

N A W G J N A T I O N A L N E W S L E T T E R

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Floor Exercise Mixed Series

Cori Rizzo, National Elite Judge, Region III

One of the new special requirements on floor exercise is a mixed series of three elements that must alternate AGA or GAG. Sometimes the mixed series is very clear cut but often it is hidden within other dance elements or combined with an acrobatic series. Quite often the third element is a Schuschunova that must be carefully evaluated to see if C credit should be awarded. Here are some mixed series you might see this season. Fill in the symbols and values for practice. Answers are on the next page.

1. Johnson leap/flic-flac/Schuschunova
2. Split leap forward with leg change/flic-flac/Schuschunova
3. Straddle pike jump/flic-flac/Schuschunova
4. Tour jeté/flic-flac/sissone
5. 1 1/2 turn on 1 leg/flic-flac/straddle pike jump
6. Ring leap/flic-flac/ 2/1 turn on one leg
7. Split leap forward with leg change to 2-foot landing/salto forward tucked/ 1 1/2 turn on 1 leg
8. 1 1/2 turn in scale forward/back walkover/ring jump
9. Split leap forward with leg change to ring leap/handspring forward/tour jeté to immediate split sit
10. Hitch kick/cartwheel/sissone
11. Split leap forward with 1/4 turn/ flic-flac/ring jump
12. Split leap forward with leg change/flic-flac/ straddle pike jump
13. Cat leap forward with 1 1/2 turn/aerial cartwheel/sissone
14. Hitch kick/aerial cartwheel/tuck jump with 1 leg extended horizontally forward
15. Split leap forward with leg change/gainer flic-flac/sissone
16. Split leap forward with leg change/gainer flic-flac/stretched jump with 1/1 turn
17. Round-off/split leap forward with leg change to 2-foot landing/flyspring
18. Round-off/straddle pike jump/flyspring
19. Round-off/straddle pike jump/roll backward to handstand with 2/1 turn in handstand
20. Flic-flac/straddle pike jump/aerial walkover forward to sit
21. Round-off/ring jump/aerial walkover forward to sit
22. Round-off/straddle pike jump/salto forward tucked to sit
23. Round-off/straddle pike jump/flic-flac
24. Round-off/straddle pike jump/salto forward tucked
25. Round-off/Popa/flic-flac
26. Flyspring/tuck jump with 1 leg extended horizontally forward and 1/1 turn/gainer flic-flac
27. Round off/side-split jump/flic-flac
28. Round-off/straddle pike jump/backward salto tucked

Answers to Mixed Series Exercise

Cori Rizzo

- | | | | |
|---------|--|---------|--|
| 1. CAC | | 15. BAA | |
| 2. BAC | | 16. BAA | |
| 3. BAC | | 17. ABB | |
| 4. BAA | | 18. ABB | |
| 5. BAB | | 19. ABB | |
| 6. BAC | | 20. ABA | |
| 7. BAB | | 21. ABA | |
| 8. CAB | | 22. ABA | |
| 9. CAC | | 23. ABA | |
| 10. AAA | | 24. ABA | |
| 11. BAB | | 25. ADA | |
| 12. BAB | | 26. BCA | |
| 13. CAA | | 27. ABA | |
| 14. AAA | | 28. ABA | |

Are You Watching the Gymnast Or What You Are Writing?

Earla Harwell, Washington State Newsletter

Hopefully you are watching what the gymnast is doing!

As a coach, one of the things I find myself noticing is how often and how long a judge looks at their paper.

As a judge, I know how hard it is to always watch the gymnast. I have had my share of times when I glanced down to find I wrote one gymnasts' routine on top of another or my pencil broke or my pen went dry and you're stuck trying to read the imprint your dry pen left you.

At other times, you glance down and you notice your shorthand has traveled across the whole paper and you have this incredible desire to get yourself straightened out but you don't want to miss the gymnast and you have to keep writing and evaluating and figure out where to put it without stopping to think about it! Whew...from that perspective, it's easy to see why it can be challenging to always look up, not to mention maddening.

However, it is important to look up as much of the time as possible. As judges, it is part of our craft and skill required to do the job. Even though we know we are able to see so much more than people realize with our peripheral vision, we must all be aware of how easy it is to miss something important in a second or two of concentration.

