



AL-NAWGW

NEWS AND CURRENT EVENTS

VOLUME 7, ISSUE 1

NOVEMBER 2006



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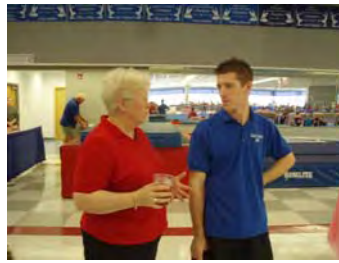
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Judges Cup

Judges Cup was held at Champions Gym in Atalla, Alabama. The meet facilities were excellent and there was plenty of room for spectators. The only downfall was that earlier in the month, the gyms air conditioner unit had been stolen and the one that was replaced was not quite strong enough to handle the crowds. The gym became extremely hot at times when there were a lot of gymnasts and spectators present. Even with this problem, the meet was an excellent meet. Almost every judge in the state participated and this made the meet so much easier.

Annette Burgin was in charge of the food and did an outstanding job. Although, she did all the shopping and cooking, other judges jumped in and helped her with the setup and clean up. It is such

a great pleasure when you have a group of judges that work so well together. Alabama is very fortunate to have



Mary Ann working hard get-

judges that really care about each other.

Maria Ross was in charge of sales at the front and although because of the sun beating through the window, it became extremely hot at times the job was outstanding. There was never a time to eat when someone was not there to relieve Maria for a break.

This also is thanks to the great teamwork of the Alabama judges.

The gymnasts seem to like the competition facilities and were pleased with the meet. Several pictures of judges cup have been included here. A special thanks to all that helped make this year Judges Cup a true success. This includes Dave Maltbie at Champions Gymnastics and his parents club that also helped. Also, thanks to all the teams that entered the meet, because without you there would not be a meet. And last, but not least, thanks to all the judges who volunteered their time and expertise to make this a truly magnificent meet.

Thanks to ALL

ARE YOU PREPARED?

Judging is a second job for the majority of us. Even though we have a great deal of fun doing it, it's a job in which we are employed by others. We are expected to be prepared in order to do a

good job. Employees who perform inadequately are usually relieved of their positions. Judging should be taken as seriously as our full-time jobs.

When you sit down in that chair, re-

member that you have been employed by a meet director or parent's club. It shouldn't matter whether you are judging Level 2's and 3's or 9/10 Regionals, you should prepare the same. For those



Judges Cup Pictures

Level 2's and 3's, the meet is just as important to them as Regionals is to the higher level gymnasts. A judge wouldn't dare consider arriving at Regionals unprepared for her event. Lower level gymnasts should be considered no less important.

We've become

accustomed to being treated like royalty, forgetting that the gifts and delicious meals are amenities that make our jobs even more pleasant. Because we spend many hours studying for tests, observing in gyms, and attending clinics, we expect to be compensated

well, and we are. However, it is important to remember that we earn the same whether judging higher or lower level gymnasts.

The next time you judge a meet, remember to treat each gymnast as if she were a regional competitor.

NOTES from BREAKOUT SESSIONS – SJD WORKSHOP June 2006 - Las Vegas

These notes are from the discussions. They are not "Rules" to be followed, merely ideas for thought or for discussions within your state governing boards or state USAG Board.

CARPOOLING

- Some states have a carpool coordinator assigned for each meet.
- Times recommended for leaving- no earlier than 6:30, 7:00, 7:30 am. You need to get with your state USAG board about these times. If a judge cannot be home by 12:00 midnight a room should be provided or offered.
- If overnight accommodations are provided a judge is given the option to go home if 60 miles or less (especially if the meet concludes early).
- If there are two carpools from an area try to have them leave at different times to fit various schedules.

- Distance recommended for going out of the way for a carpool – 30 miles
- A few very large geographically states have a riders fee .08 per mile or a flat fee. These are states that have carpools over 200-300 miles.
- If a judge makes no attempt to carpool there is no mileage OR mileage only to where she would have met the carpool.

FAMILY or Children at Meet Sites

- In a few areas (of smaller states) there is a lack of judges and quite a few of the judges are expecting or have young children. These are some solutions considered:
 - Babies or siblings need to be "invisible"
 - Family members should not be in the judges room or eat in the judges room
 - Do not choose to car-

pool if you will need to bring children along.

- Do not room with others unless two of you are in the same situation and can room together.
- Communicate all issues ahead of time with assigner, meet director, meet referee and other judges that may be affected.
- There are times when the meet Director would rather have a judge bring a young child and arrange a babysitter than to have to pay travel for another judge who is very distant.

PROFESSIONALISM/ETHICS

- It is good to have a member of your governing board as an Ethics Chair. This can be a separate position or in addition to another role on the board.
- It is a good idea to periodically publish the Ethics Code or Canons (all or part or even one at a time) in

your newsletters.

- If suspected substance abuse is an issue there must be absolute proof. Always have one on one discussions with another judge from your state governing board present. Document conversation, when it was held, who was present, where it took place.
- It is good to let the judge know in some way that it is suspected or someone knows.
- Let the judge in question know that you are concerned for their welfare more than out to penalize a situation.
- Let them know that they cannot be assigned as a driver of a carpool as others are aware and will not drive with them.
- Cell Phones – Should not be used while on the judging floor or by the driver in carpools. Have a policy in writing and let your judges know the policy so that cell phone use does not effect others.

