

NAWGJ NATIONAL NEWSLETTER



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of Womens Gymnastic Judges

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NATIONAL SYMPOSIUM ATTRACTS OVER 200 JUDGES

More than 200 judges and coaches attended the 1989 NAWGJ National Symposium, June 28 through July 1, in Costa Mesa, California. The Symposium provided participants with the opportunity to learn how to judge the new compulsories and how to interpret and apply the new FIG rules. The Program Committee, consisting of Joanne Aschenbrenner, Lois Carson, Janet Packwood, and Audrey Schweyer, invited clinicians who had already worked closely with the new routines. Many of the clinicians were the authors of the compulsory routines who were able to explain the philosophy behind the new age-group program as well as its execution. Sessions leaders included a coach and a judge to help participants understand two different perspectives. The information obtained through these sessions will be printed in this newsletter and in future national newsletters.

The Symposium also served as the site of the National Governing Board Meeting, the State Judging Directors Meeting, the Test Administrators Meeting, the National Judges Cup, and the location for the first test administration. Over 44 states were represented at the Symposium.

Since all work and no play makes for a dull person, the Southern California Symposium Committee went out of their way to ensure a balance between work and extracurricular activities. Ricky Fell, Joanne Pasquale, Jami Pillasch, Laura Eilers, and Celeste Hamil demonstrated California hospitality by hosting a beach party, a terrific banquet with unique entertainment, a fitness walk/run, and even a bingo tournament. Stormy Eaton demonstrated that he has talents outside the gymnastics arena by entertaining banquet participants with a combination of guitar playing, singing, and comic relief! After the testing session, a few laughs

with Stormy was just what was needed to bring a sense of balance back to our lives! Another highlight of the banquet was the return appearance of the famous tap dance team of Betty Sroufe, Audrey Schweyer, Delene Darst, and Varina French. Not only did those costumes still fit—they looked terrific! To top off the evening, the California Raisins themselves made a guest appearance. It took a little investigation to identify the people under those sun glasses but it was finally discovered that Celeste Hamil, Tina Preston, and Dianne Robinson were the grapes with all the talent. *Raisin Expectations* was more than just a theme!



Mary McLellan received an appreciation award from President Dale Brown not only for her outstanding work with the 1989 Symposium but also for 15 years of service to NAWGJ!



Varina French conducted the meeting to ensure Test Administrators across the United States were prepared to implement the new testing program



Evelyn McCollough, Florida S.J.D, and Jerry Mikler, Georgia S.J.D, judged at Judge's Cup, attended the meetings, and still found time to take a tour of Mexico.



A panel of experts including Joanne Aschenbrenner, Don Peters, Dale Kephart, and Audrey Schwyer, conducted an informative question and answer session for Symposium participants.

The new compulsories are placing more emphasis on dance technique. A few judges tried to improve their technique at the Symposium banquet under the leadership of some experienced pro's!





They danced.....



and danced.....

That's entertainment !



until they could dance no more !

Varina French

Delene Darst

Betty Sroufe

Audrey Schweyer

COMPULSORY BARS: LEVELS 5 AND 6

Don Peters, SCATS Gymnastics
Reported by Shirley Tranquill
Region VII Newsletter Representative

One of the highlights of the National Symposium was a session with Don Peters, coach of the highly successful SCATS Gymnastics Team. Don, and brevet judge Lois Carson, provided current information on judging the new compulsory routines.

LEVEL FIVE

Glide Kip: Because of lack of momentum, a short child may not be able to get the same extension that a taller child can attain. The farther back the jump for the glide occurs, the more the glide can extend.

Front Hip Circle: There should be continuous swing into the front hip circle; as the gymnast stretches the beginning of the front hip circle, there is no pause. The gymnast will have a slight elbow bend in the middle of the front hip circle but her arms should be straight for the cast. The cast needs to have good rise so that her feet can drop down to the bar for the squat on. She may not pike on to the bar or there is a deduction of up to .20. There is not a pause between the squat on and the jump from the bar (as the video mistakenly shows).

Long Hang Pull Over: The gymnast should jump with the hips rising so that she can create momentum into the downswing for the pull over. Her body should be stretched throughout the downswing and the upswing, with straight arms, maintaining an open shoulder angle as long as possible. She may not straddle her legs through the downswing or there is a deduction of up to .20.

Underswing: There should be a tap with a slight arch as the gymnast finishes her underswing so that she can create momentum for the backswing. The gymnast should open her shoulder angle as quickly as possible prior to the backswing.

Counter Swing to Straddle On: The gymnast's legs should stay together as her backswing peaks upward; then she should straddle her legs to place her feet on the bar. The amplitude of the swing can be evaluated by seeing at what point in the swing the gymnast has to place her feet on the bar. Straddling too early is a deduction listed under General Deductions.

Dismount: The gymnast should place the balls of her feet on the bar for maximum amplitude in the sole circle dismount. She should keep her shoulder angle open as she transfers her grip from the high bar to the low bar. She should compress her body tightly at the bottom of the swing so she can keep her feet on the bar longer. The gymnast's arms remain straight throughout the dismount sequence.

LEVEL SIX

Clear Hip Circle 30 Degrees: The gymnast's arms should be straight throughout the clear hip circle regardless of how high the cast is or how high the clear hip finishes.

Straddle Glide, Back Kip: This is not a free jam; the gymnast may push off of her thighs (without a stop). Watch for bent knees!

Long Hang Kip, Front Hip Circle: The long hang kip should be done with straight arms; there will be a slight arm bend in the middle of the front hip circle but the arms should be straight again going into the cast.

Tucked or Stretched Flyaway Dismount: Don predicted that most gymnasts will perform the stretched flyaway dismount.

