

NAWGJ NATIONAL NEWSLETTER



A Publication of the National Association
of Womens Gymnastic Judges and Coaches

FALL, 1985
Vol. 8 No. 2

NAWGJ GOVERNING BOARD

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REGIONAL JUDGING DIRECTORS

- | | |
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EX-OFFICIO

- | | |
|----------------------|--|
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NAMGJ GOVERNING BOARD MINUTES

September 27, 1985
St. Paul, Minnesota

I ROLL CALL

National Director	Dale Brown
Secretary/Treasurer	Betty Sproule
Administrative Assistant	Mary Van Grinsven
Region I	Betty Crowley
Region II	Absent
Region III	Carole Bunge
Region IV	Mary Ann West
Region V	Donna Trevethan
Region VI	Lois Carlson
Region VII	Cheryl Hamilton
Region VIII	Absent
Judges Training Newsletter Editor	Sharon Valley B:30-12:00
Symposium Director	Char Christensen
Symposium Assistant	Dr. Mary Mclellan (present for her report)
Symposium Assistant	Dr. Sandra Price

II APPROVAL OF MINUTES

M/S/P The July 12-13, 1985 minutes were approved.

III DIRECTOR'S REPORT

- A. Congress
Dale Brown reported on all committee work at Congress and discussed pertinent issues.
- B. Fee Structure
A new NAMGJ Fee Structure was approved by USGF at Congress and will be implemented at all meets serviced by NAMGJ starting January 1, 1986.
- C. Insurance
Our current insurance policy will expire January 1, 1986. Bayly, Martin & Fay are currently searching for a prospective insurer for NAMGJ and USGF.
- D. Yearly Report
A written yearly report summarizing NAMGJ's activities for the 1985 season was given to all RJD's and will be sent to all SJD's.

IV SECRETARY/TREASURER'S REPORT

Betty Sproule reported the new membership renewal program initiated by her office is producing positive results.

- M/S/P The National Secretary/Treasurer will purchase a hard disk drive for the IBM PC.
- M/S/P The NAMGJ 1986 National Budget was accepted as presented.
- M/S/P The use of Visa/Master Card will be available for NAMGJ uniform purchase (full uniform orders only).
- M/S/P The cost of the uniform when using a credit card for purchasing will be \$145.00
- UNIFORM CLARIFICATION:
The men's uniform is: Official NAMGJ Blazer
grey slacks
white shirt

V JUDGES TRAINING REPORT

Sharon Valley reported on the renewed interest in completing the Judges Training Manual using the 1985-88 rules. Sharon also outlined additional committee work being done and the goals of the committee this season. Sanctions will continue to be \$10.00.

VI ADMINISTRATIVE ASSISTANT'S REPORT

- A. Form Revisions
The following forms are being updated: Judges Contract, Meet Information, Competition Agreement and Judges Evaluation.
- B. Judges Operating Guide (JOG)
The Judges Operating Guide is on schedule with a target date of January 1, 1986 to be mailed to every NAMGJ member.
- C. Yearly Statistical & Financial Reports
Written reports were presented. The reports were discussed and it was decided that the yearly financial report was no longer necessary. If information of this nature is requested, the National Secretary/Treasurer would be able to compile the needed data.

Statistical analysis by region will be printed in the fall National Newsletter. Individual state results were given to each RJD.

- D. State Governing Board Questionnaire Report
A written report was presented and areas of inconsistencies were discussed. A letter will be written and sent to all SJD's as a reminder of suggested guidelines and proper procedure.

CLARIFICATION:
All State Governing Board Members MUST be ELECTED to SPECIFIC DUTIES.

VII SYMPOSIUM REPORT

- A. 1985 Symposium Report
Dr. Mary Mclellan presented a detailed written final report. Dr. Sandra Price presented a detailed written final financial report.
- The 1985 Symposium was the most successful ever with new areas of interest developed. The NAMGJ Research Unit will be pursued again at the 1987 Symposium. Many thanks are extended to Mary and her staff.
- B. Future Symposiums
Site selection for the 1987 Symposium is well underway and Dr. Mclellan will keep us updated when details are finalized. Several sites are being considered.
- Bids are being accepted for the 1989 Symposium. Please contact Dr. Mclellan for a Bid Form if you are interested.
Dr. Mary Mclellan
129 Mitchell Hall
UW-La Crosse
La Crosse, WI 54601

VIII NATIONAL NEWSLETTER EDITOR REPORT

- A. Editor's Report
Char Christensen presented a written report on possible publishing companies in Ohio. Price quotes and options in printing were discussed.
Char also discussed pursuing advertisement possibilities. She will draft a RATE CARD brochure and send it to the board for approval.
- B. Newsletter Format Committee Report
Mary Ann West gave a written committee report with recommendations for format revisions. Discussion pursued and areas for revision were outlined for a trial in the fall and Winter National Newsletters.

C. Regional Editors Chosen

One Editor per region was selected to serve on the Publications Committee, chaired by Carole Ide. This committee will seek out contributions for the National Newsletter. The following individuals were selected:

- Region I Sandy Ferson
- Region II Judy Neisstein
- Region III Mary Lee Martin
- Region IV Robin Ruegg
- Region V
- Region VI
- Region VII Shirley Tranquil
- Region VIII

IX MEMBERSHIP OPTIONS

Mary Van Grinsven presented a committee report which resulted in the following new options:

M/S/P The following types of memberships be implemented and the information be placed in the NAMGJ Constitution and Operating Code.

Professional Membership \$45.00
Apprentice Membership \$30.00
Associate Membership \$25.00

*Maximum of 1 year-new members ONLY.

The respective distribution of fees is as follows:

Type	State	Region	Liability	Newsletter	National
PRO	\$5	\$12	\$7	\$6	\$15
ASSOC	\$5	\$5	—	\$6	\$7
APP	\$5	\$5	—	\$6	\$7

M/S/P The distribution of these funds will begin with the second period report.

M/S/P New fees are effective with membership renewals dated from January 1, 1986.

10889

It was requested by USGF that NAMGJ review the USGF guidelines for assignment of judges and offer recommendations for change. If any comments are to be sent to the NUD by November 1, 1985,

XI NCAP

All judges requested for Division I Regionals and National assignments have been finalized. The NUD will send a finalized list to NCAP and the National Governing Board, when complete.

XII CONSTITUTION

Mary Van Grinsven, Constitution Committee Chair, reviewed areas of the constitution for possible revision.

M/S/P The following statement be added to the Operating Code, P.7 under Duties of the State Judging Director:

Attend all listed meetings and present, discuss and vote on pertinent issues. Failure to attend two consecutive Regional Board Meetings shall constitute an automatic suspension. A proxy will not fulfill the attendance requirement, however, a proxy must be sent and must be approved by the Regional Judging Director.

XIII ELECTION GUIDE

M/S/P National Newsletter Editor and State Governing Board Guidelines will now be included.

Copies of these will be sent to ALL NAMGJ Officers (National, Regional and State).

XIV NEW JUDGES PACKET

A committee was formed to compile a pamphlet that can be given to interested individuals that would answer basic questions pertaining to becoming a judge.

Chair: Lois Carson
Mary Ann West
Betty Crowley
Dale Brown

NEW BUSINESS

1. FEES
Issues were discussed on ways of recognizing outstanding individuals in NAMGJ.

II CORRESPONDENCE

A. Regional Concerns

Dale Brown outlined the system she will use when correspondence comes to her and it is directed to a regional concern.

B. Telephone Tree

A procedure for the National Governing Board to follow when information needs to be passed on quickly.
(NUD-AdAsst-Sec/Tres-1-II-III-IV-V-VI-VII-VIII-NUD)

C. USGF "Home Wats"

The USGF "Home Wats" Program was presented and encouraged. Information should be disbursed to membership about the availability and benefits to gymnastics in the United States.

III 1986 GOALS

-Distribute Judges Operating Guide to every member
-present a "New Look" to the National Newsletter
-create a New Judges Pamphlet
-promote advertisement in the National Newsletter
-RECRUIT NEW JUDGES

IV "CONFLICT OF INTEREST" PROBLEMS

Dale Brown will look into possible conflict of interest problems when holding positions in two different gymnastic organizations and report to the National Governing Board.

NEXT MEETING July 1-3, 1986

Colorado Springs, CO

M/S/P Meeting adjourned 6:35 P.M.

