. If the host institution rents or borrows a mat for the regional competition, then a blue AAI mat shall be used.

FOREIGN SUBSTANCE

Foreign substances may NOT be placed on the hands and/or feet of the gymnasts or any piece of equipment (e.g., honey and sugar, tuff skin, etc.).

LINEUP/SCRATCHES

A written official team lineup must be submitted to the NCAA scoring coordinator at the mandatory administrative meeting and again 1½ hours before the start of the competition. The lineup may be changed before the competition but is requested in advance for media and administrative purposes. Scratches for individual event finals must be made to the site representative or meet referee in writing by the head coach.

During open stretch on competition day, the official scorer shall print the lineup entered into the ScoreKeeper system. The head coach shall review the official lineup against the one submitted at the administrative meeting for accuracy. Once verified or corrected, the head coach shall initial the official lineup. The site representative will assist with the verification process.

SUBSTITUTIONS

Before the start of an event, changes in the lineup may be made by notifying the NCAA scoring coordinator, who will notify the scoring table personnel, meet referee and chief judge at the event (via the chief judge's headset person).

After the event starts, the head coach must notify the chief judge on the event. The chief judge's headset person will notify the scoring table.

Once a team begins an event (chief judge raises the flag for the first student-athlete), a substitute may replace a gymnast in that same position in the lineup; the order of competition may not be changed. A gymnast who is removed from one event lineup may compete in other events.

RESULTS

The top two teams and the top all-around competitor (who is not on an advancing team) from each regional will receive an automatic berth to the national championships. In addition, the top event specialist not on an advancing team at each regional will advance to the national championships (in that event only). Scores from the second round will determine the advancing all-arounders and individual events specialists. Please refer to the 2018-19 NCAA Women's Gymnastics Pre-Championship Manual for the rotation order for semifinals at the national championship.

TIES

Ties for the advancing all-arounder will be broken by evaluating the highest event score, then the next highest, and will continue until the tie is broken. If not broken, the highest average score of all four judges' scores will advance. Ties for advancing event specialists will be broken by averaging all four scores on the event. If not broken, the head judge score will be the tiebreaker. If a tie still exists, the advancing individual will be the one with the higher NQS.

The results of the meet will be verified by the on-site scoring director and meet referee immediately after each event.

AWARD CEREMONIES

An awards ceremony will occur after the second session in the second round. The top six all-arounders and top six event specialists will be recognized. Scores from the entire day will be used to determine the top six scores.

VIDEO REVIEW

For regionals, the video review process will mimic the review process used in the regular season. Please refer to Section 7 of the 2018 & 2019 NCAA Women's Gymnastics Rules Modifications and Meet Procedures for more details.

JUDGES

Judges will be selected by the NCAA Women's Gymnastics Committee. The meet referee will be present at all competition sessions.

SECTION 8 – LOGOS, UNIFORMS AND COMPETITOR NUMBERS

LOGO POLICY

[Reference: Bylaw 12.5.4 in the NCAA Division I Manual.]

The provisions of Bylaw 12.5.4 indicate that an institution's official uniform and all other items of apparel (e.g., socks, headbands, T-shirts, wristbands, visors or hats, and towels) that are worn by student-athletes in competition may bear a single manufacturer's or distributor's normal trademark, not to exceed 2 1/4-square inches, including any additional material (e.g., patch) surrounding the normal trademark or logo. The logo or trademark must be contained within a four-sided geometrical figure (i.e., rectangle, square, parallelogram).

In addition, an institution's official uniform cannot bear a design element similar to the manufacturer's that is in addition to another logo or that is contrary to the size restrictions.

A student-athlete representing an institution in intercollegiate competition is limited to wearing apparel items that include only the logo (not to exceed 2 1/4-square inches) of an apparel manufacturer or distributor. The student-athlete may not wear any apparel that identifies any other entity, other than the student-athlete's institution.

These restrictions apply to all apparel worn by student-athletes, and any and all credentialed personnel in the bench area during the conduct of competition, which includes any pregame or postgame activities.

This bylaw will be strictly enforced at all NCAA championships and the names of individuals

and institutions that are not in compliance with this bylaw shall be forwarded to the NCAA enforcement staff. Non-compliance with this legislation could result in loss of eligibility, forfeiture of points earned by those ineligible student-athletes and adjustment of team standings.

UNIFORMS AND COMPETITOR NUMBERS

An institution's official uniform and all other items of apparel (i.e., tights, T-shirts, warm-ups, tennis shoes) must be identical if worn on competition day. During the march-in and awards ceremony, team members must be in identical warm-up apparel.

1. Gymnasts must wear one-piece leotards that include briefs that are the same color of the leotard or are skin-tone in color. There is no deduction for an exposed sports bra that is in contrast to or matches the color of the leotard as long as it is identical in color worn by all team members.
2. Leotard straps must be a minimum of 2 cm (7/8") in width. Following a warning, a .10 deduction may be assessed for leotards above the hipbone.
3. Swimsuit apparel is permitted during warm-up only provided the apparel meets all other requirements.
4. The meet referee will instruct a gymnast who does not meet the uniform policies that she is "out of uniform."
5. The gymnast must comply with the uniform rules or a .30 team deduction will be taken during team competition or a .30 deduction off the individual's score during individual competition.
6. Gymnasts are only permitted to wear one stud per ear. No other jewelry is permitted. After a warning, a .20 deduction will be taken from the gymnast's score for each occurrence.

A gymnast who does not conform to the uniform policies will be considered "out of uniform" and will be required to conform to the uniform rules prior to competing. Being "out of uniform" also applies to wearing an incorrect number, in which case a warning will be issued and the deduction as stated in number five above taken, if not corrected.

Competition numbers assigned to each gymnast are considered a part of the official uniform and must be worn without alteration (e.g., folded over, cut, etc.) on the backs of all gymnasts' **competition leotards**. Two sets of numbers will be provided and MAY NOT BE ALTERED IN ANY WAY. The gymnast must wear her competition number during the competition, ***unless she is performing a back spin on beam or floor, in which case the coach must show the number to the judges.***

SECTION 9 – COMPETITION SITE

The NCAA is dedicated to fair and equitable competition throughout each round/session of the championships and strongly supports an environment to safeguard the health and safety of the participating student-athletes, coaches, officials and spectators.

BAND/SPIRIT SQUADS/SPIRIT TEAMS/MASCOT

Band members, not to exceed 25, who are in uniform and performing at the championships will not be charged admission to the competition. The host institution must designate seating off the competition floor. Bands, or any component thereof, may play only before the competition when

the floor is cleared, the 4-minute and 30-second touches, and 15 minutes after the awards ceremony.

In the event there is more than one band, the tournament director will divide the time before competition and the 4-minute and 30-second touches equally among the bands. The host will play last with all others performing in alphabetical order. Bands MAY NOT interfere with the announcer.

FIGHT SONGS MAY NOT BE PLAYED DURING THE 4-MINUTE TOUCHES. A participating institution must notify Brad Hayes, tournament director, (bhay@umich.edu) no later than April 2, if it intends to bring a pep band, mascot and/or spirit squad.

BANNERS AND ARTIFICIAL NOISE MAKERS

Any banners other than the approved NCAA and television and radio banners may not be posted on arena walls without the permission of the NCAA Women's Gymnastics Committee or its representatives. Hand-held team banners are permissible as long as they do not interfere with the competition or view of spectators and they do not contain any commercial identification. Banners advertising equipment or manufacturing are prohibited.

Artificial noise makers, laser lights, buttons with flashing lights, air horns, electronic amplifiers and the like are not permitted and shall be removed upon discovery.

COMPETITION SITE MAPS

See Appendix E, F and G.

STUDENT-ATHLETE/TEAM ENTRANCES AND PARKING

All participants will enter through the North Tunnel Service Entrance. Credentials must be worn as specified to gain entry to the arena and for access to designated areas (competition floor, press conferences, locker rooms, etc.). Wristbands will be provided at the venue on arrival each competition day and are needed to access the competition floor. The respective credential or wristband must be worn at all times in order to gain access to the competition floor (this also pertains to any student-athlete NOT competing but traveling with team and included as part of the official travel party). The athletic trainer traveling with the team must be included as one of the 24 individuals permitted to be in the corral.