COMPULSORY CLARIFICATIONS: LEVEL TEN FLOOR EXERCISE

Linda Mulvihill and Joanne Pasquale
1989 NAWGJ National Symposium Clinicians

Recorded by Jola Jones, Region I Newsletter Representative and
Shirley Tranquill, Region VII Newsletter Representative

The Level 10 floor exercise routine is based on the elements in the elite floor exercise routine. Some differences exist because changes were made in the elite routine after the Level 10 routine was finalized. Coaches and judges who work with both levels of gymnasts need to pay particular attention to the differences in the elite and Level 10 routines. In a few cases, there may be a discrepancy in the videotape, pictures, and compulsory text. When such a discrepancy occurs, the text should be used as the correct interpretation. If the text does not clearly specify the manner in which a movement is to be performed, the gymnast may stylize as she wishes. The emphasis throughout the routine should be on the overall dance performance including presentation, focus, dynamics, and correct technique. When very slight errors occur, the judge should consider the use of .05 rather than .10.

Opening Segment (1-4)

Look for correct alignment of the body. Shoulders should be down, not shrugged up. The gymnast should not sickle the foot in the contracted curtsey.

Tumbling Pass (5)

If the gymnast takes more than 3 steps into the roundoff, there is a deduction of .10 per extra step. The legs in the roundoff should be together before landing. The flic flac will have a slight arm bend for repulsion but that bend should not be noticeable. A rebound from the salto is acceptable although it is not specified. Look for expression in the 4th position lunge after landing the full twist.

Arabesque—Forward Passé—Lunge (6-7)

The movement intended is a very small lift of the rear leg with the emphasis being on upper body

expression and presentation. The movements should be soft. Continuous rhythm is more important here than great amplitude. Be sure that the gymnast does not sickle the support foot in releve.

Arabesque Turn (9)

This movement is an arabesque turn and should be performed as written in the text, **NOT** as is demonstrated in the video.

Back Extension Roll (10)

The gymnast may circle her arms into the roll. The legs split immediately so that they are in horizontal split by the time the body reaches vertical. Bending the arms is a serious deduction in the back extension roll.

Chassé (14)

The feet should meet in the air in tight 5th position.

360 degree turn (16)

The kick leading into this turn is done in relevé. The full turn must be completed with the leg in correct 2nd position and on toe. The gymnast may drop her heel in turn out upon completing the additional 90 degree turn into rear arabesque. She should not bend her body forward in the arabesque but should maintain correct alignment into the split.

Split (17)

Note that the split is **NOT** a major element worth .40.

Valdez (21)

The feet should be off the floor before the second

hand touches the floor. The hands are side by side.

Pose (22)

Arms should be soft.

Small Leaps—Kick (23-25)

These jetés may be done in traditional balletic style (in turn out, foot behind ankle) or in the knee-to-knee position shown in the video (fish position). In either case, the gymnast should not travel a lot and the foot should brush into each of them. The support leg should be straight on the kick; bending the leg will probably be a common error.

Run—Switch Leap (26-27)

The gymnast is limited to 2 or 3 steps in approaching the leap so that the switch leap and the assemblé may be reversed.

Assemblé—360 Degree Stretched Jump—Scissors Jump (28-29)

The gymnast may land the assemble and/or the 360 degree jump in parallel or 5th position. The assemble should be landed squarely in good alignment so that the gymnast does not cheat the 360 degree turn. The small scissors jump definitely lands in turn out. The leg movement on the scissors jump may be forward and back or a side cross/side cross thigh beat (entrechachat).

Assemblé-Forward Passé Jump-Sissone—Tumbling Pass (35-38)

If the gymnast wishes to reverse the side aerial, she must begin the reversal with the assemblé, jump, sissone. No extra steps may be taken after the sissone. Judges should deduct for a pike body in the aerial cartwheel. On the salto, legs should split early, near vertical. The amplitude of the split should be near 135 degrees (90 degrees is too narrow).

Jetté En Tournant (40)

This movement is a turning split leap but there is NOT a 180 degree split requirement. The judge should see the gymnast's hips rise and see good stretch and correct landing in plie.

Small Leaps (44-45)

The first leap is slow followed by two quick leaps.

Tumbling: Arabian Salto—Tinsica (48)

The stepout from the Arabian should show alternate foot placement. If the gymnast does not step out of the Arabian, there could be a deduction of 0.10 for text error and up to 0.20 for lack of continuity in an acrobatic series if there is a break in rhythm. The gymnast may reverse this pass but she makes a commitment to right or left by the way she steps out of the Arabian. No extra steps may be taken between elements. The gymnast must show alternate hand placement in the tinsica. If her hands are placed down simultaneously and parallel to each other, she has performed a front walkover. However, do not take the deduction for changing the element (.4 + .5) unless the gymnast has made no attempt to perform the element correctly. You should use the severe deduction of changing an element only if the element performed is clearly not a tinsica (e.g. a front handspring or front walkover).

360 Degree Turn (49)

From the tinsica, the arms remain high for the turn. (Note the correction in the compulsory text on the USGF correction sheet regarding the correct position of the leg on the full turn).



Lorretta Cole, from Fairbanks, Alaska, demonstrated that not only could she judge, she could also dance!

DANCE: THE RELATIONSHIP TO GYMNASTICS SAFETY

Tamara Biggs
KIPS Gymnastics, Hattiesburg, Mississippi

It is well recognized that dance contributes to the artistic component of gymnastics and can make the gymnastics routines more interesting to watch. However, dance can also be an important factor in contributing to the safety of gymnasts. If dance is performed properly, it will develop strength and flexibility in all of the muscle groups and joints thus helping to prevent injuries caused by under or over development of strength and flexibility. Gymnasts have a tendency to be overly developed in the front muscles of the body and under developed in the back muscles of the body. This imbalance can lead to injuries. The gymnast needs equal muscle development so that the muscles can share the work load of the body.