Respectfully submitted,

Mary Van Grinsven

NAMGJ Administrative Assistant

Mary Brown

NAMGJ National Judging Director
October 1, 1985

HIGHLIGHTS ON JUDGES CERTIFICATION*

by

Varina French - Certification Coordinator

All Judges may judge on current (1980-85) ratings until December 31, 1985 however their eligibility to judge meets will be after all current rated (1985-89) judges have been assigned.

Judge candidates may test two times each year to pass any one exam. Form A is always taken for the first exam and Form B only when Form A has not been passed. This is true for each Certification year. The Practical exam (Film) may only be tested twice in any one Certification year.

Each level (I II III) has a different written optional exam.

All exams are rewritten each year and every January new exams are circulated to the test administrators with the previously used exams to be destroyed.

If a judge has not tested (attempting to renew or upgrade to a higher level by January 1, 1987, she/he will not be eligible for any level other than Class III or IV.

For the judge that has attempted to renew or upgrade their rating before January 1, 1987, but does not pass, he/she may continue to test at the highest level attempted until the end of the four year Certification period.

All rated judges must show their rating cards at the exam site. If cards are lost, send \$3.00 to Varina French, Certification Coordinator with a request for a duplicate card.

All candidates for a judges rating will, after testing, receive from the Certification Office a rating card to indicate that they passed the exams required in total. They will receive no other communication.

If an exam level is failed in part or in total they will receive a letter stating what part (the compulsory, or optional written, or practical (film) was failed.

If Active Status is not current a letter will be sent stating this and test results will be held in the Certification Office. (All Active Status should be current before any test is taken.)

A judge is not permitted to judge a USGF sanctioned meet unless he/she has a current rating card in hand.

The following list of test administrators are those who have been appointed to administer the Class I exam until December 31, 1985 or until another TA has been appointed in their place to facilitate the geographical location of test sites. These test administrators are subject to a change after the first of the year in order to coordinate with the proposed Class I Regional sites for 1986. A minimum of four Class I exams are to be given each year.

Varina French, Certification Coordinator, may be reached at the following addresses:

* Since Certification Meetings have taken place after this article was written, there may be some minor changes effective January 1, 1986.

4

From Apr. 1 to Sept. 30
R.R. 1, Box 245
Forest Grove, OR 97116
503 357-9151

From Oct. 1 to Mar. 31
P.O. Box 326
Borrego Springs, CA 92004
619 767-4331

Varina will be accepting questions regarding the Certification process and will be very happy to answer them through this newsletter. Please send questions directly to Char Christensen, Editor and they will be compiled and sent to Varina.

CLASS I TEST ADMINISTRATORS

REGION I

Dale Brown, 4761 N. Barton, Fresno, CA 93726 (209) 222-2757
Dawn Cattermole, 730 North 300 East, Orem, UT 84057 (801) 785-1056
** Varina French, Rte 1 Box 245 Forest Grove, Oregon 97116 (503) 357-9151
Joanne Pasquale, 1273 Stonehedge, La Habra, CA 90631 & 714, 738-3374
*** Judy Smith, 3380 D Northwood Dr., Concord, CA 94520 (415) 689-9779

REGION II

** Varina French, Rte 1 Box 245 Forest Grove, Oregon 97116 (503) 357-9151
Dale Kephart, 7821 Lotus Dr., Anchorage, AK 99502 (907) 243-8239
June Houghton, 16907 NE Davis, Portland, Oregon 97230 (503) 256-3426
Laural Tindall, Seattle Pacific Univ., School of PE & Athletics, Seattle, WA 98119 (H) (206) 771-7832 W (206) 281-2883
Pak Zak, 7119 Kukii St., Honolulu, HI 96825 (808) 395-7226

REGION III

*** Carol Bunge 10805 W. 73d Pl. Arvada, CO 80005 (303) 421-2654
Eleanor Kirby, 9944 E. 55th Pl., Tulsa, OK 74146 (918) 834-8964
Judy Mast, 1182 Laurel Loop NE, Albuquerque, NM 87112 (505) 292-0764
Darlene Schmidt, Box 605, San Marcos, TX 78666 (512) 392-6472

REGION IV

Linda Beran, 14942 Holmes St., Omaha, NE 68137 (402) 895-2410
Judy Grenfel, 467 Hillbrook Fr, Ballwin, MO 63011 (314) 227-8160
** Mary McLellan, 129 Mitchell Hall, Univ. of Wisconsin-La Crosse (608) 785-8182
*** Mary Ann West, Box 187, Maynard, IA 50655 (319) 637-2634

REGION V

Judy Dobransky, 3446 Gordon Dr., Sterling Hts., MI 48077 (313) 264-2047
Betty Heppner, 5115 East 79th St., Indianapolis, IN 46250 (317) 849-1557
Kathy Koeth, 515 Columbia Rd., Bay Village, OH 44140 (216) 871-1497
Vickie Munch, 303 N. Maple, Mt. Prospect, IL 60056 (312) 259-9570

** , *** Betty Sroufe, 2096 Rolling Hills Blvd., Fairfield,
OH 45014 (513) 829-5671

REGION vi

** Sue Ammerman, 97 Lionshead Dr. E., Wayne, NJ 07470
(201) 797-4166
*** Lois Carson, 68 Carlisle Rd., Westford, MA 01886
(617) 692-7595
** Linda Chencinski, 377 Randall Ave., Elmont, NY
11003 (516) 352-1049
Marilyn Cross, 203 L Springmeadow Dr., Holbrook, NY 11741
(516) 472-9117
Beth Evans, 62 Fairfield Terr., Longmeadow, MA 01106
(413) 567-6330
Pat Panichas, 149 First St., Hamden, CT 06514 (203)
787-3477

REGION VII

** Sue Ammerman, 97 Lionshead Dr. E., Wayne, NJ 07470
(201) 835-0113
Carolyn Edwards Rugloski, Rt. 1, Box 93-1A, Lovington,
VA 22949 (804) 263-5431
Cheryl Hamilton, 29 Upland Ct., Newark, DE 19713 (302)
366-8009
*** Carole Ide, RR #1, Box 812, Furlong, PA 18925
(215) 794-8796
Jennifer Spering, RD Box 264 Springhill Rd., Frenchtown,
NJ 08825 (201) 996-2894
** Audrey Schweyer, 1850 SW 17th, Allentown, PA 18103
(215) 797-4166

REGION VIII

** Delene Darst, 4842 Miller Farms Ct., Duluth, GA 30136
(404) 446-3888
Mary Lou Dillard, 1104 10th Ave., Jacksonville, AL 36265
(205) 435-4768
*** Rene Niccolai, 10955 NW 21st Pl., Coral Springs, FL
33065 (305) 755-0787
Hovlene Noble, Rt. 5, Woodcrest, Rd., Cartersville, GA
30120 (404) 386-0012
Elaine Thompson, P.O. Box 8304, Greenville, NC 27835
(919) 752-0778

** Judges Certification Inc. Members
*** Region Coordinator

JUDGING BETWEEN THE TUMBLING

Sue Sherwood
Coach and Judge at Pacific Elite Gymnastic's
Recorded by
Char Christensen - Editor
NAWGJ National Symposium

General - Tumbling and gymnastic judging is good, but
frequently doesn't judge dance well

New Code - emphasis is on dance more than ever, page 162.

Compositional Faults Appropriate for Dance

- .2 - one sided gymnastic connections
- .2 - insufficient use of floor area
- .2 - predominance of straight direction
- .2 - lack of passes - great distance
- .2 - insufficient change - level changes
- .5 - rhythm

Sue does deduct .1 each time they miss
a beat or music problem up to .5.