Coaches and staff will be required to wear the wristband (visible location, i.e., can be affixed to belt loop, etc.), while the laminated bag tag will be secured to the competing student-athletes' equipment/apparel bags.

CAR/VAN PARKING: Team parking is located near the north service tunnel entrance to Crisler Center (see map in Appendix G). Teams vehicles will be directed to park in the slots that are marked with blue signs: **MICHIGAN ATHLETIC DEPARTMENT**. This parking area will be monitored by Michigan Parking Staff at all times throughout the Regional.

BUS DROP OFF AND PARKING: Team vehicles will drop off at the North Service Tunnel located on the north end of Crisler Center.

SPECTATOR PARKING: On competition days, parking is available for free in all lots surrounding Crisler Center.

PARKING FOR GUEST WITH A DISABILITY: Accessible parking will be available outside the Northeast entrance of Crisler Center and requires a state-issued disability parking placard. Please note that the availability for this area is limited.

ADMINISTRATORS' ENTRANCE

Each participating institution will be provided up to four additional parking spaces to be used by team administrators not traveling with the teams or all around/individual event qualifiers. The reserved parking spaces will allow the administrators to park in the reserved lot which is located on the north end of Crisler Center. Entrance into Crisler Center is located near this lot.

See Appendix H.

EMERGENCY AND EVACUATION PLAN

In the event of an emergency developing within Crisler Center, Team Members will be called upon to assist in the safe evacuation of guests from the premises. Panic is one of the major causes of injury in an evacuation. By acting in a calm manner, our team can reduce the panic, which naturally occurs when people are confronted with the possibility of injury or even death. In the event of an emergency evacuation for any reason, the following is the protocol for all Team Members:

TICKET TAKERS: Ticket Takers designated as "stay" Ticket Takers should report to the exterior door they are assigned to. If other Ticket Takers are still in the arena, they should also report to the exterior entrance that they are assigned to. Ensure that all doors are opened and are free of obstructions. Direct guests in the opposite direction and away from danger.

USHERS: Ensure that all portals are free of obstructions and not blocked. Ushers assigned to portals near the listed concession stands shall remove the stanchions when utilized from the outer concourse and secure so not to create a trip hazard during egress.

- Portals D & C (Fast Break)
- Portals E & F (3-Point Steak)
- Portals I & J (Baseline Line Grill)

- Portals P & O (Full Court Press)

Ushers in the upper bowl should stand on the outer concourse and direct guests to the nearest exit. Ushers in handicap sections should ensure guests with a disability or in a wheelchair are the first guests escorted into the concourse. Ushers on the floor should direct any guests that come onto the floor to use the tunnel exit.

TUNNEL TEAM MEMBERS: Should assist with removing the team, media, band, staff and guests from the court through the tunnel.

ARENA RE-ENTRY: DPSS and Athletics will make the determination when Crisler Center can be reoccupied. Fans will need to present a ticket for re-entry.

NOTE: Public Address and scoreboard announcements will advise the public that the arena is to be evacuated.

SECTION 10 – DRUG TESTING

The following statement will be read at the mandatory administrative meeting:

NCAA championships committees, following a recommendation from the NCAA drug-testing subcommittee, have discontinued the practice of announcing whether drug testing will be conducted at NCAA championship events.

Although knowing prior to competition whether NCAA drug testing was to occur had value for reasons of convenience, it left open the possibility that student-athletes might be tempted to use banned substances if they knew that NCAA testing was not being conducted at the site of competition.

Therefore, all coaches and student-athletes should presume that NCAA drug testing will occur at this championship event. Please inform your student-athletes that in the event they are notified of their selection for drug testing, the student-athlete must inform an official representative of your institution (e.g., coach, athletic trainer) before proceeding to the drug-testing site. Student-athletes will be reminded by the courier to contact their team representative.

STUDENT-ATHLETE NOTIFICATION

For individual championships, testing could occur at any time after the first event and may conclude many hours after the last event of the championships. The individual championship drug-testing program provides for a courier system to facilitate the notification of student-athletes selected for drug testing at individual championships. The courier will hand the student-athlete the *Individual Championship Student-Athlete Notification Form*. The notification form will instruct the student-athlete to accompany the courier to the testing room within **60 minutes** unless otherwise directed by the crew chief or designee. Student-athletes who are scheduled to compete in additional events will be instructed to defer testing until completion of her final event of that session, of that day, or to defer until completion of her final event of the championships. The student-athlete and courier must obtain a signature from an institutional representative.

Typically, nine randomly chosen student-athletes are tested.

MEDIA OBLIGATIONS

Within the allotted 60 minutes, the student-athlete must complete all NCAA required responsibilities (e.g., media obligations, awards ceremonies, etc.). The courier must remain in visual contact with the student-athlete always.

TESTING PROCESS

Student-athletes are drug tested through urinalysis and must provide a specimen in view of a drug-testing collector of the same gender. The length of the collection process depends on the student-athlete's ability to provide an adequate specimen. If a student-athlete provides an adequate specimen immediately on arriving in the drug-testing area, the entire process can be completed within 20 minutes. If the student-athlete is unable to provide an adequate specimen, she must remain in the drug-testing area until one is provided. There is no maximum allotted time for a student-athlete to provide an adequate specimen.

SECTION 11 – LODGING

Twenty non-smoking rooms (mostly doubles) have been reserved for each team. In addition, rooms are being held for all-around and individual event qualifiers and their coaches at the hotels listed below at various rates. Each institution is responsible for contacting the hotel directly and

making its own special arrangements for meeting rooms, meals and other functions. Ideally, head coaches shall be provided with a suite and/or team meeting room.

Rooming lists are due to the listed Hotel Contact by 5 p.m. Eastern time, Thursday, March 28.

Hilton Garden Inn (1 Team) \$139/Night
Alex Wade
1401 Briarwood Circle
Ann Arbor, MI 48108
734-585-0305

Holiday Inn & Suites (1 Team) \$114/Night
Jennifer Lantondress
3155 Boardwalk
Ann Arbor, MI 48108
734-213-1900

Courtyard by Marriott (2 Teams) \$124/Night
Kim Harmon
3205 Boardwalk
Ann Arbor, MI 48108
734-995-5900

The Kensington (2 Teams) \$134/Night
Kristen Ablitz
3500 S. State Street
Ann Arbor, MI 48108
734-761-1799

Weber's (1 Team) \$129/Night
Ashley Schniers
3050 Jackson Rd.
Ann Arbor, MI 48103
734-794-2261

Ypsilanti Marriott (1 Team) \$139/Night
Will Delgado
1275 S. Huron St.
Ypsilanti, MI 48197
734-821-6152

Holiday Inn U of M (1 Team) \$134/Night
Denise Warwick
3600 Plymouth Rd.
Ann Arbor, MI 48105
734-769-9800

An institution is not obligated to stay at the designated property; however, it is responsible for canceling its reservations and then securing its own accommodations. If an institution prefers to stay in another hotel, it must: (1) Obtain a release for the rooms from the hotel manager and tournament director; or (2) use the rooms for persons accompanying the official traveling party. The competing institution is responsible for the first night's room charges even if it fails to use those rooms.

If an institution fails to make satisfactory arrangements for use of rooms with the hotel, full charges for the rooms will be billed to the institution. The tournament director of the host institution is to be advised of the plans of each institution sufficiently before the competition.

SECTION 12 – MEDIA SERVICES

CREDENTIALS

Media credential requests may be obtained by contacting Ben Blevins (bblev@umich.edu). Credentials must be worn at all times to gain entry to the floor and designated areas. The Crisler Center Media Room and Press Row will serve as media work area and location for post-meet interviews. Credentials are nontransferable; misuse will result in revocation of credential(s) and removal from the arena. Credentials may be claimed at the NE entrance ticket window throughout the entirety of the competition.

Selected media outlets will be granted access to the championships in order to shoot video highlights of the championships for use on their news program under the news access rules. To gain credentials for shooting any video, an ENG Authorization Form available at www.ncaa.com/media must be completed and submitted to the championship's media coordinator. Media cameras must shoot from a designated area determined by the championship's media coordinator.

MEALS

Media meals will be provided in the Crisler Center Media Room as follows:

Friday 1:00-3pm & 6:00-8:00pm
Saturday 6:00-8:00pm

Dry snacks and Coca-Cola products will be provided throughout each competition session.