JUDGES EVALUATION

- This topic came up for discussion but no formal action was taken. These were some of the discussion points:
 1. There are many ways to evaluate – self evaluation and peer evaluation are two forms.
 2. Question – If it remains confidential does it help the judge improve?
 3. Who should do it? Some other sports use a “self report” type of situation if a judge knows an error was made. Who gets the results?

- Some states have used a rather complicated system to select judges for state competitions. If a state is considering evaluation here are some questions that can be used:
 1. Did judge know the rules and apply them?
 2. Did judge arrive on time and prepared?
 3. Did judge arrive properly attired?
 4. Was judge courteous to the athlete and coaches?
 5. Did judge turn cell phone off?
 6. Judge Strengths _____
 7. Judge weakness _____
 8. Did judge stay at station until last rotation was completed?
 9. Were athletes ranked appropriately?

These items can be paraphrased for self evaluation ie; Did I stay at judging station until the last rotation was complete? The use of self evaluation can help the judge keep in mind appropriate professional guidelines. It does not have to be done at every meet- possibly certain weekends of the month or at state meets.

USING NAWGJ FUNDS FOR MEMBERSHIP and ASSOCIATION

- Always reimburse NAWGJ fees and clinics first
- Get expenses approved by your board- must be available for all members of state
- Use points or vouchers in order to determine reimbursement
- Use funds for memberships, clinics,

materials, uniforms, testing fees (reimburse when judge passes)

- Use for additional judges on a state meet so that a four judge panel can be used. This benefits judges and athletes.
- One state gives a scholarship of \$500 to an applicant who wishes to become a judge!

IDEAS TO START OR RUN A JUDGES CUP

- If your state does not presently run a Judge’s Cup and want to begin try to find a judge with a club connection to get started.
 - Start small.
 - You will need an experienced meet director.
 - Partner with another state in your region if your state is very small. Invite athletes from both states and share proceeds. It will grow.
 - Rewards your members that volunteer well.
 - Use vendors at the meet. Generally you can expect a 15% rebate of their sales.
 - Theme or no theme? If you keep it the same from year to year (a beach meet, Halloween, etc) you can use the same decorations and save funds. Pick a theme and have teams bring their own banner around the theme- have a contest for best banner.
 - You may also want to have a “Critique Meet” or do both together. Athletes receive a score and a written critique of performance.

Mary Ann forwarded all the members the updates from Connie Maloney. Also if you have had problems getting your membership card from USAG you need to contact Debbie Walls, SACC.

NEW MILEAGE RATES WILL GO INTO EFFECT ON JANUARY 1ST, 2007. THEY WILL CHANGE TO 0.48 PER MILE

The In Gym Card for 2008 Regionals is now on the Region 8 Web Page. Look under newsletters, Fall 2006 in Entire newsletter, Technical or under Forms – Judges In Gym Card.

Debby Kornegay
USA Gymnastics Region 8
Administrative Committee
Chairman
394 Stonebridge Road
Birmingham, AL 35210-4111
205-951-0184

CONTRACT NOTICE

Contract completion date will not be extended in the future nor will email notices be sent to remind you your contract has not been signed.

The new system of issuing contracts through the web site has been a big success which eliminated mailing a contract to the Meet Director and the SJD. It also eliminates filling in all the information. Please keep your information up to date so your contract reflects the correct membership dates, email addresses, mailing addresses and ratings.

FINANCIAL REMINDER:

- Copy pages front and back – make 2 copies of the Bank Statement and 2 copies of the Financial Report.
- Make one copy of all receipts Due to Sheila on November 10th

UNIFORM UPDATE:

- Carole Ide and Sheila Ragle will meet with company about orders and contract
- Try on sizes at Training Camp hopefully
Someone will need to talk to Midway about not using them Carole and Sheila will work this out

DELENE DARST

Delene did not come to Level 8 Training Camp but Suzy promises she will be at their invitational in October to receive her retirement gift.. The necklace is beautiful.

PAY RAISE

- Marian Dykes said the topic of pay raises came up at the technical committee meeting and the report was that Carole Ide/NAWGJ had not asked for a raise.
- Tom Koll send agenda and deadline to Carole who had not responded
Sheila will write a letter to ask Carole to submit a request to ask USAG for a raise

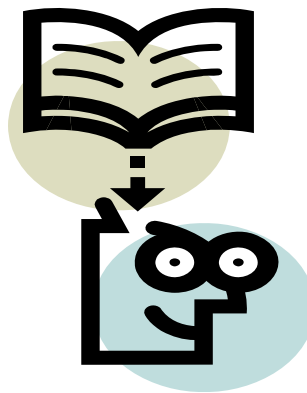
OTHER

- Gas is now at \$.44 a mile and will be revised January 1, 2007
- Bring round table notes to October meeting
- Sheila is going to request that we have more time to interact at our SJD Meetings
- Sheila reminded us that money is available for Easterns and Nationals for gifts.