Notes

- Body wave so that entire trunk moves fluently
through some big movements. Body needs to
participate totally in some parts.
- Watch for lack of arm carry through out
of connections.
- Are they participating with music
- Count the music out 1-4, 1-6, 1-8 over
and over 8-10 times before you begin to
do choreography.
- Original directions: unexpected changes
are interesting.
- How are the dance movements connected to
acrobatics?
- Travel direction needs to change as well
as movements in place forward, backward,
sideward
- Dance needs dynamic changes, also.
- Distinguish between performance or just

Cues to Possible Problems:

- Did you feel "tired" at the end or
- Did you feel like it "never" got going?
- Did it end funny?
- Did the music and gymnast jerk you around
the room

Film Analysis

- Dynamic movement and slow contrasts are
excellently shown by Kathy Johnson. She
takes simple movements to fit the music
elegantly.
- Observing rhythm changes; if music changes,
so should the gymnast.
- Gymnast should portray the music in character
and show changes also. Gymnast can work
at half time and sue some stops to portray
effective visual effect.
- Dance should create illusion of enter-
tainment for the eye!
- Try to get the gymnast to rest in places
other than doing a boring body wave which is
too often repeated in the corner. Also,
attempt to get the gymnast to do more than
run to the corner before tumble.
- Julianne McNamara in film shows excellent
connections and good body lines throughout
with excellent direction changes and arm
movements which carry through with rhythm
changes.

- Technique - May step pique (straight) or demi-plie
(bent) but exact position needs to be shown.
- Watch foot placement exact, Ex. foot to
ankle; Ex. foot to knee and balance
 - Do spot the turns, mostly after each turn,
Ex. for pousse turn - spot full + full.
Ex. one and one-half turn - spot after
full and half turn.
 - Beam - easier if higher on toe.
 - Be as high on toe as possible.

Dance Drills

- Do body waves with fingers, arms, with trunk
- Hold onto bars or beam and do full body waves
- Quick sharp wrists as well as slow movements
- Attempt to make dance comments "objective"
 - when you need to critique:
 - Ex. not good connections from dance to acrobatics
 - Ex. not enough direction changes
- Gymnast older than nine years usually doesn't look good with seats in air for any undesirable pose.

QUESTIONS AND ANSWERS

by

Delene Darst - N.T.D.

Submitted by Kathy Koeth
USGF Region V Regional Director

1. Would performing a glide kip with legs straddled change the Compulsory mount? (For Opt'1.)
- A. No - if the gymnast did - straddle glide, cast, clear hip circle to handstand. If she did glide kip catch, that would be different, therefore, it depends upon what the gymnast does after the glide that matters.
2. Would changing the direction from which they mount change the compulsory mount? (For Opt'1.)
- A. No.
3. If a gymnast performs roundoff, back handspring, double back in pike position in her first pass, performs roundoff double back in pike position in her second, would she get .1 RV credit twice?
- A. No [Cannot receive RV twice for same skill.]
4. If a gymnast falls on her dismount, and does not attempt to dismount what are deductions?
- A. .3 - no dismount + value part if needed. Do not take .2 for no B dismount.
5. If a gymnast does no mount, what are deductions?
- A. .3 for no mount. Do not take .2 for mount easier than an "A".

Delene suggested that the "kickover" on beam be evaluated by the RTD. She indicated that if it is not listed as an element in the Code that it should be evaluated?

Timing on Beam: USGF Age Group Regulations will continue to time beam, and apply deductions as we have in the past

.2 Overtime
+ Value part if needed

Using a Personal Computer to Study for the Certification Exam

by

Robin Ruegg - Class 1 Minnesota Judge

Flash cards, study groups, mnemonic memorization--all tools we've used in cramming to pass the Class 1, 2, 3 or 4 exam. But in this age of computers, there MUST be a better way.

Did you know there are OVER 700 elements to memorize in the Code of Points? I don't know about your brain, but mine sure has a tough time holding all that information. That's why I'm using a personal computer to study for my judging test. (If only I could figure out how to have the computer take the test for me!)

I've used my personal computer a couple ways in studying for the exam. First off, I had the computer print out all my flash cards so I didn't have to hand write them all. (After all, I can't put a computer in my purse when I want to study during my lunch hour at work.) And secondly, with the help of my husband, I've programmed the computer so I can sit at the screen and it drills me for all the values of the elements. (And the computer is patient with me--something that's pretty hard for a human to be.)

I used an IBM XT computer with a DBASE II program to set all this up. (Others of you probably have a somewhat smaller or less sophisticated home computer--I'm lucky since my husband works from our home, we have top of the line equipment.) A brief description of how I used a DBASE II program to help me study follows.

DBASE II is a data base program with many options. What's a database? Basically a collection of records. For example, I set up my data base with the following information for each element:

Event (VT, BR, BB or FX)
Number in Code (1.20, 7.61 etc.)
Description of Skill or Deduction (Glide kip,
Tsukahara vault)
Difficulty or Value (A, B, C, D, C RV, D NV etc.)
Source of Information (FIG, WTC, RTD)

This information was then used to write a program that "tests" me on my knowledge. And, as I mentioned before, the computer and printer can do other things such as printing out flash cards, listing only the elements with RV and NV, printing out all D dismounts on bars etc. (By the way, one good incentive for setting up a data base is that someone has to type in all the information. By doing so (over 700 skills!), I had to read the entire Code of Points and learned some of it as I typed the information into the data base.)

My "test" runs on the computer monitor's screen and asks me which event I want to study. I type in that information, and, based on a random "sort" of the skills the computer prints out the description of a skill and asks me the value. I type in what I think is right, and the computer prints a very nice, encouraging note to me if I'm right, and gently chides me if I mess up. (Funn, computers don't really think that way. But, my husband helped me set up my program so his thoughts made their way into the computers' brain!

Our latest innovation on the program is that each message (either positive because I knew the correct value, or negative if I'm wrong), is different for each time I run through the program. (We used a random number generator for that). Our next improvement will be to score each test I take-- 80% correct, 99% correct etc. (And I sure hope it's closer to 99% than to 80%!).

It works! It's fun! And, hopefully I've learned enough to pass the test!

Do you have questions about this? Are you interested in obtaining a copy of my program? If so, please contact me at (612) 869-3207).

Robin Ruegg
Class I Judge (Again, I hope!)
Minnesota

1985-1989 NATIONAL COMPULSORY ROUTINE CORRECTIONS

PAGE

- 1 Change "are" to "is" in first line.
- 2 Class V - Level B4 - Add to title "Backward Roll."
- 22 Uneven Bars - #1 - Drawing - Gymnast should begin outside the LB, not between the bars as the drawing shows.
- 24 #8 - Text - Delete line 12 from "execute," all of lines 13, 14 and 15 through "hang."
- 41 #3 - Text - Add "optional" after "mixed grip."
- 41 #4 - Deductions - Spelling of "heaviness."
- 43 #9 - Deductions - Change "front" to "forward."
- 48 Under Clarifications, spelling "deduction."
- 59 #6 - Text - Add "(1.0)" beside "Cat Leap."
- 61 #16 - Text - Add "(1.0)" beside "Tuck Jump."
- 63 #3 - Text - Add "(0.6)" beside "Split Leap."
- 63 #4 - Text - Add "(1.0)" beside "Forward Swing Turn."
- 88 #16 - Drawings - first drawing in #17 should be last drawing in #16.
- 91 #2 - Text - Change "(0.6)" to "(0.4)."
- 92 #7 - Text - 3rd Line - Change "left" to "right."
- 93 #8 - Text - Delete "Back" in title.
- 98 #21 - Text - Under Arms, add "inward" after "circle."
- 106 #6 - Text - Last line - Change "#3" to "#6."
- 121 #3 - Drawings - Position of knee should be forward.
- 126 #5 - Text - 4th line - delete "push off the right foot to."
- 128 #13 - Text - Change "right" to "left" in first line.
- 128 #13 - Drawings - 1st two drawings are incorrect in terms of direction of turn shown.
- 129 #18 - Text - 3rd line - Change "left" to "right."
- 129 #19 - Text - 2nd line under Arms "lower."
- 130 #20 - Text - This tumbling pass may be performed on either side even though the text describes it on the right side.
- 130 #21 - If the tumbling pass is reversed, the three steps backward would be left, right, left, close right foot to the left as the diaphragm shows. After the straddle jump, the gymnast would continue to follow the text as written.
- 135 #6 - Text - Change "135°" to "270°."
- 136 #8 - Text - 4th line below back walkover - change "backward" to "forward" after the word "large."
- 138 #17 - Text - Last line under focus, change "right" to "left" after word "over."
- 138 #17 - Drawing - Last figure should show head facing forward looking out over left arm.
- 139 #20 - Text - 1st line delete "on the left foot" and add "step back or."
- 142 Diagram - position of numbers incorrect. Move #1 to top left corner, #2 to top side, #3 to top right corner, #4 to right side, #5 to bottom right corner, #6 to bottom side, #7 to bottom left corner, and #8 to left side.
- 145 #2 - Text - Arms 2nd line - Add "forward diagonally upward" after "in." Omit the word "high."
- 148 #12 - Text - Change "side #1" to "side #8."
- 155 #34 - Deductions - #4- "Lack of Coordination 1.0" change to "0.1."