Take a few minutes to observe yourself and then others. How often do you look down? How often do they look down? You will notice when some people judge, they **never** look down while a gymnast is performing. During a fall maybe, but never during a routine. With this awareness, I have made a conscious effort to constantly improve and I have a personal appreciation for many of my peers.

Keep UP the good work!

Letters to the Editor

Our readers took exception to David Alfonso's comment that gymnasts aren't athletes (October, 1993 NAWGJ newsletter). Here's a sample of their reactions.

The following quote is taken from the United States Postal Service 1992 Olympic stamp series. "Many people believe that gymnastics may be the toughest of all Olympic Summer Games sports. The rigid competitive standards for the sport require that the gymnast be as agile as a ballerina, as quick as a sprinter, and as strong as a weight lifter." Alfonso is obviously ignorant to what it takes to be a gymnast!

Micki Rudd, Bethel Springs TN

With regard to Dave Alfonso's profound observations of gymnastics, figure skating & ice dancing as "entertaining" athletics—I think he'd probably make a great (gym) Dad.

Mary Ann Elias
Port Gymnastics, Plaistow, NH

Uniform Exchange and Returns

Attention all judges. As soon as you receive your new uniform from the company, try it on to see if it fits. If you need to return your uniform to the company for any reason, all of the tags must be attached. If you have made any alterations to the uniform (e.g., shortened the hem or shortened the sleeve length), it may not be returned or exchanged. To order your uniform, contact:

Midway Uniforms, Inc.
1625 University Avenue
St. Paul, Minnesota 55104
Phone: 612-644-1773

Tips for Studying for Judging Tests

Robin Ruegg, RJD, Region 4

Know Your Learning Style

Identify the styles of learning that are most beneficial for you. Do you work best alone? Do you need practical examples and hands-on experience? (Most of us do, but not everyone!) Be concerned with you and don't worry about how others react. They may be anxious and worried before the test—you don't need to let them influence your mental state and preparation.

Use Tools and Ideas from Others

Use materials from the NAWGJ Library (cards, computer programs, etc.) and tapes/films from the USGF. Create "cheat sheets" such as handstand charts (it's good to create your own—you learn as you do). Set up study sessions and use the phone to call other judges with questions. Make up songs, rhymes, and crazy mnemonics to help you remember facts. Use your sense of humor—make it fun by making wierd flash cards and using cartoons on study sheets. Create your own tests and share them with others. Learn about the test format in advance. Make your practice tests as much like the real test as possible.

Manage Your Time

Develop lists and study schedules. Prioritize the material to be learned—do you really need to know all the weird "A's"? Don't study all the time! Make sure to exercise, eat right, and rest or you'll walk into the test with a "fried brain." Take breaks and treat yourself well. Start well in advance and study some each day if possible. Only a few people are really good at cramming.

The Day of the Exam

A little anxiety is normal, no matter how well prepared you are. Visualize yourself succeeding. Don't dwell on the negatives! Eat properly, get some exercise, relax and take a bubble bath. Do what it takes to psych yourself up; yet stay calm and focused on the task.

Check out the test location in advance. Be sure you arrive on time and find a comfortable place to sit. Wear loose, comfortable clothes. Have your "test kit" with you—pencils, candy bars, calculator, etc. Take breaks if they're offered. Stretch and move.

When you receive the test, start at the beginning and scan through to the end to get an overview. Write down the facts that might leave your brain immediately, e.g., bonus connection charts, handstand charts. Pace yourself. If you get stuck on a question, mark it and return to it later. If there's time, go back and review all your answers. CELEBRATE when you're finished!

Tips for Multiple Choice Tests

1. Be careful not to read too much into questions.
2. Underline key words.
3. If two choices are very similar, the answer is probably neither one of them.
4. If two choices are opposite, one of them is probably correct.
5. Don't go against your first impulse unless you are sure you were wrong. Sometimes you're so smart, you scare yourself.
6. Check for negatives and other words that are there to throw you off. (Which of the following is **not**...)
7. When you don't know the right answer, look for the wrong one.
8. Don't eliminate an answer unless you actually know what every word means.
9. Read every answer (unless you are wildly guessing at the last minute and there is no penalty for guessing).