PRESS CONFERENCES

Post Meet – Head coach (and requested student-athletes) of the first-place team will meet with the media, followed by the head coach (and requested student-athletes) of the second-place team. All others will be as requested by the media.

The interview area will be open to all certified members of the news media. Each head coach of a team/individual that has competed in a session and has been requested by the media is required to attend the press conference. Press conferences will be held 10 minutes after the conclusion of the competition or the awards presentation. The coach will be escorted to the Crisler Center Media Room by an athletics administrator from his or her institution. Student-athletes requested by the media are required to attend. The schools' communications (sports information) department will be responsible for escorting the student-athletes to the Media Room.

Coaches cannot make themselves available to selected media representatives before the conclusion of the 10-minute cooling-off period.

VIDEOTAPING, FILMING AND STILL PHOTOGRAPHS

Institutions are permitted to videotape championship competition of their teams or their individual student-athletes for archival, coaching or instructional purposes only and not for any commercial purpose. Each institution is permitted to use **one** camera and may videotape only that portion of the competition in which it participates from either the designated area provided by the host institution, or from their respective corral with the following provisions: to shoot video from the corral, the team videographer must have been included as one of the 24 permitted in the corral and must use a hand-held or stationary-tripod camera that does not obstruct fan viewing.

Still photography is permitted but use of flashes is not. Locations for still photographers will be stipulated by the NCAA media coordinator, with every effort being made to allow photographers to take good shots without interfering with the competition.

RADIO COVERAGE

Space automatically will be reserved for each participating institution's radio station as designated by that institution. All other stations in the institution's area will be served on a space-available basis. Broadcasts of any championship competition must conform to the general broadcasting policies established by the NCAA. All stations broadcasting a game will be required to sign a radio agreement available at www.ncaa.com/media.

TELEVISION/VIDEO

Shooting video for news coverage of event(s) is allowed from designated photo areas. All television media entities observing NCAA championship competition recognize that any representations may be used only in connection with news/sports coverage within a 72-hour period following the competition, and the representations portion of each such showing will not exceed three (3) minutes in length. All internet media entities observing NCAA championship competition recognize that representations may be used only in connection with news/sports coverage within a 24-hour period following the competition, and the representations portion of each such showing will not exceed three (3) minutes in length.

At NONTELEVISED events a television station may be allowed to broadcast a live report and/or competition highlights from the site of the competition, not to exceed three minutes in its regularly scheduled sports-news segment in a 72-hour window, starting with when the event begins. A television station may not sell, loan, or give away tournament footage to any individual or agency, or use it for any non-sports news program produced or aired by the station. A television station may broadcast any news conference live, regardless of whether they hold the broadcast rights. The rights to these news conferences remain with the NCAA and are under the same guidelines as the news footage usage. (For more information, go to www.NCAA.com/media).

FOOTAGE ON THE INTERNET

Under no circumstances may any highlights be broadcast or otherwise distributed on the internet or via any other online service, mobile application, digital medium or computer network, without the prior written permission from the NCAA or its designee.

AMBULANCE

An ambulance will be on site for all competition sessions through Huron Valley Ambulance.

ATHLETIC TRAINING

TO: Women's Gymnastics Athletic Trainers

FR: Lisa Hass, MA, AT, ATC

RE: MEDICAL INFORMATION FOR 2019 NCAA WOMEN'S GYMNASTICS REGIONAL

On behalf of the University of Michigan Athletic Department, I would like to welcome you and your team to Ann Arbor for the 2019 NCAA Women's Gymnastics Regional in Ann Arbor.

The following items will be available to you and your staff during your visit:

- Certified Athletic Trainer present for all practices, competitions. EMS on site for all practices, competitions. Physician on site for all competitions. Therapeutic Modalities available in the athletic training room.
- Cold tubs will be available immediately following each practice and competition session for one hour.

The following equipment will be located on the competition floor:

- Water, Gatorade, ice, cups, towels, OSHA kits. Water, Gatorade, and ice will be available in the locker room.

The athletic training room is located in the North Tunnel of Crisler Center. Please refer to the schedule of events for athletic training room operating hours. The training room will be open for one hour after the completion of each session.

IF YOU ARE TRAVELING WITHOUT A CERTIFIED ATHLETIC TRAINER, A PRESCRIPTION FOR THE USE OF MODALITIES WITH SPECIFIED PARAMETERS WILL BE NECESSARY FOR TREATMENT.

If you have any special needs or concerns prior to or during your stay, please do not hesitate to contact us.

Sincerely,

Lisa Hass, MA, AT, ATC
Athletic Training Coordinator
lisahass@umich.edu

The athletic training rooms are located in the Crisler Center. Access to services will be during the following hours:

Thursday, April 4	12pm-6pm
Friday, April 5	11am-10pm
Saturday, April 6	4pm-10pm

The following health care providers will be available should you need their services:

- **Athletic Training Students:** one assigned to each team during competitions.
- **Certified Athletic Trainers:** stationed in the main athletic training rooms during hours of operation and on the competition floor during all competitions.
- **Emergency Medical Services:** onsite for all competitions.
- **Team physicians (primary care & orthopedic):** onsite for all competitions.

There will be designated seating for medical personnel during the competition for those teams who travel with their own physician, physician assistant, chiropractor, etc. with easy access to the athletic training rooms and competition floor.

CHAMPIONSHIP MEDICAL CONTACTS

Tournament Athletic Trainer:

Name: Lisa Hass
 Affiliation: UM Athletic Medicine
 Email: lisahass@umich.edu
 Cell: 734-717-7550

On-call Physician:

Dr. Christina Murphy
 Phone: 248-672-4086

CONCUSSION MANAGEMENT

The NCAA has adopted legislation that requires all active member institutions to have a concussion management plan for their student-athletes. Participating institutions shall follow their concussion management plan while participating in NCAA championships. If a participating team lacks appropriate medical staff to activate its concussion management plan, the host championship concussion management plan will be activated.

The legislation notes, in part, that a student-athlete who exhibits signs, symptoms or behaviors consistent with a concussion shall be removed from athletics activities (e.g., competition, practice, conditioning sessions) and evaluated by a medical staff member (e.g., sports medicine staff, team physician) with experience in the evaluation and management of concussions; a student-athlete diagnosed with a concussion is precluded from returning to athletics activity for at least the remainder of that calendar day; and medical clearance for return to athletics activity shall be determined by the team physician or the physician's designee from the student-athlete's institution. In the absence of a team physician or their designee, the NCAA tournament physician will examine the student-athlete and will determine medical clearance.

A concussion is a brain injury that may be caused by a blow to the head, face, neck or elsewhere on the body with an "impulsive" force transmitted to the head. Concussions can occur without loss of consciousness or other obvious signs. A repeat concussion that occurs before the brain recovers from the previous one (hours, days or weeks) can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in brain swelling, permanent brain damage and even death.

For further details please refer to the "NCAA Sports Medicine Handbook Guideline on Concussions" online at www.NCAA.org/health-safety.

EQUIPMENT AND SUPPLIES

The following modalities are available in the athletic training rooms:

- Ice bags and cups
- Warm whirlpool before and cold whirlpool after (By request only)
- Hydrocollator
- Ultrasound
- Electrical stimulation

The following items will be available at the competition floor entry-ways closest to the two locker room groupings (SE & SW corners of the arena floor):

- Emergency equipment (biohazard kit, AED, spine board, splint bag)
- Hydrocollator
- Ice bags
- Water and electrolyte replacement drink
- Electrical stimulation
- Ultrasound
- Taping table

If you have a special request for use of the athletic training room and its equipment, please inform Lisa Hass (lisahass@umich.edu) in advance, and she will do her best to accommodate you. If a certified athletic trainer will not be traveling with your team/individual competitor, sufficient materials for their needs and written permission for use of modalities must accompany the student-athlete(s).

HOSPITALS AND EMERGENCY SERVICES

TELEPHONE NUMBERS

Athletic Trainer (Primary Contact)	Lisa Hass	734.717.7550
Team Physician (Ortho)	Dr. Christina Murphy	

UNIVERSITY HEALTH SERVICES		734.764.8320
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UNIVERSITY HOSPITAL

1500 E Medical Center Dr, Ann Arbor, MI 48109	Emergency Room	734.936.6666
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CVS PHARMACY

1700 S Industrial Hwy, Ann Arbor, MI 48104		734.827.7980
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SECTION 14 – PARTICIPANT EXPECTATIONS AND GUIDELINES

ETHICAL BEHAVIOR BY COACHES

Members of the coaching profession have certain inherent obligations and responsibilities to the profession, to the student-athletes and to all those with whom they come into contact. Coaches are expected to be role models who conduct themselves with integrity and high ethical standards at all times.