- Regional Judging Symposium starts Friday afternoon at about 3:00 pm. Set up sessions for Regional Judging Symposium Saturday a.m. in the gym and Sunday a.m. at the hotel or gym
- Give Sheila ideas for clinicians; she is interested in presenting “paying attention to the little things” in Compulsory Routines.
The text for Level 5 changed but not the timing. Please keep stats in your State for Level 5 Beam times. Do two different Categories, one for qualification meets/Invitational and the second for State meet Categories. If you can try to keep statistics for all levels 4-5. There is a target date for January 2007 or March for those States with spring compulsory seasons.

Thank you note from Deb Kornegay

Dear Mary Ann
Alabama NAWGJ,
Thank you so
much for the beautiful
flowns. The shoulder
gels better everyday
And I hope to be back
judging soon.
I appreciate you
thinking of me.
Deb



Carol Smitherman
205-260-0323 Cell

Address Book Changes

Gayli Craver
128 Spearpoint Lane
Meridianville, AL 35759
256-828-1003 Home
256-313-2869 Work Cell
256-503-8595 Cell
Gayli.craver@us.army.mil
jeffcraver@bellsouth.net

Sheryl Dundas
Premiergym@bellsouth.net

Amy Arnts
arntsa@bellsouth.net

Kelley Wriston
2998 Ross Clark Circle
Apt 57
Dothan, AL 36301

CONTRACTS

The majority of the contracts have been sent out for the optional season. Several of the contracts are still out. Please take the time to visit the web site regularly and either accept or decline your contracts. When you hold off signing a contract you place the burden on the meet directors and the assigning agent of looking for another judge. Contracts are sent to judges who are requested by the Meet Director and judges who have indicated availability for the specific meet. When contracts are accepted or declined in a timely manor the problem of finding another judge is diminished. If you do not accept a contract by the acceptance date your name is removed from the meet and another judge will be assigned. Although you may not have a contract at the present time you may still be offered a contract at a later date for meets you have indicated availability.

CONGRATULATIONS ON NEW RATINGS:

Jarrett Ezell Level 10
 Ashleigh Kelley Level 10
 Sharon Griffin Level 8

We now have 21 level 10 and above judges in Alabama, Great job judges.

CONGRATULATIONS NEW ALABAMA NAWGJ BOARD MEMBERS

The new Alabama NAWGJ Board Members took office July 15th. They already have one Judges Cup behind them and are working hard on the Optional Judges Cup in December.

Please feel free to contact these members if you have any concerns or suggestions. The AL NAWGJ Board's next meeting will be the weekend the State Compulsory Meet.

Annette Burgin	Hospitality
Kelly Hill	Web Site
Diane Peeks	Newsletter
Maria Ross	Fund Raising
Wendy Seabrook	New Judge Coordinator
Phyllis Thompson	Membership Coordinator

Policies concerning the development and running of the judges in Alabama are coordinated by this board. Although each has an area of responsibilities they help with other work on each of your behalves. Please give them support and let them know what you feel needs to be looked at or changed for next year. Each of these judges works hard to continue to improve, implement and represent you while serving on the AL NAWGJ Board.

Clinics attended:**National Congress – St. Paul, Minnesota**

Mary Lou Dillard
 Debby Kornegay
 Mary Ann Wallace

9, 10, & Elite Training Camp – Atlanta, Georgia

Mary Lou Dillard
 Jarrett Ezell
 Tammye Goehring
 Kelly Hill
 Debby Kornegay
 Stephanie Kuhlmann
 Heather Newman
 Diane Peeks
 Maria Ross
 Wendy Seabrook
 Phyllis Thompson
 Mary Ann Wallace

UNOFFICIAL

The WAG (Women's Artistic Gymnastics) sessions were presented from the coaches and judges point of view this year. This format was very informative. As judges, many of us do not coach so listening to the coaches thoughts, drills, and prospective were helpful with fully understanding specific skills. Below are a few notes I hope will be helpful:

Connie Maloney & Tom Koll JO Update

- The Meet Referee is the liaison between coaches and judges
- A Meet Referee should never be a part of determining a score for a gymnast since she did not judge every routine during the session
- The new "Inquiry Change" where a coach is allowed to inquire the lowest event score at end of the meet:

1. Only when All Around is .10 or less short of qualifying to state or regionals
2. DOES NOT apply if qualification is by % or designated number per age group
3. This new change was not designed to bump a gymnast out of ranking
4. Any change in score must reflect in the awards given – you are not permitted to change a score without changing the score in the computer

• Level 4 Mount

1. Additional surface for mounting must be pulled after the gymnast leaves the mounting surface. The gymnast lands the end of the glide on the mat surface.
2. If mats have been added to facilitate a smaller gymnast and eliminate moving the bars these mats are not pulled.
- Level 4 Small Cast
1. If the gymnast is unable to perform the small cast immediately after the front hip circle deduct .30
2. Do not deduct for extra swing if you take the .30 deduction for not connecting the small cast to front hip circle
3. Gymnast should be instructed to not perform the small cast since they are

- already receiving a deduction for the element
4. If a gymnast does a double pump to perform shoot through take a rhythm deduction not an extra swing
 5. If legs move around in support take a rhythm deduction

• Clarification on Value Parts and Falls

1. New clarification on what part of the foot must touch to receive value part credit – this is not a change – when landing on the top of foot the value part is not given. Some coaches argued that the statement in rules and policies did not state what part of the foot contacted floor to receive credit so the top of the foot was okay

• Optional Beam

Full turn with leg horizontal #3.302 – If free leg is between 45° and horizontal is devalued to a "B" value (used when gymnast can not keep leg above horizontal)

- Guidelines for arm bend deductions:
 1. The deduction for arm bend is up to .30
 2. Deduct the full .30 when the arm(s) is (are) bent at 90°. Use the lower deduction according to the degree of bend of the arm(s).