"If by being overstudious, we impair our health and spoil our good humor, let us give it up! —Montaigne

Sources

- Dunn, Rita and Griggs, Shirley. (1988). *Learning Styles: Quiet Revolution in American Secondary Schools*. National Association of Secondary School Principals.
- Fry, Ron. (1992). *"Ace" Any Test: Ron Fry's How to Study Program*. Career Press.
- Fry, Ron. (1991). *Manage Your Time: Ron Fry's How to Study Program*. Career Press.
- Lawrence, Gordon. (1982). *People Types and Tiger Stripes: A Practical Guide to Learning Styles*. Center for Applications of Psychological Type, Inc.

NAWGJ 1994 National Meeting and Judges Cup

Attention NAWGJ members! We need your help in advertising the 1994 Judges Cup. Please encourage teams in your area to participate in this year's exciting competition at the Karoli Ranch. Specific information about the meet will be available soon. In the interim, let coaches know about this great opportunity.

Judges are also needed to volunteer to help with the meet. All NAWGJ members are invited to attend and volunteer their services. Contact Pat Ethredge if you are interested (2 A Carol Ct., Brookshire, Texas 77423).

DATES: Judges Cup at the Karoli Ranch (June 17-19, 1994)
Special Clinic for Judges by Marta Karoli (June 17, 1994)
Board Meeting and SJD Meetings (June 13-17, 1994)

HOTEL PACKAGE FOR ALL NAWGJ MEMBERS:

The Houstonian Hotel and the Phoenix Spa, located on the same premises, will be the host site for all NAWGJ members. The cost is \$105.00 per person, per night (2 per room) and includes 3 healthy, low fat meals a day, exercise classes, special programs, unlimited use of MEGA fitness facility, 3 heated pools, indoor and outdoor running/walking tracks, whirlpools, sauna, steam rooms. Available at extra charge: beauty salon, spa services, tennis courts, golf. Day-only meals and activities with no overnight stay is \$60.00 per person. Free shuttle to famous Galleria shopping, 5 minutes from the hotel. This program normally costs \$250.00 per day! Any NAWGJ member may take advantage of the entire program or any part with registration before April 12, 1994; subject to space availability.

REGISTRATION:

Send \$105.00 deposit per person to InterSpa, % Amy Rager, 1908 Rainbow Drive, Silver Spring, MD 20905.

Phone: (301) 384-1680 Fax: (301) 384-5566.

Cooperation + Fun = \$\$\$\$

Jan Adkins, Wisconsin SJD

The key to a successful fund-raiser is cooperation! Our small state of Wisconsin with approximately 25 judges and 25 clubs succeeded in raising over \$6,000 this fall at our NAWGJ fund-raiser. It would not have been possible without the cooperation of 22 judges, 16 clubs who supported us by entering our meet (not to mention most of the others who were turned away after the meet reached capacity), and the one club who helped tremendously by offering the use of their gym. It worked for us—maybe it could work for you. Here's how we did it.

- We ran a two-day, five-session, Level 5,6,7 meet with the maximum 140 gymnasts per day. We charged \$20.00 for Level 5 gymnasts and \$22.00 for Level 6 & 7 gymnasts.
- We rented a gym for \$250. The gym supplied runners and flashers and prepared the gym for the competition. They also ran the concessions for their own profit.
- NAWGJ did the rest. We sent entry forms, organized the sessions, supplied judges, timers, gate workers, scorers, etc.
- We chose a theme for our meet "The Barnyard Bash." We decorated the gym, dressed the part, and played "Old MacDonald Had A Farm" for march-in.
- About eight of our judges had pre-meet responsibilities and worked both days of the competition. They each had a job such as mailings, judges meals, goody bags and gymnast gifts, decorations, computer preparation, meet organization, and awards. One of our more talented judges MADE all the trophies—red barns!
- The rest of our judges each worked one day judging & timing warm-ups. They also helped at the gate between sessions.
- Judges volunteered their time and were paid expenses only. All meals were provided by NAWGJ.
- We charged \$3 for adults and \$1 for children as gate fees (standard in Wisconsin).
- All of our profits were made from the gate and the entry fees after expenses. No promotional items were sold.











The kids had a great time and the judges are already busy thinking of a theme for next year's 3rd Annual Judges Invite.

Uneven Bar Symbols








Janette Doucette, Region III

Uneven bars seem to be the ultimate challenge for judges. We must have pens that break the speed limit in order to keep up with the gymnasts! Symbols play a big role in determining and justifying our score on this event. In order to make some sense of the millions of symbols we must use (well, I exaggerate a little), I have compiled some of the basic symbols below.







