

NAWGJ NATIONAL NEWSLETTER

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Unusual Judging Situations

Marion Dykes, Brevet Judge

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Unusual judging situations occur once in a while. While there are no hard and fast rules, each judge must make the best judgment call that will be fair to the gymnast involved and all others in the competition. Here's a few words of wisdom from Marion Dykes, a judge with lots of experience.

Question: What if a timer forgets to call warning or it is not said loud enough?

Answer: Ask the acting judges if they heard it and heard it clearly. If not, do not take overtime. Notify the timer to scream more loudly. Also, notify the coach if a time violation is taken. Call out the average and say "undertime" or "overtime" if the deduction was taken.

Question: Is there a warning called on Floor?

Answer: No. No time is called either. But a time deduction is appropriate if the routine is under or over time. It is our responsibility as judges to use a timer on floor exercise at every meet.

Question: What happens if a gymnast is blinded by the lighting.

Answer: If the lighting situation existed throughout warm-ups, then nothing can be done. If a light "joins-up" the gymnast from sun, TV, etc., then check with the Meet Referee. The coach would have to request that the gymnast be allowed to repeat. Hold the gymnast's score while the Chief Judge and Meet Referee decide how to handle the situation.

Question: What happens if two gymnasts compete out of order?

Answer: Both gymnasts should be deducted -.3.

Question: What happens if there are several different levels of optional gymnasts in the same rotation, and as a result of a scratch unreported to the judges, some gymnasts are judged by the wrong rules?

Answer: Look to see if everyone was judged under the correct rules. If not, they may have to go again.

Question: What happens if a gymnast's grip breaks on bars?

Answer: This is the responsibility of the gymnast. If this causes the gymnast to fall, the judges must deduct for the fall. The gymnast may not repeat her exercise.

Question: What happens if the gymnast sets the bars incorrectly or the cable slides down?

Answer: This is the responsibility of the gymnast and coach. She is not allowed to go again. If the gymnast falls or comes off to reset the bars, deduct .5 for the fall. If it is a "T" handle stripping, the gymnast may repeat her exercise. Also, some AAI tension cables may strip. If this is the case and it is equipment failure, the gymnast may repeat.

Question: What happens when the music stops in the middle of a routine?

Answer: If the gymnast finishes the routine, she must have the option to perform again. The decision must be made immediately and before the score is flashed. If a coach purposely stops the music or pulls the plug out of the wall, there would be NO repeat. If the gymnast stops when the music stops, she automatically repeats the exercise.

Question: What happens when a gymnast falls off Beam or Bars and exceeds the fall time?

Answer: Make sure you terminate the routine and notify the coach.

Question: If a gymnast falls and is laying on the mat, what is the judge's responsibility?

Answer: Tell the Meet Director the gymnast needs a trainer or medical personnel. Clear the area of judges, coaches, and gymnasts. If a lot of time elapses, you may consider giving the upcoming gymnasts a touch prior to competing.

Question: On bars, do you deduct for all extra swings?

Answer:
Yes even if it's ten! As a judge, you may not tell the coach to help them.

1995 National Judges Cup

NAWGJ will sponsor the National Judge's Cup in Denver, Colorado on June 30 through July 2, 1995. The competition will be held at Champion Gymnastics in Littleton, Colorado. Individual and team competition will be conducted for Level 5, 6, 7, and optional gymnasts. A national workshop will also be held in Denver on June 29 and 30.

The National Judge's Cup is a total volunteer effort by judges throughout the country. Make your plans now to travel to Denver this summer and help with the meet. For more information, contact Mary Lee Martin, 10305 Chapala Place NE, Albuquerque, NM 87111; (505) 298-2513.

Varina's Miraculous Recovery

Varina French continues to make progress in her recovery from a serious automobile accident last fall. She is back at her home in Borrego Springs and is moving all of her limbs. She is writing and has recovered some speech. She will be continuing with therapy and we will continue to keep you informed of her progress in the newsletter.

A fund has been established to help pay for hospital and rehabilitation costs. No funds will be paid to any individual--only to the hospital and rehabilitation center. If you would like to contribute, please send your donation to:

The Varina French Recovery Fund
c/o Delene Darst
4842 Miller Farms Court
Duluth, Georgia 30136

If excess funds are collected or if funds are recovered through a pending lawsuit against the intoxicated driver that ran into Varina's car, the funds will be diverted to a college gymnastics scholarship to be established in Varina's name.

If you would like to write to Varina, her address is P.O. Box 328, Borrego Springs, CA 92004.

Priscilla Hickey's Index to FIG Code of Points

Priscilla Hickey, Brevet Judge, has prepared an index to the FIG Code of Points that is really wonderful. It comes in two parts. The first is a summary of all of the rules for each event. The second part is a list of all of the elements in the Code of Points and Supplement. These are truly useful "cheat sheets."

If you would like to obtain a copy, send your order to Priscilla Hickey, P.O. Box 487, Medina, WA 98039. The cost is \$5.00 per part.

For other judging materials, see the order form for the NAWGJ Educational Library on page 5 of this issue.

NAWGJ President's Report

Yvonne Hodge, Brevet Judge

Highlights from the 1994 Annual Report given by President Yvonne Hodge include:

- NAWGJ membership is over 1,800
- 4,176 meets were assigned by NAWGJ in 1994
- 23,093 judging assignments were made in 1994—that's 2,000 more than last year
- 272 newsletters were sent to members
- 194 exams were given by NAWGJ test administrators
- 303 gymnasts competed in the National Judge's Cup at the Karolyi Ranch
- The FIG teaching video and booklet were purchased for every region. These materials, prepared by Jackie Fie and Margot Dietz, are available for judge's education in all eight regions.