The words and actions of a coach carry tremendous influence, particularly on the young people under his or her direction. It is, thus, imperative that he or she demonstrate and demand high principles of sportsmanship and ethical behavior.

FINANCIAL PENALTIES

The NCAA Women's Gymnastics Committee may assess a financial penalty (up to a maximum of \$600) against an institution for failure of its representatives to adhere to the policies and procedures governing the administration of the competition. This includes failure to comply with the procedures and deadlines for submitting score sheets, schedules and entry forms for qualification and other materials necessary for the efficient administration of the competition.

MISCONDUCT

[Reference: Meetings (see pages in sports-specific handbooks) and NCAA Division I Bylaws 31.1.10 and 31.1.11.]

31.02.4 Misconduct. Misconduct in an NCAA championship is any act of dishonesty, unsportsmanlike conduct, unprofessional behavior or breach of law, occurring from the time the championship field is announced through the end of the championship that discredits the event or intercollegiate athletics. *(Revised: 8/15/89, 8/13/92, 1/14/08 effective 8/1/08)*

Criticism of Officials. Members of the coaching staff or other representatives of participating institutions or conferences shall not make public statements critical of officiating in any NCAA championship event. Failure to comply with this policy may subject the individual, institution or conference to the misconduct provisions of Bylaw 31.1.10.

Hearing Opportunity. An act of misconduct may be found upon an administrative hearing granted to the student-athlete or the institutional representative involved by the governing sports committee or the games committee authorized to act for it.

Misconduct Incident to Competition. If the act of misconduct occurs during the competition, under normal circumstances the individual shall be allowed to complete the competition in which he or she is participating at the time of the incident. An administrative hearing shall be held at the conclusion of the day's competition, during a break in the continuity of the championship (e.g., between rounds of a basketball tournament) when no competition is being conducted or at the conclusion of the championship. However, if the act of misconduct is so flagrant that it obviously violates the principles of fair play and sportsmanship, the games committee may immediately withdraw the student-athlete or institutional representative from the competition and conduct the hearing after this action. Other acts of misconduct may be dealt with at the governing sports committee's convenience.

Penalty for Misconduct. In accordance with Bylaw 31.1.10.3, the governing sports committee (or the games committee authorized to act for it) may impose any one or a combination of the following penalties on an institution or any student-athlete or representative of an institution guilty of misconduct that occurs incident to, en route to, from or at the locale of the competition or practice:

1. Public or private reprimand of the individual;
2. Disqualification of the individual from further participation in the NCAA championship involved;
3. Banishment of the individual from participating in one or more subsequent championships of the sport involved;
4. Cancellation of all or a portion of payment to the institution of the Association's transportation and/or per diem allowance for the individuals involved;
5. Withholding of all or a portion of the institution's share of revenue distribution;
6. Banishment of the institution from participation in one or more subsequent championships in

which its team in that sport otherwise would be eligible to participate;

7. Disqualification of an institution for a period of time from serving as host institution for one or more NCAA championships;
8. Cancellation of all or a portion of the honorarium for hosting an NCAA championship; and
9. Financial or other penalties different from Nos. 1 through 8, but only if they have prior approval of the Division I Championships/Sports Management Cabinet.

Ban from Subsequent Championship. When a student-athlete or institutional representative is banned from participation in a subsequent championship, such penalty shall be applied to the next tournament(s) in which the individual's team is involved and the individual otherwise is eligible to participate. In the case of an individual event, the penalty shall be applied to the next meet(s) or tournament(s) for which the individual qualifies and otherwise is eligible to participate.

Review of Action. Any action related to misconduct may be reviewed by the governing sports committee upon request of any institution participating in the championship.

SPORTSMANSHIP

The primary goal of the rules is to maximize the safety and enjoyment of the student-athlete. Sportsmanship is a key part of that goal. Sportsmanship should be a core value in behavior of players and bench personnel, in crowd control by game management and in the officials' proper enforcement of the rules governing related actions.

SPORTS WAGERING

The NCAA defines sports wagering as putting something at risk – such as an entry fee or a wager – with the opportunity to win something in return. The NCAA opposes all forms of legal and illegal sports wagering on college sports. Student-athletes and athletics administrators cannot place a sports wager for any NCAA-sanctioned sport. This includes wagering on the intercollegiate, amateur or professional level.

A student-athlete involved in sports wagering on the student-athlete's institution permanently loses all remaining regular-season and postseason eligibility in all sports. A student-athlete who is involved in any sports wagering activity that involves college sports or professional athletics, through Internet gambling, a bookmaker, a parlay card or any other method employed by organized gambling, will be ineligible for all regular-season and postseason competition for at least one year.

In championships in which a bracket format is used, student-athletes, coaches and administrators may not participate in bracket competitions where there is both a required entry fee and an opportunity to win a prize. Student-athletes and administrators may participate under current NCAA rules, in bracket contests where there is no entry fee but a possibility of winning a prize. Some NCAA member schools, however, have chosen to ban student-athletes from participating in these types of bracket contests.

TOBACCO POLICY

The use of tobacco products is prohibited by all game personnel (e.g., coaches, trainers, managers and game officials) in all sports during practice and competition. Uniform penalties (as determined by the applicable rules-making committees and sports committees with rules-making responsibilities) shall be established for such use.

The use of tobacco products by a student-athlete is prohibited during practice and competition. A student-athlete who uses tobacco products during a practice or competition shall be disqualified for the remainder of that practice or competition.

SECTION 15 – SECURITY

MEDIA/INTERVIEW AREA

There will be one security officer in the Crisler Center media room during all press conferences.

TEAM LOCKER ROOMS

There will be one security officer stationed outside the team locker rooms, throughout all competition sessions that will monitor the locker rooms.

SECTION 16 – TICKETS

Each participating institution will be guaranteed a minimum of 50 premium seats and an additional 70 reserved seats elsewhere in the facility (location subject to approval by NCAA) for sessions in which they are participating. For all other sessions, 120 seats will be allocated within the venue. Individual participants shall be guaranteed a minimum of eight tickets. There are no complimentary tickets for NCAA championship events. However, an institution may purchase tickets that can be used as complimentary tickets for student-athlete's guests. Additional tickets may be purchased if available, but seat locations will not be guaranteed.

Host ticketing managers shall contact each participating institution by close of business on Monday, March 25 to provide the manifest of each team's respective allocation, seating diagram and player pass list form. Participating institutions shall have until noon local time on Monday, April 1 to confirm the full block or release any portion of their team allotment. Any released tickets may be made available for public sale or distributed between teams requesting additional tickets.

Tickets shall be shipped no later than the following business day once ticket quantities are confirmed and by Monday, April 1 for tickets confirmed by noon that day. Tickets should be sent no slower than two-day shipping with tracking. Arrangements may also be made at the discretion of the host ticketing manager for teams to pick up tickets on site. Participating teams should attempt to distribute tickets in advance of competition day.

The host institution will invoice each team for the face value of their confirmed ticket quantity. Participating teams will be responsible for the ticket quantity confirmed by Monday, April 1 even if tickets are not used. No complimentary tickets are allowed; however, an institution may purchase tickets that can be used as complimentary tickets for student-athletes' guests provided they are distributed via pass list. Institutional ticket invoices not paid within 30 days may have fines levied by the NCAA.

ALLOCATIONS

Participant ticket blocks will be held in the following sections: 104, 105, 123, 124 Each team ticket manager may request to trade in seats from their team ticket allotment for ADA seats as needed.

The host ticketing manager will work to accommodate ADA and additional tickets based on availability.

TICKET PRICES

Ticket pricing is as follows:

Single-session tickets:

Adult	\$10
Student	\$8
Groups (10 or More)	\$5

All-session tickets:

Adult	\$25
Student	\$20

Tickets for fans may be purchased at the Michigan Athletics Box Office, over the phone at 866/296-MTIX or at NCAA.com/WGymnastics.