Strength

Dance develops strength in several areas of the lower body including the feet (toes, arch and all the muscles around the foot area), the ankle (Achilles tendon and all surrounding muscles), the calves (Achilles tendon, shins and all surrounding muscles), the hamstrings (upper and lower hamstrings pull the gluteus maximus), the thighs (quads upper and lower), and the knees (all surrounding muscles). In addition, dance training can develop strength in the upper body including the neck and shoulders (chest and upper back), arms (upper and lower arm, hands, wrist, and fingers), and midsection (upper and lower stomach and back).

Flexibility

Flexibility can also be improved with dance training in the feet, ankles, calves, knees, thighs, hips, midsection, arms, neck, and shoulders. Dance training can be an important factor in increasing the range of motion and turn-out in the hips. Increased flexibility in the neck and shoulders will

result in the open chest appearance that is so important in gymnastics and in increased ability to perform upper back arches in gymnastics movements.

Important Aspects of Dance

Dance training should be conducted more like conditioning programs. Every muscle should be engaged and resistance should be shown in every move, even poses. The gymnast should learn to exercise control at all times and to concentrate on the smallest of detail of dance positioning. The timing and tempo of each movement should be an important aspect of dance training.

As the gymnast becomes more proficient at dance technique, certain outcomes will be obvious. Muscle tone and definition will increase. Flexibility and strength will improve. Joints will appear to be loose and free to move but the limbs will stay tight and controlled. Finally, gymnasts should experience fewer injuries because improved strength and flexibility in the back of the body will balance that which already exists in the front of the body.

Aesthetics:

The Beauty of Dance

While dance training is very important for the improvement of gymnastics safety, it also contributes to the performance of the gymnast. Dance training will result in improved focus through eye contact. Arms and legs will learn to work together giving the gymnast a look of ease in performance. The body carriage will improve as gymnasts learn precision and definition in movement. Finally the dynamics of routines should improve as gymnasts learn to focus their energy in body movements.



Tammy Biggs, Symposium Clinician, explained the importance of dance to gymnastics safety.

Dance Emphasized in New Compulsories

The new USGF age group compulsories emphasize the importance of dance as an integral part of gymnastics training programs. As a result, gymnasts will be learning dance technique in the earliest stages of training. Combining dance and gymnastics training should result not only in improved artistry in gymnastics performances but also in improved safety for gymnasts.

EXAMPLES OF HOW DANCE MOVEMENTS DEVELOP MUSCLES

Demi Plié This basic exercise turns out legs and develops the tendons and muscles of thighs, calves, ankles, and feet thus increasing flexibility and strength in the Achilles tendon. The spring-like action of demi-plié is essential to all jumping upward and upon return of feet to the floor.

Grand Plié A slow, continuous movement, bending downward and rising upward without pause, coordinating movement of free arm with movement of leg muscles.

Port de Bras (at the bar) Gives flexibility to and develops coordination in the entire body. The movements are flowing and continuous.

Battement Tendu Simple (stretched beating) Strengthens legs and feet, develops insteps.

Battement Tendu Jeté (dégagé) Develops speed and precision in movement of legs and feet.

Grand Battement Jeté Develops freedom of leg movement from hips.

Grands Battements Développés (passer la jambe) Strengthens the torso and develops balance for Adagio movements.

Rond de Jambe a Terre Facilitates rotary movement of legs from the hips and flexibility in ankles and insteps.

Relevés (facing bar—first and second positions) Strengthens Achilles tendon, insteps, knees, and thighs.

Pas Assemblé (en avant—forward) The correct execution of the assemblé is essential as a foundation for all subsequent jumping steps.

News Update

JUDGES TRAINING COMMISSION APPOINTED

The USGF has appointed a new National Judges Training Commission. According to Sharon Weber, chairperson, the intent of the Commission is to provide leadership for judges training in the United States. The Commission plans to develop new materials to improve the training of judges at all levels.

One of the first projects to be undertaken by the Commission will be the development of a practice-judging videotape for Level 5 compulsories and beginning optionals. The Commission decided to start with lower level routines because the Level 5 gymnasts will be competing early

in the 1989 season and the videotapes will help judges be ready to apply the new judging criteria. It is anticipated that the first set of videotapes will be available in fall, 1989.

The videotapes will feature gymnasts with differing levels of ability so that judges can study a wide range of performances. Following each routine, an analysis of execution errors will be presented accompanied by video-graphic aids. In addition to helping judges learn to distinguish correct and incorrect form, the videotape analysis should be helpful in increasing judging consistency across the USA.

BIDS BEING ACCEPTED FOR THIRD ANNUAL JUDGE'S CUP MEET

NAWGJ is accepting bids for the Third Annual National Judge's Cup to be held in June, 1990. The National Judge's Cup is an optional-only meet for gymnasts competing at the intermediate and advanced levels. Because the meet is a fund raising event for the national association, NAWGJ members volunteer as judges, timers, and flashers as well as conduct other duties necessary to run the meet. Entry fees of gymnasts are contributed to the educational fund of NAWGJ. The funds collected at the gate and concession stand are contributed to the host organization.

Typically, gymnasts, parents, and coaches combine their vacations with the meet. The first meet, held in Reno, provided lots of entertainment for children and adults. The California meet was close to Disneyland, Universal Studios, and the beach! If you are interested in hosting the National Judge's Cup, please contact Janet Packwood, 4411 Stoney Way, Carmichael, CA 95608.