WAYS TO IMPROVE OUR STATE NEWSLETTER

by

Nancy Hulshult - Ohio SJD

*Nancy was just elected this past spring as a new SJD and has already added several ways to be creative and informative with our newsletters. I have gone back and selected innovative ideas from her first two newsletters to share her ideas and thoughts with all of you with her approval. Nancy spaces these throughout her newsletter and I've condensed them together for this article. Thank you, Nancy, for adding creativity and a fresh new approach to our sport!

PRACTICAL SUGGESTIONS:

Try Color Coding!

Using a highlighter, color in the left leg of all your compulsory pictures for floor exercise and balance beam to help you see lefts and rights at a glance!

In the written text, highlight arms in yellow, heads in blue, and contractions/waves in pink. This helps you zero in on a particular part of the text when you need it.

FAMOUS JUDGING QUOTES FROM OUR NAWGJ NATIONAL SYMPOSIUM:

"Your position, your attitude, your stance is what sets how you are treated as a judge."
- Varina French

"As judges, what we do and how we are perceived has a great deal to do with how we are accepted."
- Varina French

MEANINGFUL THOUGHTS TO HELP US STAY MOTIVATED WITH OUR SPORT

"The highest reward for a person's toil is not what they get for it, but what they become by it."
- John Ruskin

"Unless you try to do something beyond what you have already mastered, you will never grow."
- Ronald E. Osborn

There are two days in every week about which we should not worry.

One is yesterday, with its mistakes and cares, its aches and pains. Yesterday has passed forever beyond our control.

The other day is tomorrow, with its possible adversities and blunders. Until its sun rises we have no stake in tomorrow, for it is yet unborn.

That leaves only one day--today. Anyone can fight the battle of just one day. It is only when we add the burden of those two awful eternities, yesterday and tomorrow, that contentment escapes us.

Remember

the value of time
 success of perseverance
 pleasure of working
 dignity of simplicity
 worth of character
 power of kindness
 influence of example
 obligation of duty
 wisdom of economy
 virtue of patience
 improvement of talent
 joy of originating

Success lies not in achieving what you aim at, but in aiming at what you ought to achieve, and pressing forward . . .

A SAMPLE OF ONE WAY TO RECRUIT NEW JUDGES:

Dear Gymnastics Enthusiast,

We need you to further the sport of gymnastics by becoming a gymnastics official. Parents, coaches, former gymnasts, avid fans and spectators have become judges by learning the rules of the sport through clinics, rule books, and practice.

Learn why one girl scores higher than another; learn the requirements for a 10.0 routine; learn how a girl scoring 3.0 can make her routine better. Experience the intense determination of gymnasts to do their best each time they perform.

Insure yourself of a "front row seat" on the action. Help it happen. Become a judge! We need you!!

There are many Ohio judges and coaches who can help you begin. We all welcome people who are anxious to get involved.

Contact the following people for more information:

Ann Coleman, Membership Chairman
 4949 Swetland Blvd.
 Richmond Hts., Ohio 44143

Nancy Hulshult
 Ohio NAWGJ
 1558 Hunter Rd.
 Fairfield, Ohio 45014

* Attach a membership application with the letter.

ON THE LIGHTER SIDE:

STRESS TEST

1. A giant is:

- a. a character for the beanstalk story
- b. a gymnast who is too tall to work at specs
- c. a movement on uneven bars

2. Clear hips are:

- a. the middle-age spread caused from judges sitting too long
- b. a fashionable style of leotard that receives .1 deduction
- c. of B value when taken to a handstand

3. Tkatchev is:

- a. a result of sitting in sub-zero degree gyms in mid-winter (bless you!)
- b. Russian ketchup
- c. a release move on bars valued at DNV

4. Janz is:

- a. a salto move on bars
- b. fatigue from boring beam routines
- c. a two-second break between a four-session meet

5. A Zuchold is a:

- a. technique for coaches to keep a judge in her chair until she changes a score
- b. a move on bars
- c. a coach-gymnast hug when she hits a routine

6. A Kessler is:

- a. a coach who continually expresses anxiety behind a judge while the gymnast is performing
- b. an after-dinner drink following a four-session meet
- c. stalder backward on HB with reverse hecht-counter straddle to hang on HB

7. Comaneci refers to:

- a. that embarrassing tickle that causes a judge to miss a move
- b. a C dismount on bars
- c. a verbal invitation to dinner

8. A Hindorf is a:

- a. 180-pound gymnast in a size "small" leotard
- b. a famous dirigible that exploded
- c. clear hip to handstand, counter straddle to hang on HB

9. Schaposchnikova means:

- a. a nice way of saying "Oops!"
- b. number 2.44 in the code
- c. never having to say "I don't know what in the world that move is!"

10. Schlegal refers to:

- a. two moves thrown together for the purpose of value-raising--neither of which is worth an A
- b. a coach who doesn't know anything
- c. a judge who doesn't know anything
- d. a bar move voted most likely to receive more credit than its worth

ELITE ROUTINE CRITIQUE

At

National NAWGJ Symposium
Portland, Oregon

by

Dale Kephart - Author of Routine
Delene Darst - USGF Program Administrator
Audrey Schwyer - Elite Technical Director

Recorded by

Char Christensen - Editor

BEAM

*These notes were presented at the Elite Session at the NAWGJ National Symposium. Dale, Delene, and Audrey emphasized their presentation was a combination of the notes from Frankfort, Germany and the Colorado Springs meet. They also stated that we as judges should be applying the new set of deductions for the Elite Routines at all qualifying meets. Lastly, Delene stressed that throughout the beam routine, we as coaches and judges need to be very strict on leg position and require a full 180° split throughout the routine.

ELEMENT 1 - MOUNT - Looking for an actual split leap on; the front leg is straight and lands demi-plie, "up on toe" position, if possible. In the arabesque, attempt to extend with the back leg and not drop it as you are rising to the arabesque position, in releve.

ELEMENT 2B - BACK BODY WAVE - Work for suppleness with the head between the arms. It is best to see both an upper back contraction and lower back contraction.

ELEMENT 2 C - JUMP TO SCALE - Quick leg to scale with high back leg. The chest can drop some for the arched scale.

ELEMENT 2 D - STEP BACK - WINDMILL ARMS TO ONE HAND ON KNEE POSE - Show an upper body stretch; in the pose

ELEMENT 3 A - 3 C - STAG SPLIT LEAP - SISSONE

- Arms optional until sissone
- 180° split with good height
- Immediate sissone on diagonal with 180° split
- Big stag split with sissone being rhythmically quick
- Rhythm: Run, run, large leap; big quick emphasis on sissone

ELEMENT 4 A - 4 B - POSE, KICK, BACK SWING TURN

- Pose (arms cross and soft)
- Low kick forward swing back to half turn and high kick forward to quick 5th position on toe.

ELEMENT 5 A - 5 B - RUNS INTO HITCHKICK

- Quick runs - slight on toe
- Nice split of hitchkick
- Finish arms in diagonal

ELEMENT 6 - ATTITUDE TURN

- Emphasis on leg turned out; developé into it
- Thigh parallel to beam (not hanging)
- Turn on toe
- Don't drop the rib cage in the turn; stretch up
- Teaching hint - teach the turn without the arms first
- Arms (on the turn) - side; up to crown; side outward, don't break them behind shoulders or break the body line

ELEMENT 7 A - 7 B - RUN, HOP

- Free leg on hop as high as possible with ankle and toe extended
- Land hop in demi-plie and releve

ELEMENT 8 A - 8 B - THREE FOURTH TURN TO SIDE POSE

- Classical turn out on turn
- Side pose - seat under with hips forward; let ribs turn first and then rest of upper body.
- Long reach at end of scale

ELEMENT 10-11 - HIGH LEG LIFT INTO BACK WALKOVER TO BACK HANDSPRING

- Back handspring - split as the repulsion takes place; don't split early
- Need good continuity on this part and no stop before back walkover

ELEMENT 12 B - SWING, PUSH ONE AND TWO

- Finish in crown
- Stay in lunge as they transfer the weight and push with arms one and two.