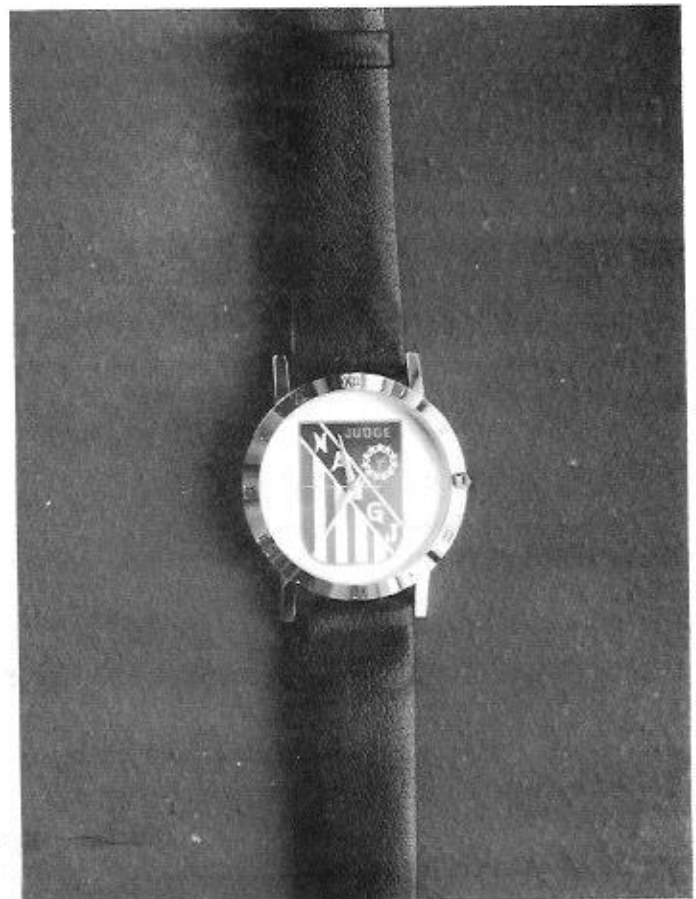
New NAWGJ Watch

NAWGJ has created a watch with a logo to match your new uniform. The watch is available in two face sizes (small and large) and can be purchased for \$25.00 plus \$2.90 shipping.

To order, contact Betty Sroufe, NAWGJ Secretary/Treasurer, 2096 Rolling Hills Blvd., Fairfield, Ohio 45014. Send your check and the size of watch you want.

Uniform Exchange Abolished

The NAWGJ uniform exchange, established by Judy Grenfell, has been abolished. There weren't that many judges who wanted to exchange uniforms so it became too difficult to match available sizes with requests. An order form for the new uniform is included in this newsletter. Judges are encouraged to order the new navy uniform.



Judges and Coaches Need to Know This: Anorexia Alert

Amy Blee, a Level 8 official who has experience with anorexia, made the following presentation at a Region 4 clinic for judges, coaches, and gymnasts.

Individuals with eating disorders try very hard to appear perfect and have an intense fear of displeasing others. They use denial as a primary defense and often believe that they have no problem. Approaching an athlete who is suspected of having an eating disorder is very difficult. It is recommended that you first contact a professional who has experience working with eating disorders in athletes.

Typically, the best person to approach the athlete is the authority figure who has the closest relationship with the athlete. Express concern and ask how he/she feels. Athletes need to know you care about them as a person and that you will not criticize or embarrass them. The athlete should be approached, not accused. One of the most detrimental errors you can make with a person with an eating disorder is to follow or watch them hoping to "catch" them. This sends the person further into secrecy and distrust.

Common Signs and Symptoms of Eating Disorders

- Self-degrading statements about the body; comparing body size to others.
- Fatigue beyond that normally expected during training or competition; frequent muscle cramps and tightness.
- Obsessive behavior; perfectionistic and controlling.
- Overuse and stress-related injuries; refuses to change work habits when injured.
- Significant weight loss beyond that necessary for adequate sport performance.
- Dizziness, lightheadedness.
- Quick mood swings; frequent crying spells, snappy behavior.
- Complaints of being cold during workouts or competition; cold, discolored hands/feet.
- Dry, dull, thinning hair; dry skin.

Guidelines for Prevention

The athlete should never be directly approached about their weight. Coaches should not set weight goals or weigh athletes.

Don't use technical nutrition terms when talking to athletes. For example, do not suggest an athlete eat high amounts of carbohydrates and restrict fat grams. They may not understand. Suggest that the athlete eat spaghetti or other nutritionally sound foods.

Obtain sound advice from a nutritionist regarding the importance of fat in the diet and pass on correct information to gymnasts. Often, the negative aspects of fat are taught without stressing its importance in the diet for vitamin absorption, digestion, and joint lubrication.

Resources

American Anorexia/Bulimia Association, 133 Cedar Lane, Teaneck, NJ 07666.

Anorexia Nervosa and Associated Disorders, Box 7, Highland Park, IL 60035. ANAD provides a nationwide referral list of therapists and programs. It will also send information packets on request.

Helping Athletes with Eating Disorders. Available through USAG Merchandise Dept.