BANDS/SPIRIT SQUADS/MASCOT ENTRANCE

Uniformed band members, spirit squad and mascots may be admitted without a ticket. Band, spirit squad and mascots should enter through the Service Entrance of the North Tunnel and be seated in section 132. Please contact Brad Hayes at bhaye@umich.edu by Thursday March 28th if you have plans to bring band and/or cheer.

PLAYER PASS ENTRANCE

The University of Michigan Ticket Office, along with the event management staff, will be available to administer participating teams and individuals' player-pass lists. All player-pass lists and tickets MUST be delivered to the tournament director, Brad Hayes, during the administrative meeting on Thursday, April 4.

Player pass gate will be located at the northeast entrance (signage will be posted). Guests entering the arena via the player pass gate must show photo identification and sign for his/her tickets. Player pass gate will remain open until for one hour after the scheduled start of competition.

SECTION 17 – TRAVEL PARTY

CREDENTIALS

The championships entry form is included in the requested information link from the selection email. **This information must be submitted by noon Eastern Time, March 27.** Changes to the 15 student-athletes designated on the entry form must be made in writing to Ms. Simons (msimons@ncaa.org) not later than 10 p.m. Eastern time the day before competition.

General Policies: The entry/march-in form shall serve as the official credential request form. An issued credential may not be given to another team member or individual. If a participant or staff member loses a credential, a fine will be imposed (the price of an all-session ticket to the event)

to replace the credential. Wrist bands will be provided to the coaching staff and support personnel as identified on the official entry/march-in form; student-athletes will receive plastic “bag tags” to affix to their gym bags. These credentials will be provided in the Welcome Packet along with the competitor numbers.

Teams: Teams shall receive a total of 24 individual credentials, with a maximum 15 for competing student-athletes. If a team does not have 15 student-athletes, the remaining credentials may be allocated to other necessary institutional staff members. The athletic trainer must be designated as one of the 24 members of the travel party. For videographer to film from the corral, see policy below.

All-Around and Individual Event Qualifiers: In addition to credentials issued to the individual qualifier(s), institutions will receive four (4) wrist bands that will serve as credentials for coaches, athletic trainers and other necessary institutional staff members.

Temporary Passes: A maximum of three (3) temporary credentials may be issued (not good for admittance) to each institution for use by its administrators for access to pre- and post-competition responsibilities, press conferences and awards ceremonies. The administrator(s) will be permitted on the competition floor up until the floor is cleared to prepare for march-in. These three individuals shall be listed on the official entry/march-in form.

Team Physician: A medical credential may be issued to a team physician on request via the official entry/march-in form. Hosts shall seat team physicians in an area that is easily accessible to the competition floor in the event of an injury.

Sports Information Director: One (1) floor-access credential (non-transferable) for purposes of fulfilling media responsibilities and access to the competition floor and locker rooms as needed. This will be requested through and issued by the media coordinator, Ben Blevins (bblev@umich.edu).

Photographers/Videographers from Participating Institutions: Two (2) credentials (two for an institution’s photographers, or one each for a photographer and a videographer) may be requested via the media coordinator and removed from the team list. The photographer(s) must cover the event from areas designated by the host institution. For the videographer to film from the team corral, he or she must be included as part of the 24 permitted in the team corral and listed on the official entry/march-in form. Photographers are not permitted in the corrals and their credentials will be handled by the *media coordinator*.

SECTION 18 – LOCAL TRANSPORTATION

Ample ground transportation is available at the Detroit Metro (DTW) airport. Cars and vans may be reserved from the following agencies:

Enterprise* 734/761-1144

Hertz 734/761-1176

National 888/826-6890

**Enterprise is the preferred provider of the NCAA.*

2019 HOTEL ROOMING LIST

Institution	_____
HEAD COACH	_____
ROOM 1	_____
ROOM 2	_____
ROOM 3	_____
ROOM 4	_____
ROOM 5	_____
ROOM 6	_____
ROOM 7	_____
ROOM 8	_____
ROOM 9	_____
<hr/>	
ROOM 10	_____
ROOM 11	_____
ROOM 12	_____
ROOM 13	_____
ROOM 14	_____
ROOM 15	_____
ROOM 16	_____
ROOM 17	_____
ROOM 18	_____
ROOM 19	_____
ROOM 20	_____

Please contact respective hotel sales manager to confirm/book your reservations.

Please review hotel contact information on page 16.

Please contact respective hotel sales manager to confirm/book your reservations.

Rooming lists are due to each hotel by 5 p.m. Eastern, Thursday, March 28.

2019 NATIONAL COLLEGIATE WOMEN'S GYMNASTICS CHAMPIONSHIPS

LINEUP FORM

Institution _____

Coach _____

VAULT 1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

BARS 1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

BEAM 1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

FLOOR 1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Equipment List

National Collegiate Women's Gymnastics Championships Equipment List (regionals & nationals)

We verify that this is the equipment that will be used at NCAA Women's Gymnastics Championships.

Host institution University of Michigan
 Signature Meet Director [Signature]
 Signature Athletics Director _____
 Year(s) 2019

**** circle specific equipment when given more than one option ****

VAULT	800 ELITE SERIES ITEM DESCRIPTION	CATALOG NO.	QTY.	Regionals		Nationals		If something is different please note
				CHECK IF HAVE	WILL GET	AAI PROVIDES		
	TAC/10 Vault Table	407-557	1	✓				x
	Padded Vaulting Runway (1 3/8" x 3' x 84')	416-785	1	✓				x
	TAC/10 Board	407-233	2	✓				x
	Contoured Vault Safety Zone	407-238	1	✓				x
	Monopod Anchor Mat 20 cm	416-549	1	✓				x
	Vaulting Anchor Mat	416-125	1	✓				x
	FIG 8" x 15.5' x 20 cm V2 - Firm	416-558	1	✓				x
	FIG 4" x 8" x 20 cm V2 - Slab	416-553	1	✓				x
	Throw Mat 7' x 10' x 10 cm (anti-slip with Dual Density Foam)	416-258	1	✓				x
	Throw Mat 7' x 10' x 10 cm (standard foam mesh bottom)	416-319	1	✓				x
	Throw Mat 8' x 15' x 4" folding	416-020	1	✓				x
	8" Skid Cushion 5' x 10'	416-139	1	✓				x
	8" Skill Cushion 5' x 10' "Softy"	416-006	1	✓				x
	Sting Mat 6' 6" x 8" x 2"	416-584	2	✓				x
	TAC/10 Round off Pad - 36" x 54" x 1 3/8" (no personal pads)	416-098	1	✓				x
	Mini TAC/10 Round off Pad - 36" x 36" x 1 3/8" (no personal pads)	416-099	1	✓				x
	Low Spotting Block 2' x 1' x 4"	416-042	1	✓				x
	TAC 10/Towel (one box)	407-571	1	✓				x
	TAC 10/Surface Cleaner	407-567	1	✓				x
	Step-in Chalk Holder w/ chalk	407-007	1	✓				x
	Score Flasher - 3 digit (panel judges and 1 needed for vault group) handheld	418-002	6*	✓				
	Score Flasher - 5 digit (chief judge) (4 digit for regionals)	418-003	1	✓				x
MISC	Collegiate Vault Value Chart		1	✓				
	100 ft. US Metal Tape Measure		1	✓				x
	Start Value Flip Charts		6*	✓				
	Green Start Flag		1	✓				
BARS	Floor Plates or Free standing			Regionals		Nationals		If something is different please note
				CHECK IF HAVE	WILL GET	AAI PROVIDES		
	UTB 844 Elite Uneven	407-080	1	✓				x
	Extra Graphite X Bar	407-152	2	✓				x
	Elite Uneven Bars Adapters - if floor plates are not available	407-361/349	1	✓				x
	FIG 8" x 15.5' x 20 cm V2 - Firm	416-558	2	✓				x
	FIG 8" x 12' x 20 cm V2 - Firm	416-557	2	✓				x
	FIG 5' x 7.5' x 20 cm V2 - Slab	416-554	1	✓				x
	Throw Mat 7' x 10' x 10 cm (anti-slip with Dual Density Foam)	416-258	1	✓				x
	Throw Mat 7' x 10' x 10 cm (standard foam mesh bottom)	416-319	1	✓				x
	Sting Mat 6' 6" x 8" x 2"	416-584	1	✓				x
	8" Skid Cushion 5' x 10'	416-006	1	✓				x
	8" Skill Cushion 5' x 10' "Softy"	416-006	1	✓				x
	8" Skill Cushion 5' x 10' Anti Skid (optional at regionals, required at nationals)	416-257	1	✓				x
	Throw Mat 8' x 15' x 4" folding	416-020	1	✓				x
	TAC/10 Board	407-233	1	✓				x
	Low Spotting Block 2' x 1' x 4"	416-042	1	✓				x
	High Chalk Holder	407-008	3	✓				x
	Block Chalk	407-585	Case	✓				x
	Score Flasher - 3 digit (panel judges) handheld	418-002	6*	✓				
	Score Flasher - 5 digit (chief judge) (4 digit for regionals)	418-003	1	✓				x
MISC	Tablet (iPad or similar) to display timing countdown		2	✓				
	Stop Watches (only as backups to tablets)		2	✓				
	Scotch bright pad for scraping bars		1	✓				
	Start Value Flip Charts		6*	✓				
	2' x 4' x 5' plywood mounting boards w/ non-skid surface both sides no logos (w/ rope for handles)		1	✓				
	Green Start Flag		1	✓				
	Wire Brush		2	✓				
	Spray Water Bottles for Bars		3	✓				