ELEMENT 15 - TWIST POSE TO CAT LEAP

- Attempt to do a classical passee in and through the cat leap
- Emphasize leg positions now and height later
- Free leg extends backward before toe touches beam

ELEMENT 16 - LUNGE WITH ARM CIRCLE TO TIC-TOC

- Deep scale "into tic toc with 180° split; hold handstand 2 seconds on return
- Arabesque on toe coming out with deep lunge out and diagonal arms position

ELEMENT 17-18 - LUNGE TURN

- Finish in squat without sitting on heels

ELEMENT 19 A-B-C - QUICK QUICK SLOW TO LUNGE

- All up on toe

ELEMENT 20 A-B-C - QUICK, QUICK, SLOW

- Use this rhythm emphasis

ELEMENT 22 - HANDSTAND

- Mark the 180° split and hold 2 seconds before quarter turn.

ELEMENT 23 - DOUBLE BOUNCE SWING

- Let body be loose and show relaxation.

ELEMENT 24 - 28 - CHASSÉ-CONTRACT KNEE LUNGE, STRETCH EXACT TURN

- Kick before run to dismount.

FLOOR EXERCISE

ELEMENT 1-3 - Quick sharp step on note near the start

ELEMENT 4-5 - Curve steps into corner

ELEMENT 6-8 - Tumble pass - emphasis on height of pass

ELEMENT 10-17 - Dance passes - gymnast needs to cover a lot of distance in general on dance

ELEMENT 18-23 - Hop to small tourjete action steps; Not a tourjete - but a small tourjete action - quick, light, dance with long strides

- Rhonde de Jambe in circle - long steps and suppleness
- Side pose to sharp Spanish pose (sharp position) on toes
- Full attitude turn - outward passee to half turn into the rhonde de Jambe with 270° turn (without a hop) into a soft drop onto back

ELEMENT 24-25 - Split on back with small to large split on second half; keep shoulder blades down

ELEMENT 27 - Split needle scale - watch for maximum amplitude

ELEMENT 29-31 - Step tour jump; step to extended hop; step "sideward" into dive cartwheel
*On dive cartwheel, the arms can go over or under into this element. Must have amplitude.

ELEMENT 32-34 - Chassé, passee, turn to corner to tumbling pass

- Use two long back stretch steps and then half turn

ELEMENT 42-44 - Have expression on the run to cat leap - scale out (chest up)

- Have forward passee of leg on cat leap

- ELEMENT 45-50 - Turn out to supple contraction into back walkover with leg high into 180° split with 360° turn
- ELEMENT 54-55 - Run into tourjeté with split out
- ELEMENT 59-60 - Run into turn; - unacceptable if finish turn on ground
- ELEMENT 60-61 - Run to roundoff + split jump - 180° split of legs
- ELEMENT 62-72 - Deep lunge to knee spin - front leg on toe or ball of foot
- Tumble Pass - Leg out on turn preparation - arms down, up, into tour jump (pause in music) with legs straight and with arms up and down and passe - leg back to lunge out position after tumbling pass.
- ELEMENT 83 - Sharp hold at end with expression

NOTE: **As a judge, sit not at the direct corner or you miss seeing lines and angles that you need to see. It is best to sit 6-8 feet off the corner (near the center of the floor exercise mat).

ELITE BARS

ELEMENT 1 - MOUNT

- Optional grip but can't be alternate grip
- Good amplitude with half turn prior to catching bar
- Ideally, catch in a lever position - pull down to get uprise like amplitude
- Attempt to be high over low bar
- Amplitude of back swing needs to be big

ELEMENT 2 - DROP GLIDE KIP REGRASP

- Good extension
- Good amplitude on catch
- Good amplitude on backswing

ELEMENT 2 - PENDEL KIP

- You want extension of body above bar - two styles will be seen:
 - A. Short gymnast - goes out more horizontal
 - B. Taller gymnast - can't go out as much on kip
- No arm bend on the pendel kip

ELEMENT 3 - TURN

- Close to vertical as possible on turn; hand change can be close to vertical; on the swing forward, get good amplitude

ELEMENT 5 - Counter swing back - you want to look for good amplitude on this move. See USGF Deductions.

ELEMENT 6 - Glide with legs "together" - Do not sit on bar

ELEMENT 6 - Double leg overshoot

ELEMENT 7 - Long swing with good amplitude

ELEMENT 8 - Back cast to clear hip circle

- Do deduct if they can't get up close to vertical
- Don't bend arms on this element

ELEMENT 9 - Dismount

- Stretch all through the salto
- Center of body needs to get close to high bar

ELITE VAULT - TSUKARA VAULT

- See 90° tuck (hips) + knees
- Watch for kick out position
- No more voids - vaults; now up to 1.0 deduction

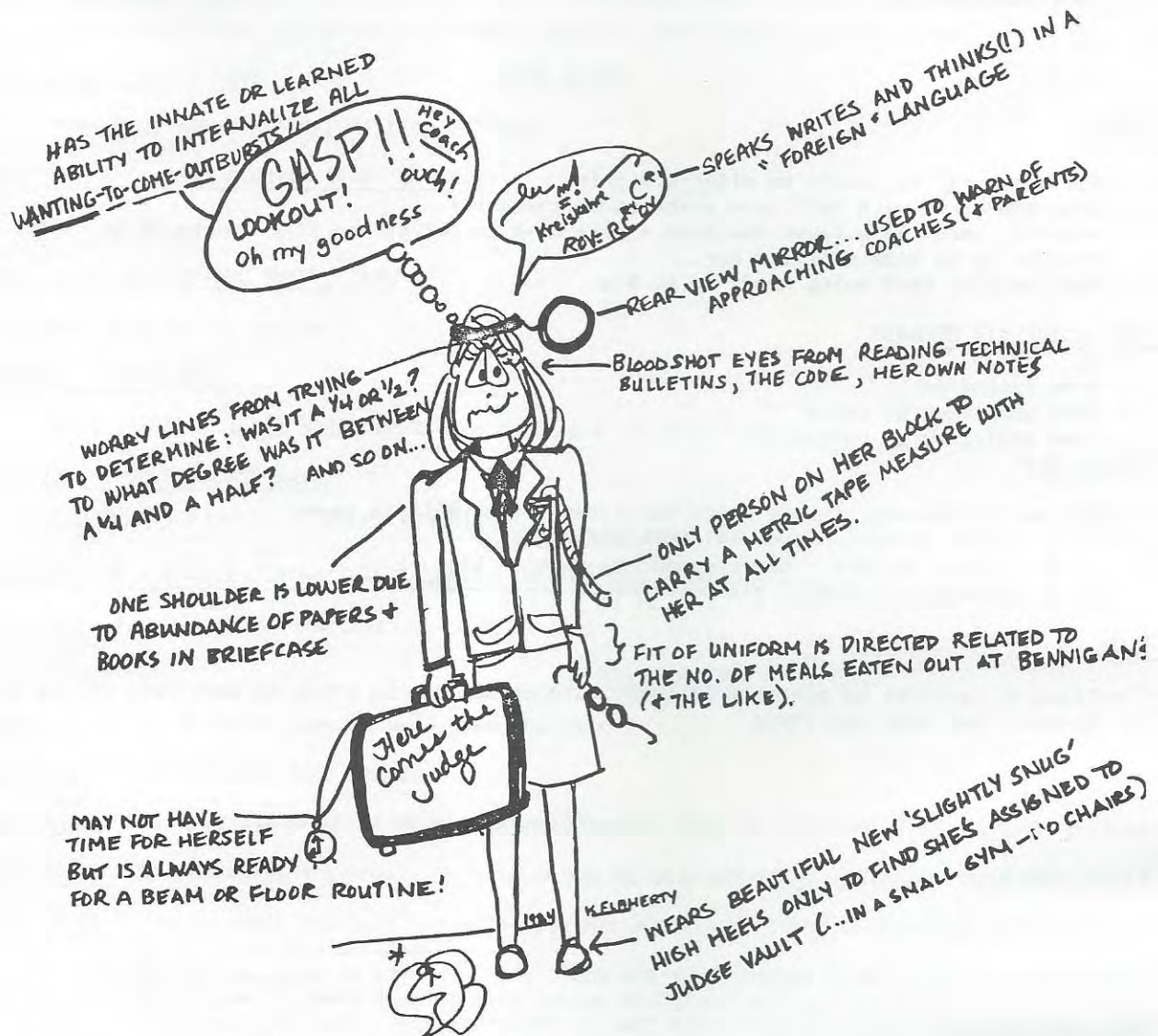
For Mats - you can mount off of 4" mat. You can use 1/4" plywood piece under the board if the mat is too soft. This is acceptable.