1989 NATIONAL JUDGES TRAINING COMMISSION

Sharon Weber	Chairperson
Cheryl Grace	Assistant to Chairperson
Elizabeth Holey	Region I
Priscilla Hickey	Region II
Joanne Aschenbrenner	Region III
Mary Ann West	Region IV
Judy Dobransky	Region V
Maria De Cristoforo	Region VI
Shirley Tranquill	Region VII
Elaine Thompson	Region VIII
Marilyn Cross	Women's Technical Committee

FIT TO JUDGE

A new national program was introduced at the 1989 NAWGJ Symposium in Costa Mesa, California. FIT TO JUDGE, a walk/run physical fitness program, was designed to help judges endure the long stationary sessions inherent in the judging profession. Research has shown the integral part that physical fitness plays in the total well being of the individual. A systematic physical fitness program can be one of the important factors in keeping us all fit to judge! All states and regions are encouraged to carry on the tradition of judging fitness at local clinics and workshops. Let's have 100% membership in the Fit To Judge Program by 1991!

CHARTER MEMBERS FIT TO JUDGE PROGRAM June 30, 1989

Dianne Aitken
Diane Barnett
Hilary Carlson
Alice Childers
Bob Childers
Hannah Collins
Stormy Eaton
Pat Edinger
Nanette Hazelwood
Jean Klein
Scott Milo
Valorie McKenzie
Mary McLellan
Claudia Miller
Sandy Price
Cori Rizzo
Sue Robinson
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Hawaii
Oklahoma
Alaska
Florida
Arizona
Wisconsin
Oklahoma
Wisconsin
Texas
South Carolina
South Dakota
Oregon
Colorado
Oregon
Hawaii



NEW NAWGJ WATCH AVAILABLE

A new watch with the NAWGJ logo is available to all members of NAWGJ. The watch is extremely attractive with a white face, blue logo, and black band. The watch has a very professional look and will be a real conversation piece. You might want to think about adding it to your Christmas list!

The price is very reasonable. The watch can be ordered for the price of \$30.00 each. Orders of twelve or more will receive a special price of \$27.50 each. To order your watch, send a check to Betty Sroufe, 2096 Rolling Hills, Fairfield, OH 45014.

DRAWING RESULTS! AND THE WINNER IS...

Carol Schneller of Muskegon, Michigan was the winner of the 1989 NAWGJ drawing. She will enjoy four days and three nights in the Virgin Islands as a guest of NAWGJ. Ms. Schneller, a Class III judge, lives in the region that sold the most tickets. Region V sold 669 tickets followed by Region VI which sold 478 tickets and Region I which sold 358 tickets. All of the regions had a good response to the drawing.

The NAWGJ Board expresses its appreciation to all of the judges who helped to make the fund raiser a huge success. Congratulations to Carol Schneller!

1989 COMPULSORY SHORTHAND: Bars and Beam

Uneven Parallel Bars

Prepared by Donna Trevethan, Region V

Every effort was made to transcribe the shorthand exactly as presented by the originator. If errors exist, they are the responsibility of the editorial staff, not the originators. The editor.

Level Five

∧ L σ ≡ ρ ρ ε Δ ≡ ρ

Level Six

L e_{30°} v_{30°} ^ L ρ σ e_{30°} e^u

Level Seven

L e_{60°} v_{60°} ^ L ρ e_{60°} e

Level Ten

ρ ρ ρ ρ ρ ρ ρ ρ ρ ρ

Balance Beam

Prepared by Shirley Tranquill, Region VII

Level Five

↑ M̄, u ~ S !, e ⊥ u x u l - u o y ~ k

Level Six

↑ M̄, u ~ S n, e ⊥ u h = l ⊥ u o y ~ n p₄

Level Seven

↑ M̄, u S n, e ⊥ ! n u l - i o y ~ x e

Level Ten

↑ M̄ = u x n y = 1 y l ⊥ n e o y u ~ " " u l k e

JUDGING THE COLLEGE MEET

Delene Darst

Brevet Judge and 1988 Olympic Judge

A Saturday morning session at the 1989 NAWGJ Symposium brought judges from across the country together to discuss a shared concern. Several judges have experienced extreme pressure this year to award high scores at college gymnastics meets. Delene felt it would be helpful if judges understood the college athletics environment. At the college level, emphasis is placed on winning. College athletic programs colleges may be discontinued and coaches may lose their jobs if teams are not winning. The pressure experienced by coaches is transferred to officials as each college and university tries to position itself for a winning season.

The pressure put on officials is not imagined! Coaches approach gymnastic judges with statements such as "We can't get other schools to come here for a meet unless they are scored in the 9's" and "If you won't give high scores, I won't request you as a judge" and "We won't qualify to regionals unless we have 9.5's." Coaches want judges to score the meet "correctly" but high!

The bottom line in judging at any level is to maintain the integrity of the judging profession in the United States. Judges must be

accountable for scoring the routines on any given day exactly as they were performed. Judges cannot be held accountable for a university's decision to discon-

Judges must stand firm in their responsibilities...Don't be afraid of "boos" and pressures from the coaches or audience.

tinue its athletic programs. Similarly it is not the job of the judge to qualify teams; it is the judge's job to evaluate routines performed by the teams.

One problem that contributes to scoring difficulties is that collegiate gymnastics has grown way beyond Competition IB rules. Judges must make distinctions between routines that meet the minimal requirements (IB) and those that are more difficult. It is important to distinguish routines that are difficult, more difficult, and most difficult.