** Throw mats denoted with these symbols are an either/or option at regionals. For regionals and nationals, both types of mats still are required.
 *Only 4 handheld flashers/start value flip charts needed at regionals.
 **Please note that some items may be added or deleted due to future changes to equipment specifications. Also, some catalog numbers may change.

National Collegiate Women's Gymnastics Championships
Equipment List (regionals & nationals)

We verify that this is the equipment that will be used at NCAA Women's Gymnastics Championships.

Host Institution University of Michigan
Signature Meet Director [Signature]
Signature Athletics Director [Signature]
Year(s) 2019

**** circle specific equipment when given more than one option ****

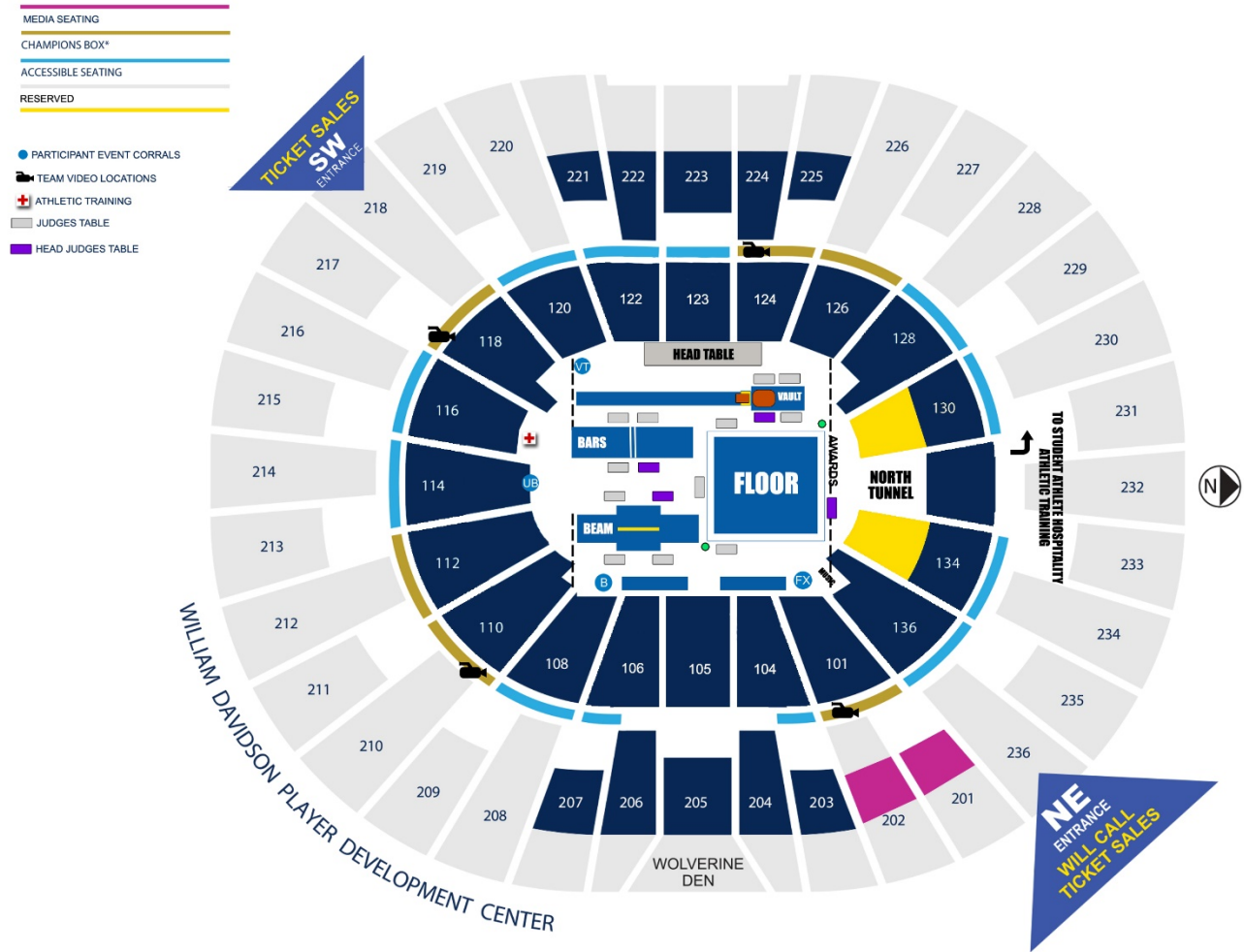
BEAM	800 ELITE SERIES ITEM DESCRIPTION	CATALOG NO.	QTY.	Regionals		Nationals	If something is different please note
				CHECK IF HAVE	WILL GET	AAI PROVIDES	
	Elite Reflex Nonadj Beam	407-430	1	✓		x	
	Elite Beam Leg Pads	416-325	1 set	✓		x	
	Elite Beam Leg Filler Mat System	416-560	1 set	✓		x	
	FIG 8' x 15.5' x 20 cm V2 - Firm	416-558	2	✓		x	
	FIG 8' x 15.5' x 20 cm V4 - Firm	530-854	2	✓		x	
	FIG 8' x 12' x 20 cm V2 - Firm	416-557	1	✓		x	
	FIG 4' x 8' x 20 cm V2 - Firm Slab	416-553	1	✓		x	
	## Throw Mat 7' x 10' x 10 cm (anti-slip with Dual Density Foam) or	416-258	1	✓		x	
	## Throw Mat 7' x 10' x 10 cm (standard foam mesh bottom)	416-319	1	✓		x	
	6" Skid Cushion 5' x 10' nonslip (nonslip backing optional at regionals only)	416-159	1	✓		x	
	Sling Mat 6' 8" x 8" x 2"	416-584	1	✓		x	
	Throw Mat 6' x 15' x 4" folding	416-020	1	✓		x	
	TAC/10 Board	407-233	1	✓		x	
	Suede Beam Pad	416-051	1	✓		x	
	Step-In Chalk Holder w/ chalk	407-007	2	✓		x	
	Score Flasher - 3 digit (panel judges) handheld	418-002	6*	✓		x	
	Score Flasher - 5 digit (chief judge) (4 digit at regionals)	418-003	1	✓		x	
MISC	Tablet (Pad or similar) to display timing countdown		2	✓			
	Stop Watches		2	✓			
	Start Value Flip Charts		6*	✓			
	2' x 4' x .5" plywood mounting boards w/ non-skid surface both sides no logos (w/ rope for handles)		1	✓			
	Green Start Flag		1	✓			
	12 panel mat for stretching/warm up (1 mat at regionals/2 at nationals)		1/2	✓		x	
	Bell (beam warning); loud enough to be heard over crowd		1	✓			
FLOOR				Regionals		Nationals	If something is different please note
				CHECK IF HAVE	WILL GET	AAI PROVIDES	
	Elite Floor Exercise System - 40' x 40'	432-340	1	✓		x	
	Extra Floor Panel	534-128	2	✓		x	
	All-American Elite Carpet - 45' x 45' (note color in blank column)	432-510	1	✓		x	
	Foam Border	432-891	1	✓		x	Blue
	2" QuadLam Foam 6' x 42'	416-773	7 rolls	✓		x	
	6" Skid Cushion 5' x 10'	416-863	1	✓		x	
	Sling Mat 6' 8" x 8" x 2"	416-584	1	✓		x	
	## Throw Mat 7' x 10' x 10 cm (anti-slip with Dual Density Foam) or	416-258	1	✓		x	
	## Throw Mat 7' x 10' x 10 cm (standard foam mesh bottom)	416-319	1	✓		x	
	Step-In Chalk Holder w/ chalk	417-007	2	✓		x	
	Score Flasher - 3 digit (panel judges) handheld	418-002	6*	✓		x	
	Score Flasher - 5 digit (chief judge) (4 digit at regionals)	418-003	1	✓		x	
	EZ Roll Corner Mats - set of 4 each	416736	1	✓		x	
	Black Chalk	407-585	Case	✓		x	
MISC	Start Value Flip Charts		6*	✓			
	Sound system including ipod adapter		1	✓			
	White gaffers or duct tape for corners (used in practice and competition)		10 rolls	✓			
	Green Start Flags		1	✓			
	Yellow Start Flags		2	✓			
	Stop Watches		1	✓			
	80" x 80" Vinyl Floor Sheets (for gymnasts to apply chalk to their feet - versus crushing chalk on competitive mats) or carpet squares for chalk trays		4	✓		x	
	Score Flasher - 5 digit (for finals) Extra Flasher Inserts		2	✓		x	
	Additional Panel Mats - for stretching areas (4 areas)		8	✓		x	
Meet Referee	Host to provide						
	100 ft. US Metal Tape Measure		1	✓			
	20 meter Tape Measure		1	✓			
	Stop Watches (3 backups) 7 total		3	✓			
	3-4 digit handheld flashers (nationals only)		24	✓			