• Optional Beam Dismounts: Clarification

Gymnast does a round off and jumps off pf beam

1. Deduct for no Dismount -.30
2. Deduct for Special Requirement -.50
3. DO NOT deduct for fall

• Level 7 Changes

1. Straddle jump may be performed at level 7 and count as a :B: element
2. Double turn on floor may now be performed at level 7 and count as a B element

• Dance

1. The deduction for elements per-

formed of the same shape more than 2 times has been clarified and identified

2. More than 2 tuck or wolf skills performed in a routine receives a .10 deduction
 3. More than 2 straddle jumps receives a .10 deduction
- Both deductions would be taken if both groups exceed the acceptable number

• Gainer Dismount from end of beam

1. Up to .30 deduction if gainer does not rotate back into the beam
- Many gainer dismounts rotate off the side so the directional action is not correct

Level 8 Bars

#7.310 (sole circle on LB to flight to HB – Chinese Sit Up) counts as one element will not fulfill both circling SR

Beam Connections – Char Christensen & Laurie Reid

- If any part of top of beam touched by foot give credit
 - Landing of dismounts and acro elements must be the bottom of foot landing for credit to be awarded; not top of foot
 - If landing is on hands and feet at the same time give credit for value part but deduct for fall and execution
 - If hands brush or touch mat on dismount deduct up .30 (no support)
 - Switch side + ¾ turn is a Sweeten – Looks like a full turn
 - Full turn with leg above horizontal – 1/8 into turn and 1/8 end of turn leg doesn't have to be at horizontal – description of requirement says majority of the time the leg must be above horizontal (p 137)
- Acro Series – look for the movement of the chest, don't focus on arms

Evaluating Level 7 & 8 Bar Skills – Carol Bunge & Don Houston

- Glide kip – look for full extension on glide

- The kip needs to end on top of the bar to eliminate arm bend
 - Clear hip circle requires a 45° angle to receive “B” value part
 - Finishing clear hip at horizontal deduction .20
 - Jump from LB to HB deduct up to .10 for loss body or bent arms
- Straddle back – is the depression of the HB to help with movement over LB, don’t need to arch to get over

Optional Bar Releases & Pirouettes – John Geddert & Patty Panichas

- Turns and releases are part of the preceding skill or connection
 - Chinese Sit Up – head should be at the height of the HB. If gymnast catches the HB with her body under the HB there won’t be any swing and therefore no amplitude
 - Schaposhnikovia – back wing must go to horizontal (.10 deduction)
- Tkatchev – want to see a bridging action to stop the backward action. It arch should be very tight.

Artistry: How to Teach It and How to Deduct For It – Tom Koll & Cheryl Hamilton

- Separate the gymnast that performs and executes well versus the gymnast who does a clean, solid performance but will basically put you to sleep
- 3 categories (can only deduction up to .10 for each category)
 1. quality of movement to reflect the gymnast personal style
 - music to go with gymnast style
 - music to go with gymnast size
 - choreographer designs a beautiful expressive routine but gymnast just moves with no expression
 2. originality of choreography/ combinations/connections
 - no overuse of certain movements
 - want variety of different movement
 - many gymnast have a signature skill example-Terin Humphrey what do you think of when you hear her name – wolf triple turn on beam
 - don’t do what is predictable especially with simple moves – make more interesting
 3. quality of expression/focus/emotion

- because a gymnast smiles does not mean she has expression
- express with face but also with body
- never say to coach she never smiles – that is not the only way to show emotion
- light, fun music should be fun and funny with emotion
- beam is harder so use body movement to show expression
- there are born performers, the others have to be taught to show emotion

Balance Beam

- More difficult for gymnast to convey artistry for many reasons
 1. usually extremely nervous
 2. gymnast is concentrating on her tricks
 3. the enhancement of music is not available
 4. gymnast does want to be artistic

What should or does a judge look for – There are some compositional areas that affect artistry.

- Variety of level change – show level change not just down one and move back and forth on beam – does not show variety of movement
 - Could add a little plie and up on toe
 - Don’t just sit down and stand up – must fit routine
 - Variety of facial expression
 - Variety in the quality of movement (i.e. sharp, smooth, pendulum, circular, angular)
 - Variety in the direction of the movement – if always see back of body it affects the judges artistic view
 - Rhythm changes – like a play not a monologue – not like a monotone
- Focus changes – could be diagonally, not just forward or sideward

Floor Exercise

- Floor is where personality of gymnast must shine
- Main difference between beam and floor is the addition of music. The music should enhance the performance. Gymnast should work with the music not ignore the music
 - ⇒ quality of expression

- ⇒ originality of connection
- ⇒ gymnast should not be running across the floor when there is a long held note
- ⇒ have a gravel section when they can take a breath – a breather but not stop in corner and breath hard

What does judge or should a judge look for

- Same as beam
 - Interpret music
 - Movement must fit music (Her choreography, quality of movement, and expression must fit the music)
 - Judge does not have to like the style, it is the gymnast who must sale it
 - Judges dislike of music or style should NEVER play a roll in determining the artistry
- Same movements for same specific style music