Swings and Circles

Giant backward  Giant forward 
 Cast  Clear Hip  Underswing 
 Stalder backward  forward 
 Uprise  Pike circle  Counter straddle 







Body Position

Handstand  Free hip (clear) 
 Pike  Squat  Hang 
 Straddle  LB Handstand 





Bar Changes

Hecht over bar  LB to HB 
 From HB over LB  Drop to LB handstand 
 Hop  Jump (mount) 

















Twists

1/2:  or 
 1/1:  or 
 1 1/2:  or 

Saltos

Forward 
 Backward 
 Pike 
 Layout 

Now, using the symbols above, see if you can break down the following elements into pieces and visualize the skill. For further practice, determine the element's value. The element numbers and values are given on page below. Good luck!

- | | | | |
|---|--|--|---|
| (1)  | (2)  | (3)  | (4)  |
| (5) 
mount | (6)  | (7)  | (8) 
dismount |
| (9) 
dismount | (10) 
dismount | (11) 
dismount | (12)  |
| (13)  | (14)  | (15)  | (16)  |

- | | | | |
|--------------|---------------|---------------|--------------|
| (1) 6.301—C | (2) 2.305—C | (3) 2.204—B | (4) 2.412—D |
| (5) 1.403—D | (6) S4.320—D | (7) S3.410—C | (8) 8.401—D |
| (9) S8.321—C | (10) S8.324—C | (11) 8.504—E | (12) 3.203—B |
| (13) 3.501—E | (14) S5.420—D | (15) S6.412—D | (16) 4.403—D |





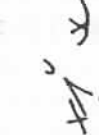

Calculate the Start Value

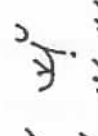
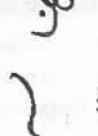
Bonus?
Start Value?
Bar Changes?
Direction Change?


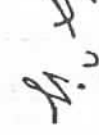
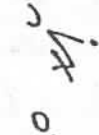
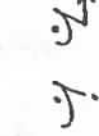
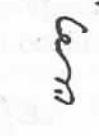

BARS
(Elite)

Special Requirements
"B" flights???

#1      

#2      

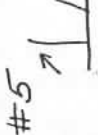

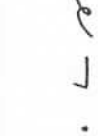

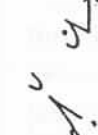

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




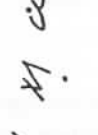
#4      



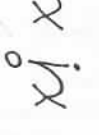
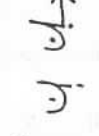
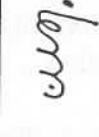
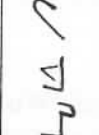
Accuracy of Information Notice


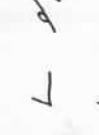




The exercises in this newsletter were prepared by NAWGJ members in an effort to assist judges in applying the new optional rules. Every attempt has been made to ensure the accuracy of the information. However, it is possible that an inadvertent error has been made or that the rules have changed since the exercises were prepared. In the case of doubt, always refer to the official publications of the USGF and the FIG for the definitive answer. **If an answer provided in these exercises conflicts with information provided in the publications of the USGF or the FIG, it is mandatory that you rely on the official rules.** Coaches should always check the official publications of the USGF and FIG before incorporating any of these examples in a gymnast's routine.

Yvonne Hodge, President NAWGJ

#5      

#6      

#7      

#8      

#9
Kiel a bit of life is
a bit more
like

[illegible]

#11
T₁
J_i y u e e
F L J_i L J_i

[illegible][illegible]

#14

1. $\nabla \cdot \vec{v} = 0$

2. $\vec{v} = \nabla \phi$

3. $\nabla^2 \phi = 0$

4. $\nabla^2 \psi = 0$

5. $\nabla^2 \chi = 0$

6. $\nabla^2 \eta = 0$

7. $\nabla^2 \theta = 0$

8. $\nabla^2 \rho = 0$

9. $\nabla^2 \sigma = 0$

10. $\nabla^2 \tau = 0$

#15

LL

✓ 1 of 4 v. 1 of 4

in the year

VAULT ELITE

Questions and (Answers (bottom of page))