Composition deductions can be helpful in making this distinction. Judges have to be able to reward the athlete who risks more, who does back-to-back difficulty, who shows that she can do more and do it as well as **or better!** Judges must draw upon the compositional categories such as "choice of elements" and

"versatility of connections" to make these distinctions. If a judge awards a routine a 9.5 that really deserves an 8.9, it cheats the gymnast whose routine really de-

serves the 9.5. Judges cannot ignore the rules in order to please the coaches. Deliberate overscoring of routines will hurt the sport in the long run. The rules must be applied honestly and consistently from state to state and from region to region or it will eventually destroy the entire gymnastics program, age group as well as collegiate. If coaches are unhappy with the rules, they will need to work with their athletic organizations to change them.

Judges must stand firm in their responsibilities. Evaluate routines exactly how they are performed on that day. Don't be afraid to place the scores where they belong. Don't be afraid of "boos" and pressures from the coaches or audience. If a judge compromises in one situation, it compromises every judge across the country.

Shirley Tranquill reporting

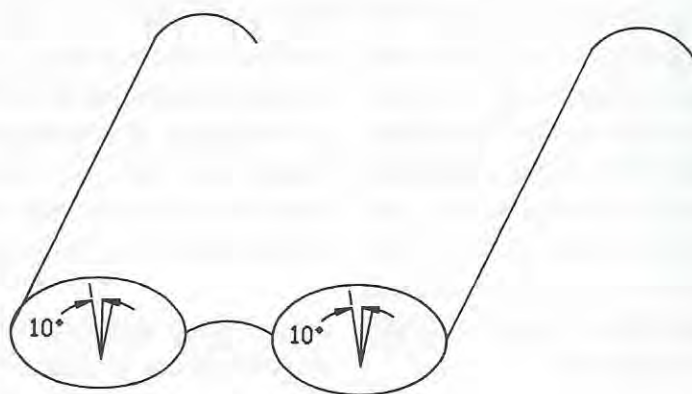
Umpires and Judges

Barb Tebben, State Judging Director in Minnesota, is an avid baseball fan. Last year she reported an anecdote from the book Strike Two by former umpire Ron Luciano. Perhaps this quote will be helpful as you face some of the pressures of judging.

"For an umpire, life in most minor leagues consists mainly of long automobile drives between small towns to work games under lighting too dim to brighten a porch, dressing in closets, sleeping in hotel rooms so small that if you eat in the room and gain weight, you can't get out, and surviving on cold hot dogs and warm soda..."

"...a (player or coach) can be your best friend for five years and eight innings. Then in the ninth inning, with the score tied, you'll call him out on a pitch he doesn't swing at. He isn't going to walk back to the dugout dragging his bat and tell his manager, 'Gee, what a great call my pal just made!'"

Sound familiar!



Judy Grenfell's secret weapon for passing the practical uneven bars examination ! Order from your nearest optician.

Submitted by Robin Ruegg, Region IV Newsletter Representative

PET PEEVES

Jola Jones, Region I
Newsletter Representative

The National Symposium gave judges the opportunity to interact with two of the top coaches in the USA. As a result of these interactions, a couple of pet peeves emerged that might be instructive if passed along. Stormy Eaton described a situation in which a judge was distracted while his gymnast was vaulting because one of the meet director's helpers was taking the judge's lunch order! If you find yourself in that situation, be sure to ask the helper to wait until the rotation is completed. Another pet peeve of Stormy's was the judge who is in a hurry to calculate the score and doesn't acknowledge the gymnast who is saluting at the end of her routine. He gave some examples of the impression this behavior had on a few of his gymnasts and convinced us that the score could wait a few seconds while we acknowledged the completion of a routine with a smile on our faces.

Don Peters' pet peeves concerned the ever-increasing complexity of the judging system. Don worries that judges have so many rules, special requirements, and bonus possibilities to think about, that execution deductions don't get the attention they deserve. He cautions judges not to lose sight of execution errors when making distinctions between routines and to pay particular attention to amplitude in elements and stuck landings.

CLARIFICATIONS ON BALANCE BEAM: CHANGES SINCE THE ELITE COURSE

(As of June, 1989)

Audrey Schweyer

Reported by Shirley Tranquill

Region VII Newsletter Representative

Interpretations of the new FIG rules as explained at the Elite Course in February, 1989, may be found in the Judge's Training Manual which is available from the USGF Office. At the 1989 National NAWGJ Symposium, Audrey Schweyer described a few clarifications that have been made since the elite course. The interpretations which follow were approved by Audrey and were found to be accurate as of June, 1989.

Audrey cautioned that such information is always subject to change. Such is the nature of a dynamic sport! Because there is a meeting of the FIG Technical Committee this summer, new clarifications may be made in early fall. This information is provided solely for purposes of helping judges keep up with the interpretations as they occur. It is extremely important that all judges review any future clarifications to determine potential changes.

Balance Beam Clarifications

For purposes of BONUS CONNECTIONS, a flic flac to two feet and a flic flac with step-out are considered to be the same element. A gainer flic flac is considered to be a different element for purposes of bonus con-

nections. Please note that this interpretation applies to BONUS CONNECTION rules. Refer to the Judge's Training Manual for clarifications of flic flacs on beam for other purposes.

A body wave can be used in value raising if it does not involve a HELD position (i.e., it must be moving).

Mounts and dismounts will be considered in series for fulfilling SPECIAL REQUIREMENTS. If a dismount series is used to fulfill credit for an acrobatic series, the element done on the beam must have FLIGHT.

If an element is a zero (i.e., no value part) because of EXECUTION, it **cannot** be used for special requirement series credit. If an element is a zero (i.e., no value part) because it is used the THIRD TIME, it **can** be used for special requirement series credit.