Technique on Floor Dance – Linda Johnson & Audrey Schweyer

- Motion Evaluation
 1. Posture alignment
 2. split degree
 3. Amplitude
- Even turns need amplitude – how high in releve?
- How they get to releve to see what’s going on in turn

Tips

- Dance level may not match level of tumbling
- Focus on poor support – strong in core muscles
- Simplify
- Teach in sequence until have accomplished arm movement or leg movement. When they are comfortable put together
 - Posture and alignment are static and dynamic – there should be a plum line form ear to shoulder and should not have curved back
 - Chest forward on leaps is poor body alignment – watch for chest moving forward on first step
 - Plie is the process of bending, not a skill

- Releve is the process of rising, not a skill
 - Turns come from ankle not shoulders
 - Pushing off the foot is what propels you forward on leaps
 - Leaps come from ankle not arms
 - Turning the foot out helps with alignment – when the leg is straight with the ankle side to side throws the hop out of alignment
 - The second jump skill should be like a tumbling series, the second or last element should be faster (more dynamic) than the first skill
 - The tuck jump should have two 90° angles – one at hip and one at knee
 - Cat Leap – both legs should be in 90° angles at the same time at same points. Diamond shape is recommended not a mandatory leg position. The legs should turn out.
 - If the legs are in diamond shape the gymnast will rotate slower Watch for a dangling leg.
-

**REGION 8 TRAINING CAMP (9, 10 & ELITE)
STATE JUDGING DIRECTOR'S MEETING
OCTOBER 7, 2006
ATLANTA, GEORGIA**

- Many of the sessions are repeats from Region 8 Congress because so few judges attended.
- Uniform update:
 1. Jean DeArmon found this uniform which is worn by one of the airlines
 2. This uniform is the same color but better material (NOT A CHANGE IN COLOR OR STYLE)
 3. Sheila Ragle, RJD has done a lot of work to check on the uniform, obtain samples, meet with company
 4. Each SJD will receive an email from Carole Ide to see what our needs are for new uniforms so the company will know how much material to order
 5. 2 styles of slacks – one with flat front (no pleats) and the other with pleats, elastic waist inserts, and lined to the knee – no petites but will special fit short people
 6. Skirt is between an A-Line and a straight shape
 7. Goal is to have a “fit line” for judges to try on at National Judges Cup
 8. Each judge will be able to order to fit
 9. All orders will be done on line
 10. If in stock items will be shipped between 24-48 hours
 11. Midway, our supplier now, called to say they had to change the jacket – this is the 3rd time they have made changes to the uniform and the material is not the quality we started with
The new company makes a sleeveless tunic that MAY be considered for approval as part of the uniform

- **Marian Dykes**

In-Gym-Experience cards are not the correct year on the web site but will be corrected immediately. If you are already using a card date from last year just change the year.

CPE – if a judge has more than 20 hours (level 10) list all on the CPE Cumulative Record and then carry over. These carry over hours should be listed first on the next years Cumulative Record. If a judge is short hours for a year use the first hours you receive in the next clinic attended. If any remaining hours place on the current years record.

- **Sheila Ragle**

1. When using NAWGJ funds for judges the SJD MUST publish the guidelines to qualify. What an SJD does for one judge must be available to all judges in your state. If you provide food for a board meeting make sure that all members of the board are contacted. If the SJD is traveling to an event and judges ride with her, those judges should pay their portion of the gas. If you support the Brevet and National judges during their certification make sure to publish.
2. If you pay a judge more than \$600 during a year for Judges Cups you must file a 1099. If you are reimbursing a judge for expenses using money in your account set aside for their work at Judges Cups make sure you have the original receipt for the IRS.
3. Need to contract your judges for Judges Cups since this will cover them for insurance protection
4. Level 7 team – NCAA ruling is that no money can be paid to the gymnast or the gymnast parents. All other expenses we have provided are okay.

NOTES FROM 9, 10 & ELITE TRAINING CAMP

The following notes were taken by the following judges who attended Training Camp in Atlanta in October. THESE NOTES ARE **UNOFFICIAL** but felt they would be beneficial to the judges in Alabama who were unable to attend. The judges who sent their notes were Jarrett Ezell, Diane Peeks, Maria Ross, Wendy Seabrook, Phyllis Thompson and Mary Ann Wallace

Rene Nicolai talked about floor dance and artistry.

When evaluating artistry, Rene asked us to look for the gymnast's projection, focus and expression throughout the exercise. The gymnast's projection should begin with proper body posture and the ability to captivate the "audience." Next, the gymnasts should keep a focus that is generally up and away from the floor, unless the choreography intentionally requires otherwise. We were also asked to consider the gymnast intent. The judge shouldn't have to guess what dance combination the gymnast is trying to perform. The gymnast should be able to maintain proper posture, projection and focus during difficult gymnastics series giving a feeling of effortlessness.

The gymnasts working on floor dance made a noticeable improvement by the end of the lecture.

FX Dance-Rene' Niccolai

All dance should: 1) never feel inhibited 2) work on toes 3) have focus---*this pertains to actual dance skills (ie. jumps, leaps, turns) as well as choreographed movements in routine.