- The gymnast performs a 9.6 on her first vault in C-II, but does not perform a second vault. What is her score? _____
- The gymnast in C-III performs a 9.8 on a "hdsp.on, 2/1 turn off" and a 9.7 on a "1 1/2 turn on-1/2 turn off vault." What is her final score? _____
- In C-Ia; gymnast runs-does not vault (does not touch brd. or **1**); she runs again - exactly the same occurrence takes place. She runs again and performs a 9.6 vault with a spot in the landing. What is her final score? _____
- The gymnast flashes #2.403 which is a "hdsping.on; and piked 1 1/2 salto forward off." She performs a "hdsping.on, and tucked 1 1/2 salto forward off." What is her final score if she has errors that total .3? _____
- In Competition II the two scores of the vaults are 9.75 and 9.7. What is the final score? _____
- In C-III the gymnast scores a 9.65 on a "handsprg. forward on-tucked 1 1/2 salto forward off" and a 9.75 on a "Tsukahara stretched with 1/1 turn (360°) off." What is her final score? _____
- Give the values of the following vaults:
 (a) Cuervo Tuck - _____; (b) Cuervo Pike - _____; (c) _____; (d) Tsuk - LO 1/1 - _____; (e) RO, FF-LO 1/1-1/2 on-1/2 off with tucked 1 1/2 salto forward off - _____.

- give even End End Hgt Error*
- 9.6 ÷ 2 = 4.8
 - 9.8 + 9.7 = 19.5 ÷ 2 = 9.75 minus 1.0 = 8.75
 - Spot = -.5 and 3rd run is -.5. Score is 9.6 - 1.0 = 8.6
 - SV. of vault PERFORMED is 9.7 minus .3 for wrong vault and .3 errors. Her final score is 9.1
 - 9.75 + 9.7 = 19.45 ÷ 2 = 9.725
 - 9.65 + 9.75 = 19.40 ÷ 2 = 9.70
 - (a) 9.8 (b) 9.9 (c) 9.6 (d) 9.8 (e) 9.8 (f) 9.9

Answers:

ANSWERS TO BARS

- C A C D B A D A A C C D
+ .1
(.3 D's, .3 conns. = 10.0)
(-.1 (bar changes) = 9.9SV)
(9.4 + .6)
- C A A C C D B A C C A B D C
+ .1 + .1 + .1
(.2 D's, .3 conns. = 9.9SV)
9.4 + .5
- B A A C B B B A C A B B B D (1 D = 9.5SV)
9.4 + 1
- C D C B D D A C A C B C
+ .1 + .2
(3 D's, + .3 conns. = 10.0)
(.1 (bar changes) = 9.9SV)
- C A B A C C D D A B A C C C
+ .1 + .2 + .1 + .1
(2 D's, .3 conns. = 9.9SV)
9.4 + .5
- D A C A B C D A C A A B B B (9.4 + .2 D = 9.6SV)
9.4 + .2
- C D C B D D A A A C B C (3 D's, .3 conns. = 10.0 -.1 (bar changes))
+ .1 + .2
9.4 + .6
9.9SV
- A B C A C D B A A B D A B D D (.3 D's, .3 conns. = 10.0SV)
+ .1 + .2
9.4 + .6
- D A A C A C C D F A B E (1 D (fell on other) + .2 E + .1 conns.)
+ .1
= 9.8 - .2 (only changes bars once; 9.6SV)
- B A B C D D A A A A B B C (+.2 D's, .3 conns. = 9.9 -.1 (only 1 flight)
+ .1 + .2
and -.1 (bar changes) = 9.7SV
- A C B D D F A C A A B B B (+.1 D(-.1 (has only 2 bar changes))
9.4 + 1 = 9.5 -.1 = 9.4SV
- A A B B C C C A A B D A B B C (+.1 D = 9.5 -.1 (no direction change) 9.4SV)
- A A B C C D A C A A B B E D (+.3 orig. + .3 conns. = 10.0SV)
+ .1 + .1 + .2
- A B C C D F A C A A B D B B (+.1 D + .1 conns. = 9.6) 9.4 + .2 = 9.6
+ .1
(missing 1 release) -.1 (only 2 bar ch.) =
S.V. 9.4
- B A D B C D A A A B B C C (+.2D, .2 conns. = 9.8 -.1 (bar ch.) = 9.6SV)
+ .1
9.4 + .4 = 9.8
4 -.1 (release)