In order for a .25 error to eliminate bonus credit for a series, the error must occur on only one element. The execution errors are **not** cumulative in a series; i.e., a flic flac, flic flac, back pike salto, each element with .1 error, **would** receive bonus (Balance Beam Principle 2.4: $B + B + C = +.10$).

PROVISIONAL JUDGES RATING TO BE CONTINUED

The Provisional Judges Rating will be continued through the 1989-94 period. The Provisional rating was established for individuals who are interested in becoming judges. Once these individuals have completed the 12-hour requirement and participated in the written self-testing and the practical judging, they will earn a Provisional rating. A rating card will be provided by Judges Certification Inc. The rating will be valid for one year from the date of issue. During the second year, the individual must become certified as a Compulsory or Optional judge. The Provisional Judge must be assigned to work with a higher level judge and may not be assigned in the place of a Compulsory (level 5) or higher judge.

The Provisional Judge's course consists of a minimum of 12 hours in length. Judges Certification recommends that the course be conducted in 3-hour sessions once a week for a four week period. As an alternative, two 3-hour sessions a weekend may be held for two weekends. Materials for the course may be requested by the instructor from Sue Ammerman, Examination Director, 23 Chicopee Drive, Wayne, New Jersey 07470; phone (201) 633-5248.

The cost of the materials is \$10.00 for a participant study guide and \$20.00 for the videotape.

NAWGJ EDUCATIONAL LIBRARY

NAWGJ has established an Educational Library for all NAWGJ members. Thusfar, two products are available through the library. These products have been described in previous newsletters. All new products will be described in future newsletters so NAWGJ members will be apprised of library holdings. Yvonne Hodge, library coordinator, is in the process of reviewing several new materials that will be released this year. Descriptions of these materials will be printed in future newsletters. (It's been difficult to release new educational materials this year because of the changes in the rules, but Yvonne has lots to choose from). In the meantime, the newsletter will include an order form for all products described in previous newsletters.

The library can always use new materials. If you have any materials (study guides, videotapes, shorthand materials, etc) that you are willing to make available through the Educational Library, please send copies to Yvonne Hodge (see address on order form below).

ORDER FORM NAWGJ EDUCATIONAL LIBRARY

Name: _____ Address _____

Phone: _____ City/State/Zip _____

I would like to order the following materials from the NAWGJ Educational Library.

Quantity	Description	Unit Price	Total
	FIG Code of Points Gummed Labels for Flash Cards (cards not included) Developed by Mary Van Grinsven	\$7.00	
	Dance Manual Definitions and illustrations of all dance terms in the 1989-92 Compulsories Developed by Linda Kardos Barnett	\$3.50	
	Compulsory Reference Sheets: Symbols, elements, and deductions enclosed in plastic. Great for using at your desk while judging. All events and all levels included in packet.	\$3.50	

Send order form and check to:
Yvonne Hodge
NAWGJ Educational Library
4304 Mt. Vernon Rd.
Louisville, KY 40220

TOTAL _____

NAWGJ UNIFORM ORDER FORM

Name: _____

Address: _____

City: _____

State/Zip _____

Phone: _____



Send your check and order form to:

NAWGJ -- Betty Sroufe
 2096 Rolling Hills Blvd.
 Fairfield, Ohio 45014

If you need additional information, call
 513-829-5671
 (Monday through Thursday; 9:00 - 3:30)

If paying by check, make check payable to:
 NAWGJ — Betty Sroufe

Quantity	Description	Cash	MC VISA	Jacket Size	Skirt Size	Amount
	2 piece suit	\$158.00	\$165.00			
	Skirt only	\$ 52.50	\$ 56.00			

TOTAL AMOUNT: \$ _____

NOTE: Costs listed above include shipping cost.

If using credit card to purchase uniform, complete the following section:

Credit Card No. _____ (VISA/MC) Expiration Date: _____

NOTE: When using MC, also give the 4-digit number above your name.

Signature: _____ (as listed on credit card)

COMMENTS:

QUESTIONS AND ANSWERS

Questions Prepared by Toni Kardos
Region VII Newsletter Representative

Answers Prepared by Delene Darst

Question: Is a hop IN handstand considered for fulfilling the special requirement of a flight element?

Answer: No

Question: Can a hop IN handstand be used in bonus connections?

Answer: According to Jackie Fie at the Championships of the USA, a hop change IN handstand could be used in bonus connections. I was Chief Judge on bars at the Championships and we did use it in bonus combinations. *(Editor's Note: Delene wanted to make sure that those judges who attended Symposium realized that this clarification has been made since the Symposium. This answer is the most current).*

Question: Would a straddle cut be considered as fulfilling the special requirement of a flight element?

Answer: Yes, but that routine would be very low level and should receive compositional deductions under close bar execution, etc.

Question: Is a "round-off, flic-flac, double full" and a "round-off, flic-flac, double full, straddle jump" considered the same acrobatic series?

Answer: Yes, because an acrobatic series can only be changed with acrobatic elements.

Question: Would a "round-off, flic-flac, double full, front salto with step-out, round off, flic-flac, double full, front salto" receive bonus twice for the connection of C + A with change of direction?

Answer: No, because you cannot receive bonus twice for repeating a bonus series just as you cannot receive it twice for repeating a bonus element.

The minutes....summer, 1989

NAWGJ GOVERNING BOARD MINUTES

June 26-27-29, 1989
Costa Mesa, CA, NAWGJ National
Symposium 1:00 P.M.