OR

For Bars: Gymnasts can use a 4" + 1 1/4" mat and you can take the board out of the way after the mount.

HOW TO "SPOT" A PROFESSIONAL WOMEN'S GYMNASTIC JUDGE

by Kathy Flaherty



SHE ALSO CONTAINS THE FOLLOWING:

- (A) A DESIRE TO CONTINUE LEARNING
- (B) A SENSE OF HUMOR
- (C) A SENSE OF RESPECT FOR THE CHILD - WITH HER BEST INTEREST AT HAND.

(CONTINUED BEST WISHES! GOD BLESS- KATHY FLAHERTY)

* CRUMPLED GROCERY LIST IS IN SHORTHAND



III Beam

1:15

9 el.

3.6 [6] @ .6

1.2 3 @ .4

4.8

¹³
M 2 [e] [n] [o] Y [e] [i] [f]

COMPULSORY SHORTHAND
by Donna Trevethan
Region V - RJD

II

1:15

10 el.

4.2 [7] @ .6

1.2 3 @ .4

5.4

M 2 [r] [n] [m] [o] Y [e] [i] [Xe]

*Donna is a newly elected RJD for Region V and has already given all of us a valuable tool with these symbol handouts! The boxes and circles indicate a particular value for the elements within the routine. Thank you, Donna!

Char - Editor

I

1:30

10 el

3.6 [6] @ .6

1.6 4 @ .4

5.2

[i] 2 [h] [n] [m] [o] Y [e] [i] [Xe]

IV C Beam

:50

[i] 2 [m] [u] Y [e] [m] [A]

3.0 [3] @ 1.0

3.0 5 @ .6

1.0 rhythm

1.0 elegance

8.0

IV B

:50

[i] [e] [u] 2 [e] [Y] 2 [e] [X]

4.0 4 @ 1.0

3.0 5 @ .6

1.0 rhythm

1.0 elegance

9.0

IV A

1:05

[M] 2 [m] [e] [u] Y [e] [u] [e] [X]

5.0 5 @ 1.0

3.0 3 @ .6

1.0 rhythm

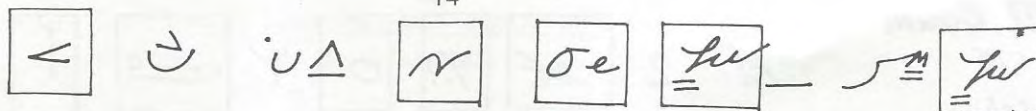
1.0 elegance

10.0

III Bars

14

9 el.



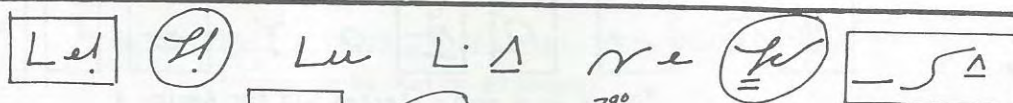
3.0 [5]@.6

1.6 4@.4

4.6

II

10 el.

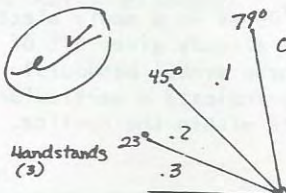


2.4 (3)@.8

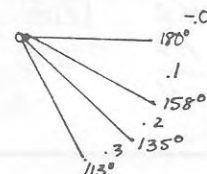
1.8 [3]@.6

1.6 4@.4

5.8

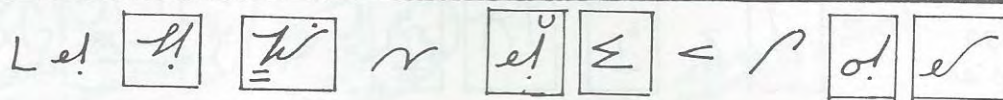


Dismount



I

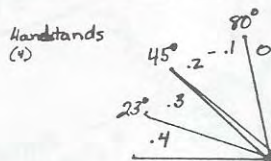
10 el.



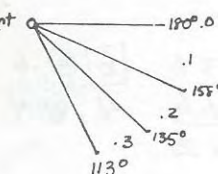
3.6 [6]@.6

1.6 4@.4

5.2

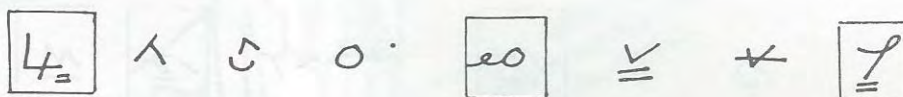


Dismount



III C Bars

8.0



3.0 [3]@1.0

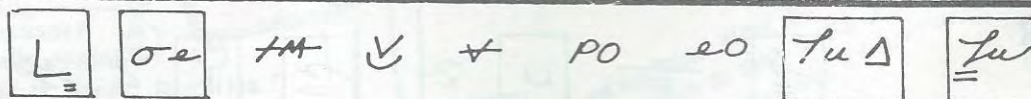
3.0 5@.6

1.0 rhythm

1.0 presentation

8.0

IV B



4.0 [4]@1.0

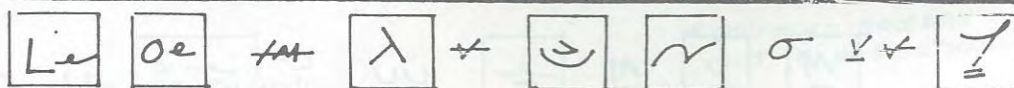
3.0 5@.6

1.0 rhythm

1.0 presentation

9.0

IV A



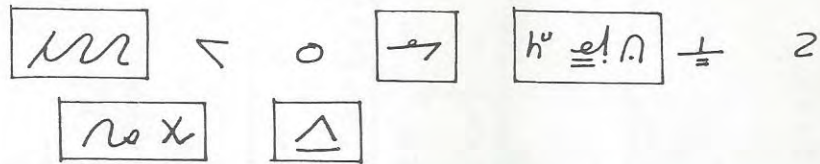
5.0 [5]@1.0

3.0 5@.6

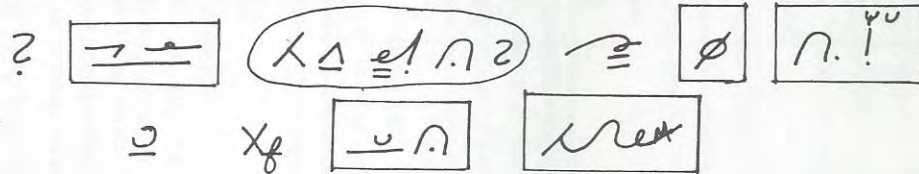
1.0 rhythm

1.0 presentation

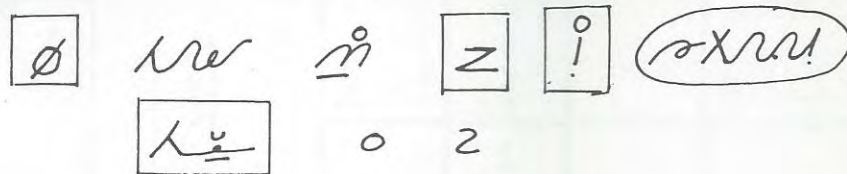
10.0

III FX

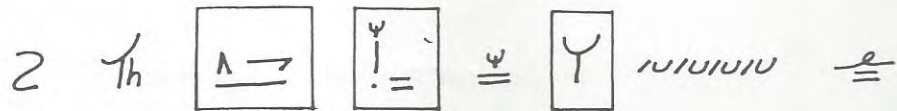
3.0 $\boxed{5}$ @ .6
 1.6 4 @ .4
 4.6

II

1.2 $\boxed{1}$ @ 1.2
 3.0 $\boxed{5}$ @ .6
 1.6 4 @ .4
 5.8

I

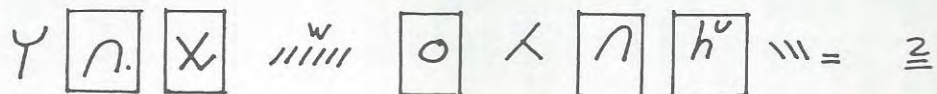
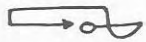
1.2 $\boxed{1}$ @ 1.2
 2.4 $\boxed{4}$ @ .6
 1.6 4 @ .4
 5.2