Throw mats denoted with these symbols are an either/or option at regionals. For nationals, both types of mats still are required.

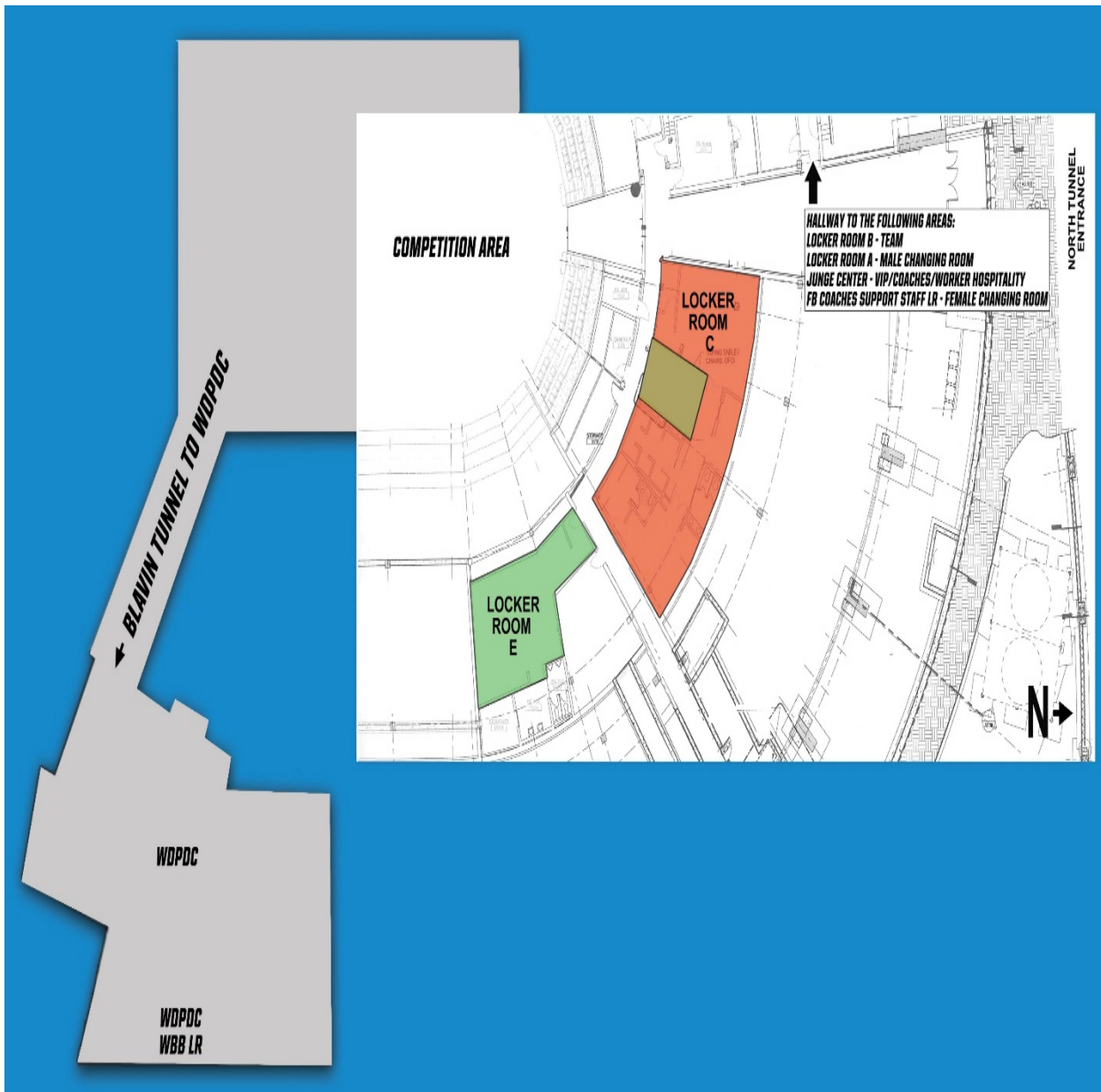
*Only 4 handheld flashers/start value flip charts needed at regionals.

**Please note that some items may be added or deleted due to future changes to equipment specifications. Also, some catalog numbers may change.