I ROLL CALL

President	Dale Brown (June 27,29)
Vice President	Mary Ann West
Secretary/Treasurer	Betty Sroufe
Adm.Assistant	Mary Van Grinsven
Region I	Janet Packwood
Region II	June Houghton/ Vad Woodside
Region III	Carole Bunge
Region IV	Judy Grenfell
Region V	Donnalyn Trevathan (June 26,27)
Region VI	Pat Panichas
Region VII	Jennifer Spering
Region VIII	Mary Lou Dillard (June 26,29)

Members At Large:
Newsletter Editor Catherine Batsche
Symposium Director Dr. Mary McLellan
(for report)

Liason Members:
USGF Women's Comm: Mary Ann Mahoney
Judges Training: Sharon Weber
Judges Certification: Delene Darst
(June 27,29)

NOTE: The National Governing Board welcomes Judy Grenfell, a new RJD, and new Liason Members Sharon Weber and Delene Darst to our meetings.

II APPROVAL OF MINUTES

M/S/P The October 16, 1988 minutes were approved with the following correction:
P.3 - IV - A - delete last sentence of the first paragraph.

III DIRECTOR'S REPORT

A. Director's Report

Director's handed out a written report to all National Governing Board and Liason Members outlining the activities and concerns of their Office and/or Region throughout the 1988-89 season.

B. Secretary/Treasurer's Report

Betty Sroufe presented a written financial review of NAWGJ from October 1988-April 30, 1989. NAWGJ currently has 1,967 members (1545 Professional Members / 306 New Members / 116 Associate Members).

This is a decrease in membership of 139 from May of 1988.

We would like to remind our members to fill out their membership card COMPLETELY and to inform our Secretary/Treasurer of any address and/or name change.

IV COMMITTEE REPORTS

A. Computer/Printer Report

The Administrative Assistant, Mary Van Grinsven, reported it is not feasible to purchase a modem to connect the offices of the Administrative Assistant and the National Newsletter Editor.

Discussion ensued on purchasing a letter-quality printer for the office of the Administrative Assistant to increase professionalism of documents produced (ie- Judges Operating Guide, Judges Director's Guide, . . .) without duplication of time and effort by a Secretarial Service.

M/S/P NAWGJ approves the expenditure of funds for a letter quality printer for the office of Administrative Assistant.

B. National Newsletter Report

The National Newsletter Editor, Catherine (Cookie) Batsche, gave a statistical review of the survey sent in the last National Newsletter. In general, members wanted the name to stay the same and valued articles on compulsories and technical information the most.

The National Governing Board applauds Cookie's efforts in making the National Newsletter a professional publication with timely information and an "updated look", while staying within the previous budget guidelines.

C. National Judges Cup 1989

The National Judges Cup was held in Santa Ana, CA on June 24 & 25 at the New Hope Gymnastic Club. 224 gymnasts from 9 states competed throughout the weekend and enjoyed many gifts and awards. The meet is a National fundraiser for NAWGJ and includes gymnasts performing optional routines at the IIIIO and Class II Optional levels.

A committee was formed to establish a Judges Cup Operating Code and Bid Form for future Judges Cups:

Janet Packwood (Chair)
June Houghton

Anyone interested in hosting the 1990 National Judges Cup (June 1990), please contact Janet Packwood (CA) by September 15, 1989.

Operating Guide Committee:
Janet Packwood (Chair)
June Houghton

D. National Raffle

The 1989 raffle was successful, netting a profit of approximately \$3900 (complete financial report pending). Monies realized from all National Raffles are put into a separate account earmarked for Education (See Educational Librarian Report IV-6).

This year's raffle winner, Carol Schneller, is a Class III judge from Michigan. Carol and her guest will be enjoying a trip to the Virgin Islands compliments of NAWGJ.

The National Governing Board discussed the possibility of other fundraising ideas for 1990. A committee was formed to investigate alternate ideas.

Fundraising Committee:
June Houghton (Chair)
Judy Grenfell
Betty Sroufe
(report next meeting)

M/S/P The NAWGJ National Governing Board will not hold a raffle in 1990.

E. National Symposium

The National Symposium Director, Dr. Mary McLellan, will continue work on updating the Symposium Operating Guide and Bid Form and present her work at our fall meeting.

A written financial report of the 1989 Symposium and financial overview of the last three (3) Symposia will be prepared by Mary for our fall meeting.

The National Governing Board extends our congratulations to Mary on another successful Symposium and a multitude of thanks to her and her staff for all their hard work and effort.

F. Steps To Becoming A Judge Brochure

This brochure will be updated within the next few months by Jennifer Sperring to reflect current rule changes and testing information. It is intended to be an informational flyer for people interested in becoming judges.

G. Educational Library

A written report was sent by Yvonne Hodge, the NAWGJ Educational Librarian, outlining the materials requested by our members last season. Yvonne included rough drafts of upcoming products being considered.

Each region will be receiving a complimentary set of video tapes containing key sessions from the 1989 National Symposium. The funds from our raffle will pay for the filming, processing and distribution of this endeavor as well as all other materials available through the Educational Library.

M/S/P Vad Woodside will process films by August 1, 1989 and send to National Governing Board Members.

M/S/P Sharon Weber (Chair of Judges Training Commission) will be the NAWGJ technical contact for approval of educational materials to be used by our Librarian.

H. State Judging Directors Workshop

NAWGJ State Judging Directors gathered for a one-day workshop prior to the beginning of the National Symposium. Up-to-date information was given to the Directors with time for discussion and input in the areas of: fee structure, fundraising, judges training, assignment of judges and active status procedures.

I. Fee Structure

After input from our State Judging Directors Workshop, the National Governing Board finalized a proposal for updating the fee structure. This proposal will be presented to USGF at Congress (Sept 13-16, 1989) for final approval for USGF meets.

V LIASON REPDRTS

A. Womens Program Committee

Mary Ann Mahoney outlined the new USGF awards system and highlighted changes that pertain to judges (ie- affiliation and assignment of officials) from the spring 1989 WTC meeting.