IV C FX

3.0 $\boxed{3}$ @ 1.0
 3.0 5 @ .6
 1.0 rhythm
 1.0 elegance
 8.0

IV B

4.0 $\boxed{4}$ @ 1.0
 3.0 5 @ .6
 1.0 rhythm
 1.0 elegance
 9.0

IV A

5.0 $\boxed{5}$ @ 1.0
 3.0 5 @ .6
 1.0 rhythm
 1.0 elegance
 10.0

SPECIAL APPARATUS DEDUCTIONS - BARS

	<u>COMPOSITIONAL FAULTS IN CHOICE, DISTRIBUTION, DIRECTION AND TEMPO</u>	<u>DEDUCTIONS</u>
2.5 TOTAL		
0.5 Pt.	<u>PROGRESSIVE DISTRIBUTION OF ELEMENTS</u>	
	- MOUNT WITHOUT VALUE (EASIER THAN A-)	UP TO 0.2
1.0 Pt.	<u>DIVERSIFIED, ORIGINAL COMPOSITION OF EXERCISE THROUGH A VARIETY OF VALUE PARTS AND CONNECTIONS</u>	
	- ONE SIDED CHOICE OF ELEMENT GROUPS	UP TO 0.2
	- CLOSE BAR EXECUTION PREDOMINANTLY	UP TO 0.2
	- REPETITION OF COMPULSORY MOUNT, DISMOUNT, OR MORE THAN 3 COMPULSORY ELEMENTS IN SEQUENCE	0.3
	- REPETITION OF BASIC ELEMENTS OR CONNECTIONS	UP TO 0.2
	- UNCHARACTERISTIC ELEMENTS	EACH 0.2
	<u>SPECIAL REQUIREMENTS</u>	
	- EXERCISE NOT AT LEAST 10 ELEMENTS	0.2
	- UNPERMISSIBLE NUMBER OF ELEMENTS (5) ON 1 BAR	EACH 0.2
	- LESS THAN 2 ELEMENTS IN TOTAL ON LB	0.2
	- DISMOUNT NOT AT LEAST B-LEVEL	0.2
0.5 Pt.	<u>DIRECTION AND SPACE</u>	
	- PREDOMINANCE OF EXECUTION IN ONE DIRECTION	UP TO 0.2
	- INSUFFICIENT BAR CHANGES TO INSIDE AND OUTSIDE OF BARS	EACH 0.1
	- INSUFFICIENT BAR CHANGES FROM LB TO HB (AT LEAST 2)	0.1
0.5 Pt.	<u>TEMPO AND RHYTHM</u>	
	- MONOTONY IN RHYTHM	UP TO 0.2
	- HEAVINESS (EXECUTION FAULT)	UP TO 0.2
	- EXTRA SWING OR BOUNCE (EXECUTION FAULT)	0.3
	<u>GENERAL FAULTS (ALSO SEE ARTICLE 9)</u>	
	- NO MOUNT OR DISMOUNT	0.3
	- ADDITIONAL SHORT SUPPORT ON APPARATUS	0.5
	- TOUCH ON APPARATUS OR FLOOR DURING EXERCISE	
	- LIGHT	0.1
	- MODERATE	UP TO 0.3
	- TWO ELEMENTS BEFORE THE MOUNT (TAKE-OFF FROM BOARD)	0.2

FAULTS IN TECHNIQUE-CORRESPONDING EXECUTION DEDUCTIONS

- INSUFFICIENT AMPLITUDE:
 - Performance of elements from an insufficient high starting and ending position and with insufficient flight during bar change and hop-grip change elements
 - Slight 0.10
 - Medium 0.20
- Too many segmented body parts (body lines) according to the character of the element:
 - Slight opening of the legs, bending of the arms, legs, or hips 0.1
 - Medium posture failures such as bent knees, arms, hips, or open legs
 - Normally 0.2
 - Maximum 0.3
- Incomplete or slow changes in body positions according to the character of the element:
 - Tuck, pike or stretch position/shape 0.1
- Incorrect timing - performance too early or too late:
 - Salto 0.1
 - Twist or Pirouette (free) 0.1
 - Turn in handstand 0.1
 - Release - hop grip change in handstand 0.1
 - Stop (more than 2 seconds) 0.1
- Larger Execution Errors Resulting from Incorrect Technique
 - Extra Swing 0.3
 - Fall 0.5

The B-, C-, and D- elements require a definite technical execution. If such an element is not executed according to the required technique, then it loses its value as B-, C- or D- respectively and is lowered one value step.

So the judge must first decide whether the element must be devalued and then whether Bonus Points for Originality and Additional D- will be given. Remember that in principle B.P. will be given only for successfully completed - well done C and D elements. The gymnast will receive no B.P. for an element immediately followed by a fall or an extra swing.

9 for
FIG/UTC

SPECIAL APPARATUS DEDUCTIONS

FLOOR

COMPOSITIONAL FAULTS	DEDUCTIONS
PROGRESSION OF DIFFICULTIES	
MOUNT WITHOUT VALUE (EASIER THAN A-)	0.2
ABSENCE OF GYMNASTIC HIGH POINTS	0.1
ABSENCE OF ACROBATIC HIGH POINTS	0.1

1.0 PT. DIVERSIFIED, ORIGINAL COMPOSITION OF EXERCISE THROUGH A VARIETY OF VALUE PARTS AND CONNECTIONS

SPECIAL REQUIREMENTS

- ABSENCE OF AN ACROBATIC SERIES (EACH) 0.2
- ABSENCE OF A SERIES WITH TWO SALTOS OR ONE D-SALTO 0.2
- ABSENCE OF ONE GYMNASTIC B- 0.2
- DISMOUNT NOT AT LEAST B- LEVEL * 0.2

* DISMOUNT REQUIREMENT FULFILLED, IF ONE ACROBATIC OR ONE GYMNASTIC ELEMENT (MINIMUM B- MAY BE V.R.) IS PERFORMED IN THE LAST SERIES OR AS A SINGLE ELEMENT AFTER THE LAST SERIES

CHOICE OF ELEMENTS

- ONE SIDED CHOICE OF ACROBATIC ELEMENTS AND CONNECTIONS UP TO 0.2
- ONE SIDED CHOICE OF GYMNASTIC ELEMENTS AND CONNECTIONS UP TO 0.2
- UNESTHETIC INCOMPATIBLE ELEMENTS (EACH) 0.1

0.50

SPACE AND DIRECTION

- INSUFFICIENT USE OF FLOOR AREA UP TO 0.2
- PREDOMINANCE OF STRAIGHT DIRECTIONS UP TO 0.2
- INSUFFICIENT CHANGE OF ELEMENTS NEAR TO AND FAR FROM THE FLOOR UP TO 0.2
- LACK OF PASSAGES (ACROBATIC/GYMNASTIC OR GYMNASTIC) COVERING GREAT DISTANCE UP TO 0.2

0.50

TEMPO AND RHYTHM

- EXERCISE WITHOUT MUSIC 0.5
- MUSIC AND MOVEMENT NOT IN HARMONY 0.5
- DURING THE ENTIRE EXERCISE (EACH) 0.1
- IN SOME PARTS

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MUSIC WITH VOICE	DEDUCTIONS
.. DURING ENTIRE EXERCISE	0.5
.. IN SOME PARTS	(EACH) 0.1
MORE THAN 4 MEASURES OF INTRODUCTION	0.2
MUSIC ALWAYS DYNAMIC OR SLOW (MONOTONY OF MUSIC AND/OR ELEMENTS)	UP TO 0.2