Tour jete', switch and switch side: all should show first leg position before switch, should face forward on take off, and have a "WOW" factor. Otherwise incomplete element deductions would apply.

Focus and foot form should remain constant during prep moves...(ie. chasse' in preparation of leap, etc.)

Jumps should show and maintain straight line from top of head to base of spine.

Gymnast should use quads and arms to lift in a leap – not shoulders.

Turning jumps- watch arms and torso as well as feet for cues to short landings or lack of exactness.

Diamond shape of legs should be maintained from beginning to end on all cat leaps.

Floor – Dance: Rene' Niccollai

*For jumps, plie' with butt under not stuck out

*On switch side, the gymnast must begin the switch forward before
Turning

Uneven Bars- Gene Alexin

Watch head alignment as well as bodyline. Head out is an indication of later body posture faults. Gymnast with chin back (military chin) generally have better lines.

Straddle cast to hand, uprise to hand, front giant with ½ turn (straddled), stalder to hand, toe shoot to hand ---body line easy to be deceiving- remember line from shoulders to lowest body point...feet may be at vertical...but depending on body position (arched/piked) amplitude may be deficient.

Bail (long swing forward ½ turn over low bar)... there was discussion about the coaching technique of having gymnast to release one hand before the other as a way to facilitate the turn especially when attempting a bail to hand. I wasn't clear on the results but didn't see a problem with slight alternate release provided the skill was recognizable. All the deductions I found regarding turn didn't seem to apply to this skill.

Salto dismounts with twist---applying the same coaching principle as mentioned above to these skills would result in insufficient twist deductions...much like a short jump on BB and FX that is cheated at the beginning of the jump.

Invert giants- easy way to recognize the grip is to look at elbows and shoulders...they appear greatly rotated...easy to recognize using this principle.

Differentiating ½ pirouettes- 1) Blind change and cast to hand with inward ½ turn only have one hand movement during which the gymnast turns to reverse grip 2) Cast to hand ½ turn and giant ½ turn (that doesn't continue over the bar)...look for two hand changes and pay careful attention that the turn is completed within 20 degrees. Very important in Level 9 ...common bonus connection...handstand half to bail and giant ½ to bail...very easy to lose too much deduction to award bonus.

Healy's are back.... NCAA rules revalued them...now "D"...only in college. However, in preparation for college careers...many gymnasts are using. Watch bodyline and angle.... very difficult to Healy without incurring angle deductions.

UB Release Moves – Judging Amplitude: Cookie Batsche

The following deductions were used at J O Nationals this spring:

*Must have a forward circling or forward release skill, if not, .05

*If both release moves are between the bars, .05 deduction

*If the gymnast does a flyaway double tuck, deduct .05 (under Progressive Distribution)

The most frequently performed release elements were

C release – Chinese Sit Up, Bail from Handstand, & Hop in Handstand

D release – Bail to Handstand

E release – Piked Jaegar

*Overshoot after a D or E release is valued at C even though the overshoot isn't coming from a handstand

*Geinger comes from back giant, ½ twist w/ back salto in pike position (like flyaway ½ twist grab the bar)

*Deltchev comes from back giant, ½ twist w/ back salto in tuck or straddle position, often starts in a mixed grip (Same as a Geinger but different body position)

*Jaeger comes from front giant, front salto

*Comaneci comes from cast then front salto (E)

*Bullock comes from counter swing then front salto (D) [swing forward, Swing backward, front salto]

*Chinese Sit Up comes from a back swing so is not a front release move

Cookie Batsch - Uneven bar release moves.

Must have front grip on front release, if not deduct .05

Geinger – Back giant ½ turn with back salto

Jaeger – From front giant – front salto

Delchev – Front back giant ½ turn with back salto in tuck or straddle position. Often starts In mixed grip.

Comancei – cast front salto (E)

Bullock – swing forward, swing backward front salto (D)

The Bullock and the Comancei look very much alike.

Dismounts – Double back tuck take .05 under progressive distribution.

Bars Twists and Turns: Brad Harris & Marian Dykes

*Outside turn – back leads

*Inside turn – stomach leads (blind change)

*If the gymnast turns the hand late, they will finish the pirouette late.

*1/2 pirouette has 2 hand changes, 1/1 pirouette has 2 hand changes,

Blind Change (giant ½) has 1 hand change (from regular to reverse grip. Gymnast rotates around the 1 stationary arm

Balance Beam – Tumbling: Carole Ide

Carole Ide was joined by many judges and coaches for her clinic on evaluating balance beam tumbling. She suggested that prior to judging Optionals, it might be beneficial to choreograph a “pretend” Level 10 beam routine on paper. Are your acro elements up to the level of competition? Our standard should be a beam routine we might see at Level 10 JO Nationals. The deduction for acro elements not up to level of competition is “up to 0.20”. In addition to this deduction, we should also look at the amplitude of the acro element. We have an “up to 0.20” deduction for low acro elements within a routine. We will most likely see a lot more side aerials, due to their Value Part increase to a “D”, and hopefully more straight body layouts to two feet (E). Carole stressed that these two particular elements should have plenty of vertical rise of the gymnast's center.

Speaking of aerials, do you know the difference between a side aerial and a side sommie? Well, they both have the Value Part “D”, but the body position in the air and the landing on the beam are very different. A gymnast's hips should stay straight in the air and on the landing for a side aerial and the hips should start straight and land facing in the cross position on the landing for a side sommie. Carole suggests that we pay close attention to how the gymnast passes through the air for our evaluation of these Value Parts.