B. USGF Judges Training Commission

The new Chair of the Judges Training Commission, Sharon Weber, outlined the USGF's committment to produce materials needed to educate judges. The Judges Training Manual has been updated and plans are being developed to produce high-quality training videos for both compulsory and optional levels.

Sharon expressed a strong desire to continue working with NAWGJ in the area of education, in an effort to avoid duplication of resources and materials.

C. Judges Certification, Inc.

Delene Darst, President of JCI, outlined test administration as well as active status reporting procedures. Delene stated that the financial expenses of the Active Status Co-ordinator in each state will be paid by JCI.

Board members discussed the possibility of a judge whose rating has lapsed a full cycle, being allowed to re-enter at the level she/he left. Also discussed is the possibility that coaches could enter at a comensurate level to their coaching capabilities. Delene suggested we write up a proposal and submit it through our liason (NAWGJ Vice President) at the next meeting.

Testing Entry Level Committee:
Donna Trevathan (Chair)
Mary Lou Dillard
Sharon Weber

VI OLD BUSINESS

A. NCAA Concerns

Assigning Fees for the Midwest and Northeast Regional Meets for 1989 are still outstanding. Dale will follow-up with a third request to these Meet Directors.

The Board discussed the need for more information from NCAA to increase proficiency of assignment of our officials to NCAA Regional and National Meets. A committee was formed to list additional information needed by NAWGJ.

NCAA Information Committee:
Jennifer Sperring (Chair)
Carole Bunge
MaryLou Dillard

Pressures placed on NAWGJ officials at NCAA meets were discussed.

Dale Brown will request to be placed on the NCAA Coaches Association Agenda at USGF Congress in September to voice these concerns.

B. Inventory Report Form

Betty Sroufe indicated the report form is being designed with the help of our Accountants and would be ready by our fall meeting.

C. Merchandizing Flyer

June Houghton presented a flyer to be printed in the next National Newsletter of all merchandize available through the NAWGJ Promotional Office.

D. Scholarship Fund

It was determined at this time, that NAWGJ would not try to set up a Scholarship Fund.

E. NAWGJ Service Awards

NAWGJ salutes all officials that have been members of NAWGJ for 5 years or more. In particular, we honor officials servicing our organization as a State, Regional or National Officer. The following Officers will be added to the original list published in the July 9, 1987 Minutes:

15 Year Officers

IV Dr. Mary McLellan
V Betty Sroufe

10 Year Officers

III Betty Roberts
I Robbie Sumpter
II Evadne Woodside

5 Year Officers

VIII Donna Bryant
VI Diane Cote-Burk
IV Judy Grenfell
VIII Carol Ingold
III Mary Lee Martin
VIII Paula Northius
I Janet Packwood
III Carol Williams

VII NEW BUSINESS

A. Judges Operating Guide (JOG)

The Board determined the next JOG will be published in the Spring of 1990 and sent to all current members.

B. Future of NAWGJ Symposia

Discussion ensued on the financial feasibility of holding future Symposia. The National Governing Board took a firm stand in wanting to continue to host Symposia for the educational development of our officials. Financial gain to the organization should not be a determining factor.

An analysis of future offering to enhance participation in upcoming Symposia will be studied by the following committee:

Future Needs Committee:
Cookie Batsche (Chair)
Jennifer Spering
Judy Grenfell
Betty Sroufe

C. Next Meeting

September 29-30, 1989
Chicago Illinois

Respectfully submitted,

Mary Van Grinsven

Mary Van Grinsven
NAWGJ Administrative Assistant

13 July 1989 Date

Approved By:

Dale Brown

Dale Brown
NAWGJ President

THE OPTIONAL JUDGE

by

Judy Dobransky

*To judge - to score
With text - no more
It's optionals for me !*

*The gymnast picks the tricks to do
It's now my chore to see...
To see if all the S.R.'s fit
The composition's right
To mark how well they do each skill
And if their form is tight !*

*There's A's and B's and C's and D's
and plus 1's and plus 2's you cry
There's amplitude and poise and grace
And totals that must jive!*

*There's small and slight - from less to more
- to brush - to touch - to fall
You stop and say "I can't go on !
I'll never learn it all !"
And just about the time you think
"I'm finally in range"
A new interpretation comes
Along to make that change !*

*But here you are because you care
Gymnastics has you hooked !
It reels you in with each success
You only have to look
Around to see the faces of
The kids whose joy's complete
When you have given them
The opportunity to compete !*

1989

SCHEDULE OF EVENTS

September 14 - 17, 1989	USGF Congress	Philadelphia, Pennsylvania
October 14 - 22, 1989	XXV World Championships	Stuttgart, West Germany
March 3, 1990	American Cup	Fairfax, Virginia
March 10, 1990	Mixed Pairs	
March 31, 1990	Level 10 State Meets	
April 7, 1990	Level 9 State Meets	
April 21, 1990	Level 10 Regional Meets	
April 28, 1990	Level 9 Regional Meets	
May 5, 1990	J.O. Nationals (Juniors)	
May 12, 1990	J.O. Nationals (Seniors)	
May 26, 1990	Level 9 East/West	
June 9, 1990	Championships of the USA	
July 7, 1990	Olympic Festival	Minneapolis, MN
June, 1990	National Judge's Cup Meet	Bids Being Accepted
July 21 - August 4, 1990	Goodwill Games	
June 26 - 29, 1991	NAWGJ National Symposium	Portland, Maine
September 7 - 15, 1991	Gymnastics World Championships	Indianapolis, Indiana

NAWGJ
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Bloomington, IL 61704

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