FLOOR EXERCISE HANDOUTS

by Jackie Fie - Brevet Judge
NACU National Symposium

FLOOR - TURNS

STUDY CHART

	A	B	C	D
<u>Simple</u>	$\frac{2.01}{1/1}$ (360°)	$\frac{2.20}{1\frac{1}{2}}$ $\frac{2.21}{(540^\circ)}$ $1\frac{1}{2}$ to γ	$\frac{2.40}{2/1}$ to $2\frac{3}{4}$ (720° - 990°)	$\frac{2.60}{3/1}$ <u>NV</u> (1080°)
<u>In Scale - Free leg above 90°</u>		$\frac{2.23}{1/1}$ (360°)	$\frac{2.42}{1\frac{1}{2}}$ (540°)	$\frac{2.61}{2/1}$ <u>None!</u> (720°)
<u>To Scale (2 Sec.)</u>		$\frac{2.22}{1/1 - 1\frac{1}{2}}$ (360° - 540°)	$\frac{2.41}{2/1}$ <u>NV</u> (720°)	
<u>In Tuck</u>	$\frac{2.02}{1/1}$ $\frac{2.03}{1\frac{1}{2}}$ (360° - 540°)	$\frac{2.24}{2/1}$ $\frac{2.25}{2 \times 1/1}$ (720°) (360°)	$\frac{2.43}{3/1}$ $\frac{2.44}{2 \times 1\frac{1}{2}}$ $\frac{2.45}{1/1 - 2/1}$ (Total 1080°)	$\frac{2.62}{2 \times 2/1}$ <u>NV</u> (2 x 720°)
<u>Illusion</u>	$\frac{2.04}{1/1}$ (360°)	$\frac{2.26}{1\frac{1}{2}}$ (540°)	$\frac{2.46}{2/1}$ <u>NV</u> (720°)	

of the FIG/WTE 2/85

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ODDS AND ENDS

by

Char Christensen
Editor

* November 3-10 - XIII World Championships of Gymnastics -
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T0: All Persons who write (critically analyzed) concerning the
1985-89 Certification Written Exams

FROM: Mary McLellan
VP Written Examinations
Judges Certification, Inc.

Many NAWGJ members, (TA's, supportive groups and individuals), have written to me
giving positive feedback for the new 1985-89 certification written examinations.
Rather than write each of you individually, I hope you will accept this collective
letter as my sincere thanks for your interest in the program. Many of your sug-
gestions have been incorporated in the revision process. Other suggestions have
been discussed at length at the recent Judges Certification, Inc., meeting in
Minneapolis.

As with writing of any examination, even though there is careful thought and
planning put into the exam construction, errors do occur. It is the person
directly involved in the test that can give the greatest helpful criticism to
the written examination committee. You are a most astute group of individuals
and aid us greatly in maintaining our program.

Thank you.

UNEVEN BARS - HANDSTAND CHART
1985-88

by Mary Van Grisven - Elite Judge
NAWGJ Administrative Assistant

	cast	clear hip	stalder b/wd	stalder frwd	giant	uprise	sole circle frwd	sole circle b/wd	clear seat frwd	clear seat b/wd	Kreise.
PLAIN	A/B 3.01 4.01 3.20	B 2.26	C 2.56	CrV 2.50	C 2.59 -4	CrV 3.40	C 5.45	C 5.49	Cnv 5.54	Cnv 5.54	C 3.44
1/2 AFTER	B 3.21	B 2.27	C 2.59	CrV 2.53	Cnv 2.59 -3	CrV 3.43	C 5.46	C 5.50	NIC	NIC	NIC
1/2 IN	C 3.41	CrV 2.47	CrV 2.59 -1	CrV 2.54	Dnv 2.74	Dnv 3.60	CrV 5.47	CrV 5.51	Dnv 5.64	Dnv 5.64	C 3.44
1/1 AFTER	CrV 3.47	CrV 2.48	CrV 2.59 -2	Cnv 2.55	NIC	Cnv 3.48	CrV 5.48	CrV 5.52	NIC	NIC	NIC
1/1 IN	Dnv 3.61	DrV 2.67	Dnv 2.70	Dnv 2.69	Dnv 2.75	Dnv 3.62	Dnv 5.61	Dnv 5.62	Dnv 5.64	Dnv 5.64	CrV 3.45
HOP AFTER	B 3.22	B 2.28	CrV 2.59 -3	NIC	NIC	CrV 3.53	NIC	C 5.53	NIC	NIC	NIC
HOP IN	CrV 3.52	Cnv 2.49	Dnv 2.71	NIC	NIC	Dnv 3.64	NIC	Dnv 5.63	NIC	NIC	NIC
1-1/2 IN	NIC	NIC	NIC	NIC	NIC	Dnv 3.63	NIC	NIC	NIC	NIC	NIC

Mary Van Grisven 2/85

ELITE COURSE NOTES

Compiled by

Nancy Hulshult - Elite Judge Ohio SJD

NOTES ON AUDREY SCHWEYER'S LECTURE AT ELITE COURSE 1985

Out of bounds for floor exercise: any portion of the body on the floor outside the line (including half of a foot, a toe, any part over the line brings a deduction.)

Question: If you are in a situation where the support judge sees a gymnast warming up on the equipment during the competition and the head judge doesn't see it, is the deduction still taken?

Answer: YES. The panel judge must advise the head judge.

Bandages are allowed. It is hip and other padding that is not allowed. The gymnast may wear slippers or socks with no penalty. (FIG Ruling)

Elements from the compulsory exercise may be performed within optional routines. However, you may not do the compulsory mount or dismount. If so, there is a .3 penalty. You may not do more than 3 compulsory elements in sequence in an optional routine. If you do three, there's no problem. If you do four, you would receive a .3 deduction.

(These deductions apply for optional routines performed within a combined compulsory/optional meet only. NH)

If four elements are performed in sequence from a compulsory routine, the judge awards the gymnast value part credit, takes execution errors, and deducts the .3 penalty besides.

On balance beam, if a gymnast falls, gets back up and falls again before resuming movement, it would count as another fall.

You would not stop the clock if the gymnast falls onto the beam.

Question about the unsuccessful completion of an element: If the gymnast falls after landing or grasping the apparatus rather than during the element, does she receive bonus credit?

Answer: If a fall is involved with the completion of the element, if she didn't have enough control to complete the element and she fell as a result of lack of control of that element, it is unsuccessfully completed and she would not receive bonus.

Beam

There has been a trend toward acrobatics on beam. The technical committee is hoping to reverse that trend and add back to the beauty of the beam routine by encouraging increasing use of gymnastic elements. In order to do so, they've increased the value of some of the gymnastic elements.

The rhythm category is not just an area for deductions for too many stops or slow movement. That .5 is used for part of the style and the mood of the whole exercise, the presentation, the character of presentation. The gymnast creates her own music, her own background, her own style, her own mood, by her rhythm of movement.

Examples: Kathy Johnson=graceful, fluid
Tracee Talavera=aggressive
Mary Lou Retton=unhesitant, polished, dynamic

Reminder: If an element is devalued because of poor technique, it cannot be valued raised.

Space and Direction: For level changes, it is not necessary for the gymnast to sit on the beam or kneel on the beam if it does not fit the characteristics of her routine. If she goes through a very low lunge or squat position, in contrast to showing high leaps, she is indeed demonstrating movement to and far from the beam.

HECHT CARTWHEEL Mount:

You should see the body stretched in total and not with the legs straddled. It should look like the preflight in a cartwheel vault. Immediate separating of the legs but with a little bit of flight might be devalued to a C. A pike position that goes to handstand would get a B.

Switch Leg Leap: Devalued to a B from C cannot be used for value raising because there is no B switch leg leap in the code. In order to raise an element, it must be an element from the code.

NAWGJ NATIONAL YEARLY STATISTICAL ANALYSIS						
SUMMARY ALL REGIONS						
JUNE 1, 1984 - MAY 31, 1985						
	TOTAL NO. OF JUDGES	TOTAL NO. OF MEETS	TOTAL NO. ASSIGNED	TOTAL NO. NEWSLETTER	TOTAL NO. CLINICS	TOTAL NO. EXAMS
NAT'L	0	13	173	4	1	1
REGION I	215	697	3114	25	20	10
REGION II	157	400	1800	12	16	8
REGION III	223	531	2994	35	21	11
REGION IV	147	163	974	43	14	7
REGION V	338	1033	4722	26	23	16
REGION VI	325	1372	5052	39	29	11
REGION VII	231	1306	5452	17	14	13
REGION VII	282	420	2293	35	18	16
GRAND TOTAL	1918	5935	26574	236	156	93

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