Don't we love to see “BIG” tricks on the balance beam? A back layout landing on two feet on the beam is an “E”. Carole mentioned that the gymnast should maintain a vertical body position in the air and then is allowed to pike on the landing. This element would receive Value Part credit if vertical is maintained throughout the majority of the skill. In addition to this element, a “BIG”, popular dismount is the gainer salto off the end of the balance beam. We are encouraged to watch for good amplitude and proper directional landing on the mat. Is the gymnast “cheating” the landing? If you believe she is, there is an “up to 0.30” deduction you can apply.

Thank you to Carole Ide for a very informative clinic on Balance Beam tumbling. Not only did we gain some valuable information on how to judge the “BIG” air skills, we also got to see some very talented gymnasts perform them.

Balance Beam – Tumbling: Carole Ide

- *Verbal cue gets no warning, automatic deduction
- *Elements with hold can be used as part of series, but must be the last element
- *Level 10 must have C dismount (a C acro or dance elements connected to a B dismount will also fulfill SR)
- *Must have a front/side element and a back element, if not 0.1 deduction. If it is in the dismount, .05
- *Distribution is ^0.1
- *Acro not up to Level of competition is 0.1 (Use the highest level of competition possible to determine. Example: Level 10 would be Nationals, Level 8 would be Easterns)
- *Aerials & Saltos on beam – height is ^0.2
- *Salto dismounts – height is ^0.3
- *With a spot of the dismount before the landing deduct: .5 for the spot, gymnast receives no VP or SR. Do not deduct .3 for no dismount because one was attempted
- *BHS ½ to HS (C), BHS ¾ to HS (D) do not have to be held but must show vertical to get credit
- *Must get 1 foot **ON the beam** to get credit for a skill
- *When determining the difference between a side aerial (D) and a side Sumi (D) look at the upper body. Side aerial the chest is out and Side Sumi the shoulders are rounded

Joan Gnat – BB Dance

Brevet for 20 years

Poor posture is the biggest pet peeve on beam.
Most gymnastics lacking hip strengthening.
Teach them to use leg muscles for straddle jumps.

Judges need to expect perfection in posture and alignment.
Expect and they will achieve.
Gymnast needs to block, bend, push to get rise.

Turns with leg extended becoming very popular.

Tuck Jumps
On a turning tuck jump if the lead arm drops then they usually cheat the turn. Both feet must be forward.

Silivas mount can count as sideward.

Beam – Dance: Joan Gnat

- ***Watch the posture!!
- *Dance Series is no longer a SR but is 0.2 under composition
- *Full turn leg high is now a B is the leg is below horizontal but above 45°
- *Full turn leg high (at or above horizontal) is a C
- *Full turn with leg in attitude position (below horizontal) is a B. To get C credit, the knee must be hip level or above
- *If you see arm drop into jump turn, it looks like cheating (it's not incorrect technique). Watch for feet scooting. On landing, feet must be forward. Watch hip/shoulder alignment.

Connected Saltos: Brad Harris

- *Because Front Layout 1/1 + front tuck is now C + A it only receives +0.1; therefore it is hard to get tumbling bonus. Coaches are now looking to connect a “B” (whip ½) with another skill.
- *Body position out of whip ½ is same as that out of a front handspring so you are increasing your chance for bonus
- *The body must be hollow in order to twist and arched in order to do a Second front salto

Connections on Beam – To give or Not to Give: Rene' Niccollai

- *On the front pike mount (E) the legs will not be completely piked because the gymnast must bend them to land
- *The Yang Bo (E) – is over split (more than 180°)
- *On the Full twisting BHS swing down, the turn needs to be complete with shoulders square to the beam. Most finish it with elbows as they complete it (they are twisting into the beam instead of twisting and then landing to begin the swing down)
- *Should never see the butt out on any landing. If landing in side position, it & the shoulders will have to counterbalance but it won't be stuck out)
- *On the Switch Ring, make sure the leg doesn't drop on the front side when the ring portion is performed
- *Arm circling does not break a series as long as the body continues to move
- *One Arm Back Handspring – if free arm-hand is down close to the beam one side of judges will see as a one arm BHS but the other side may not see the free hand

Rene – Connections on beam

- Front Pike (E) must bend knees to land on Mat
- Tuck Jump Full = D
- Split Full = E
- Yang Bo = E – Jump to cross split to above 180
- Switch half – E
- Switch to full twist BHS to swing down = C + D need to finish turn with shoulder straight with beam
- Full Twisting Suchonova = E
- Onodi – E
- Straddle Full = E
- Side Somie = D
- Switch Side – D
- Landing on leap to do jump – you must immediately take off.
- Landing on leap to do leap – a step is allowed for connection.