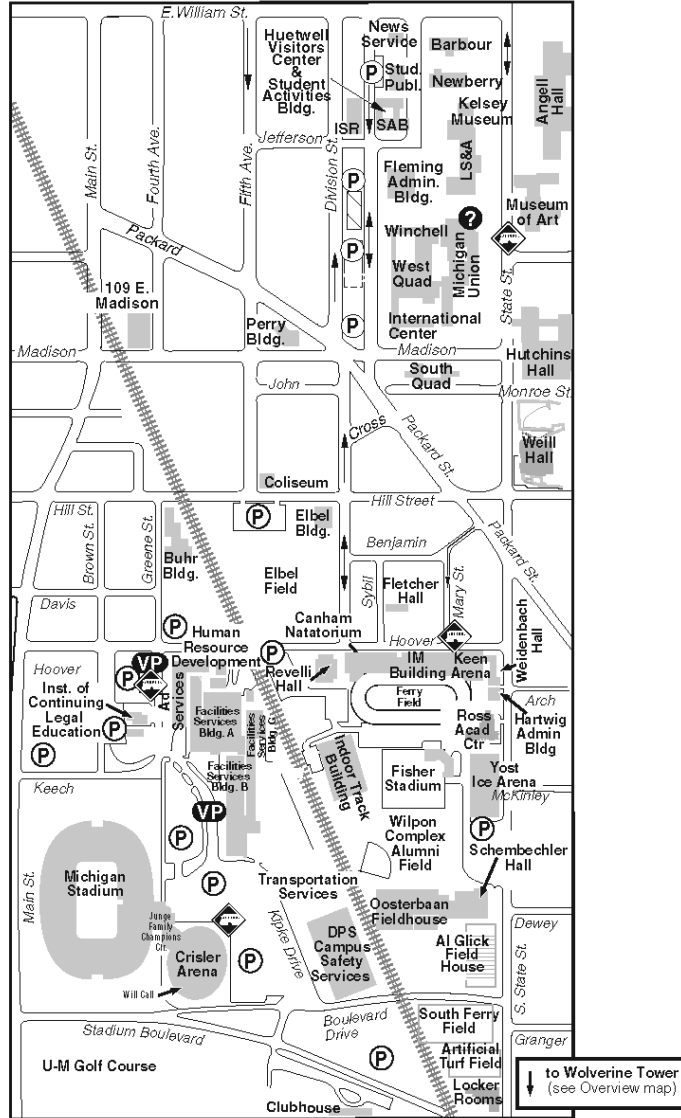
Competition Floor & Seating Diagram



Ground Level Map – Locker Room Locations

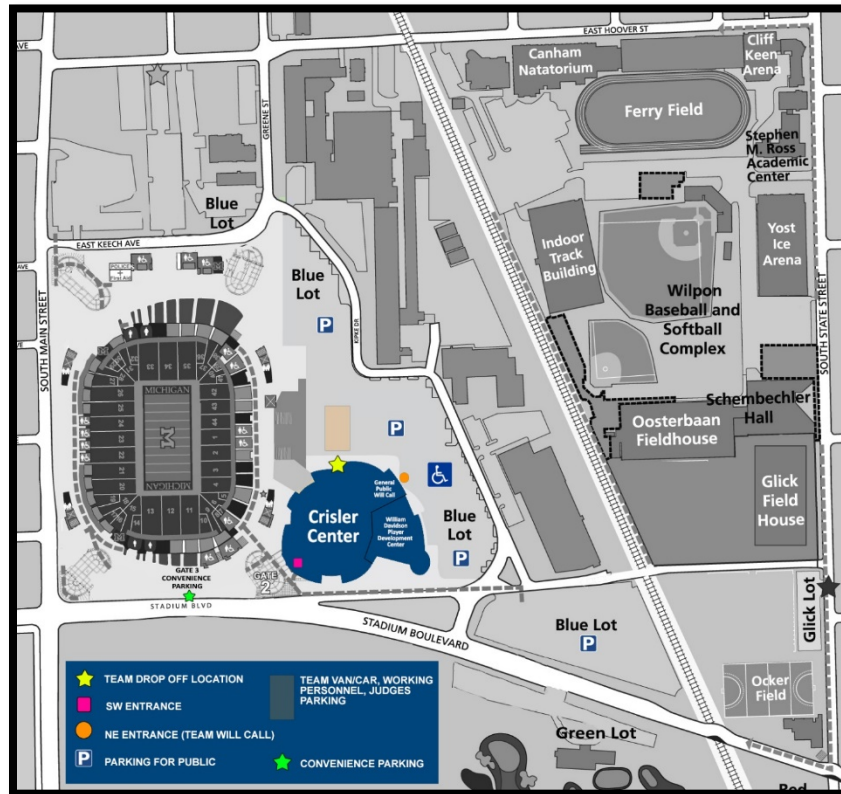


University of Michigan South Campus



DRIVING DIRECTIONS

VENUE NAME	Crisler Center
LOCATION	333 E. Stadium Blvd. Ann Arbor, MI 48109
SEATING CAPACITY	12,721



FROM DETROIT METRO AIRPORT AND POINTS EAST Take I-94 west to Ann Arbor-Saline Road (exit 175). Turn right and follow Ann Arbor-Saline Road as it turns into Main Street, going north for approximately 1 1/2 miles. Crisler Center is located near the northeast corner of Main and Stadium Boulevard next to Michigan Stadium. The parking lot for Crisler can be entered from two locations. Turn right immediately after Michigan Stadium onto E. Keech Avenue and turn right into the lot just past Michigan Stadium, or turn right onto Stadium Boulevard and turn left into the parking lot immediately after Crisler Center.

FROM CHICAGO AND POINTS WEST Take I-94 east to Ann Arbor-Saline Road (exit 175). Turn left and follow Ann Arbor-Saline Road as it turns into Main Street, going north for approximately 1 1/2 miles. Crisler Center is located near the northeast corner of Main and Stadium Boulevard next to Michigan Stadium. Turn right immediately after Michigan Stadium onto E. Keech Avenue and turn right into the lot just past Michigan Stadium, or turn right onto Stadium Boulevard and turn left into the parking lot immediately after Crisler Center.

FROM TOLEDO AND POINTS SOUTH Take U.S. 23 north to I-94 west. Follow directions from Detroit Metro Airport.

FROM FLINT AND POINTS NORTH Take U.S. 23 south to I-94 west. Follow directions from Detroit Metro Airport.

ANN ARBOR RESTAURANTS, HOTELS, & ENTERTAINMENT

All area codes are 734, all locations are in Ann Arbor except where noted

Type	Restaurant Name	Address	Phone
Pizza	Pizza House	618 Church	995-5095
	New York Pizza Depot	605 E William	669-6973
	California Pizza Kitchen	870 Briarwood Circle	222-6320
	The Original Cottage Inn	512 E. William	663-3379
	Domino's	2282 S Main	332-1111
	Little Caesar's	3000 Packard	971-0933
	Bell's Pizza	700 Packard	995-0232
Fast Food and Subs	Teriyaki Time	314 Detroit Street	929-2272
	Maize N Blue Deli	1329 S. University	996-0009
	Sparrow Meat Market & Produce	407 N. Fifth Avenue	761-8175
	Chipotle Mexican Grill	3354 Washtenaw	975-9912
	Five Guys Burgers & Fries	311 S. State Street	213-3483
	Red Robin	575 Briarwood Circle	997-9550
	Buffalo Wild Wings	205 S State	997-9143
	No Thai!	226 N. 4 th Avenue	213-0808
	Mr. Spots	810 S State	747-7768
	Noodles & Co	320 S State	327-9041
	Panera Bread	903 W Eisenhower	213-5800
	Potbelly	300 S State	205-7080
	Quizno's Classic Subs	108 S Main	222-9383
	Subway	530 S State	994-5900
	Jimmy John's Sandwiches	342 S State	222-7000
	Big Ten Burrito	810 S State	222-4822
Family Dining	Zingerman's Deli	422 Detroit Street	663-3354
	Sava's State Street Café	216 S. State Street	623-2233
	Frita Batidos	117 W. Washington	761-2882
	Casey's Tavern	304 Depot Street	665-6775
	BD's Monogolian Barbeque	200 S. Main Street	913-0999
	Smoke House Blues Restaurant	4855 Washtenaw Ave	434-5554
	Zingerman's Roadhouse	2501 Jackson Road	663-3663
	Applebee's	1005 W Eisenhower	741-4851
	Joe's Crab Shack	3020 Lohr Road	662-7091
	Old Town Tavern	122 W. Liberty	662-9291
	Champion House Restaurant	120 E. Liberty	741-8100
	Outback Steakhouse	3173 Oak Valley Drive	662-7400
	Chili's	3795 Washtenaw	973-6772
	IHOP Restaurant	4221 Ellsworth Road	528-4467
	Quarter Bistro	300 S Maple	929-9200
	Max and Erma's	445 E Eisenhower	998-0505
Mongolian Barbeque	200 S Main	913-0999	

APPENDIX I

	Olive Garden	445 E Eisenhower	663-6875
	Romano's Macaroni Grill	3010 S State	663-4433
	Angelo's	1100 Catherine	761-8996
	Cottage Inn	512 E William	663-3379
Fine Dining	Gratzi	326 S Main	663-6387
	Prickly Pear Southwest Café	328 S Main	930-0047
	Real Seafood Co.	341 S. Main	769-7738
	The Earle	121 W. Washington	994-0211
	Gandy Dancer	401 Depot	769-0592
	The Chop House	322 S Main	669-4373
	West End Grill	120 W. Liberty	747-6260
	Pacific Rim	114 W. Liberty	662-9303
Breakfast/Brunch	Tim Hortons	1300 S. University Ave	913-2653
	Afternoon Delight	251 E. Liberty	665-7513
	Angelo's Restaurant	1100 Catherine Street	761-8996
Vegetarian Options	Seva Vegetarian Restaurant	314 E Liberty	662-1111
	Earthern Jar	311 S. Fifth Avenue	327-9464
	Jazzie Veggie	108 S. Main Street	222-0203
Ice Cream/Frozen Yogurt/Sweets	Baskin Robbins	1952 W Stadium	995-3131
	Ben and Jerry's	304 S State	665-4440
	Stucchi's	3002 S State	662-1700
	Washtenaw Dairy	602 S Ashley	769-1769
	Cupcake Station	120 E. Liberty Street	222-1801
Movie Theaters	Michigan Theater	603 E Liberty	668-8397
	Quality 16	3686 Jackson Rd	623-7469
	Rave Cinemas	4100 Carpenter Rd,	973-8380
	State Theater	233 S State	761-8667
Shopping	Briarwood Mall	100 Briarwood Circle	761-9550