When Judging and Coaching Collide: Mark Robbins

- *Coaches want consistency
- **“Don't take it to Heart”
- *Remain calm during confrontation, it helps calm the other person
- *Different types of personalities:
 - Task Focused
 - “Get it Right”
 - “Get it Done”
 - People Focused
 - Want Approval “Get Along”
 - Want Attention “Get Appreciated”

*Dealing With People You Can't Stand by Dr. Rick Brinkman and Dr. Rick Kirschner - a book that helps you understand how to deal with people with a conflict arises

*The Four Agreements by Don Miguel Ruiz

Unusual Judging Situations: Marian Dykes

*CPE

- Level 10 must have a minimum of 20 hours, 10 must be clinic
- June & July can count toward either previous year or current Year

-On the Cumulative Record the first line should be carry over hours

-Can get validation sheet off of the USAG web page

-The most In Gym hours you can have is 6

-Some states require judge to turn in both the Cumulative Record and the validation cards (check with your CPE Coordinator)

-The National Office (SAG) has said they will audit one judge from each state as a spot check. Judge will receive a letter requesting copies of the judges CPE credits

*In Gym Card for Regionals

-9 additional hours to the CPEs

-can only get credit for 3 hours at a Regional Training Camp

*In order to change a score once it has been submitted (submitted is considered to be once you have signaled the next gymnast), an inquiry must be submitted by the coach

***Unprofessional for judge to tell a coach to turn in an inquiry**

*Inquiry – “Please reconsider, Jamie needs 0.2 to qualify for State” now only at Sectional meets (not available @ meets that allow a percentage or certain number of gymnast), if the gymnast only lacks 0.1 to qualify, the coach can inquire her lowest scoring event within 5 min. of the completion of the meet. If

they have already inquired at the lowest scoring event, they can't do it again.

-Inquiry should never state what the gymnast needs from the inquiry

*Free copy of the current **Rules and Policies** can be ordered on line.

*Be respectful of COACHES and judges. This was the biggest complaint last year – when judges talked “down” to the coaches

*Matting requirements are in Rules & Policies

- changes are in bold

- compulsory & optional are different

-everything must be pulled

-can only use a manufactured mat, board – “Mount Trainer” is OK. Cannot use preschool board

-Cannot use an incline mat nor can the board be inclined (off the edge of the mat

-0.3 deduction without warning if using illegal matting. If you see it, as a courtesy you can tell the coach

-2006 sting mat may be used on board entry on vault.

-2007 manufactured vault mat will be the only mat acceptable

*On landings, if the hands and feet arrive simultaneously, you now can make a judgmental call and judge it.

*Broken Grips: The Chief Judge or Meet Ref. must physically see that the grip is broken – coming loose does not constitute broken. It must be physically broken. The athlete is allowed to repeat from the point of interruption, repeat the entire routine, or accept the score.

*Camera Flashes: The meet director can take a camera & hold it if flashes continue. As judges, we can do nothing about it other than notifying the meet director.

*No rules concerning noise makers.

USAG MEMBERSHIP CARDS & CHANGE INFORMATION

USAG is no longer mailing your membership cards when you renew your professional membership. You can request USAG to email you card to your email address. Below are the directions to obtain your card and change information:

USA-Gymnastics.org

Click on Member Services on left side of home page

Click on How to Page on left side of Member Services page

Look for HOW TO RE-PRINT YOUR MEMBERSHIP CARD

Follow directions and your card will be emailed to you

If you need to change your information:

Follow above directions

Click on HOW TO CHANGE YOUR ADDRESS OR CLUB AFFILIATION ONLINE

Follow directions

All information can be changed at this time

It is your professional responsibility to make sure your information is changed on the USAG web site. When you receive your card by email, download the card and keep in our documents. You can email Phyllis a copy of your card which should make keeping your personal profile much easier.

**NAWGJ TRI- ANNUAL FINANCIAL REPORT
MARCH—MAY 2006**

INCOME		EXPENSES	
Judges Cup	\$ 75.00	Judges Cup	\$ 178.74
Assigning Fees	\$ 93.00	Travel (Director/Board)	\$ 655.39
		Airfare/Mileage	\$ 173.50
		Other	
		Postage	\$ 18.82
		Telephone	\$ 334.63
		Promotional Items	\$ 317.50
		Educational	\$ 250.00
		Memberships	\$ 190.00
		Other Expenses (Specify)	
		Banquet	\$ 482.00
		Gifts Given	\$ 44.15
		Level 8 Regionals	\$ 1,011.65
		Newsletter	\$ 108.95
TOTAL IN-COME	\$ 168.00	TOTAL EXPENSES	\$ 3,675.33

**NAWGJ TRI- ANNUAL FINANCIAL REPORT
JUNE—OCTOBER 2006**

INCOME		EXPENSES	
Judges Cup	\$ 31,620.00	Judges Cup	\$13,427.47
Assigning Fees	\$ 648.00	Travel (Director/Board)	
Fundraiser—Other		Airfare/Mileage	\$1,111.76
Other Income-specify		Housing	\$780.86
Reimbursement	\$ 4,783.35	Meals	\$247.85
Donation	\$ 16.00	Other	\$320.00
Optional Judges Cup-2005	\$ 1,635.00	Postage	\$101.24
CJC Change	\$ 488.14	Operating Supplies	\$1,379.11
Refund	\$ 350.00	Telephone	\$487.97
		Promotional Items	\$180.00
		Educational	\$4,733.03
		Memberships	\$1,545.00
		Other Expenses (Specify)	
		Board Meetings	\$218.92
		Gifts Given	\$509.50
TOTAL INCOME	\$39,811.69	TOTAL EXPENSES	\$25,042.71