

National NAWGJ News

News for Artistic Gymnastic Judges

March 1996

California hosts National Judges' Cup

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Linda Barclay and Patty Shipman hosted an outstanding National Judges' Cup on January 6 and 7 at the California Sports Center in San Jose. Janet Packwood and Joan Geel, Region I co-RJDs, headed the team of northern California judges that helped with the details of the event.

Judges from all over

Judges came from every region to officiate the competition. Many were NAWGJ officers, but others were chosen by their state or simply volunteered to attend. New York South chose Erika Bakke to attend by a random draw. Erika, a new level 9 judge and a college student, was thrilled at the opportunity to judge a national meet where she found herself part of a judging brigade that included an Olympian, WTC member Pam Bileck.

Special prizes

The theme of the meet was "Happy New Year" and the gym was decorated with streamers and party hats. Participating clubs were mostly from the far west, but one team from Pennsylvania was represented! Each session was followed by a raffle, with prizes including meet shirts, gift baskets and items signed by Olympians. Officials were treated to their own drawing with NAWGJ items as prizes,



The winners of the 1996 NAWGJ National Judges' Cup are from West Valley Gymnastics School, Campbell, CA, home of Amy Chow. Front row l to r: Emily Stebbins, Summer Somple, She-Rene Chen, Christina Wong. Back row: Lauren Mirkovich, Lindsay Baker, Natasha Paul, Kai Somple, Kelsey Stillinger, Wendy Lau

Newsletter mailing change

We will begin using bulk rate postage to mail the newsletters effective immediately. This change will save money but we want to be sure the newsletters are still received promptly. If you don't receive your newsletter or if it arrives late, please let us know. If your NAWGJ membership dues are not paid when the labels are printed, you will not receive a newsletter.

We are always looking for information or interesting articles to include that are beneficial to the judging community. Please send to Judy Hoeferlin, 11755 Norbourne Dr., #911, Cincinnati, OH 45240 or FAX to 513-648-9634.

Continued on page 2

Principles of Peak Performance for Judges

By Linda Thorberg
(Notes taken from lecture by Dr. Alan Goldberg, Sports Psychologist, Boston, MA)

In order to handle stress in any situation, you must allow yourself to continually get comfortable with feeling uncomfortable. Do not let the U.C.'s (*uncontrollables*) dictate your performance. Recognize it when you are worrying about things out of your control. You cannot control other people, only yourself.

Dr. Goldberg's **Six Principles of Peak Performance for Athletes** can be interpreted to judging, business, or any situation where you want to do well under pressure.

- ❖ Fun
- ❖ High self-esteem
- ❖ Focus on the process, not the outcome
- ❖ Be free to fail
- ❖ Be challenged
- ❖ Actions should be automatic

Your performance as a judge will be affected if any one of these is not present. Evaluate yourself—how can you prepare, self talk, challenge yourself to keep your focus "on" during every routine of the meet?

NAWGJNews is published by the National Association of Women's Gymnastic Judges

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Region I Joan Geel/Janet Packwood	Region V Carol Liedtke
Region II Eugenia McElroy	Region VI Pat Panichas
Region III Mary Lee Martin	Region VII Amy Rager
Region IV Robin Ruegg	Region VIII Evelyn Chandler

National Judges' Cup

Continued from page 1

including a membership, a uniform, a watch, judging and travel bags, etc.

Prior to the competition, the NAWGJ governing board presented a clinic to all volunteer officials and coaches who wanted to attend. A huge thank you and a standing "O" to Linda, Patty, Janet, Joan and all their willing helpers for a wonderful meet.

Thanks to judges

A special thanks to all the judges who helped make this a successful meet: Debra Alessi, Mary Alexander, Hawley Almstedt, Kim Anklam, Carol Arnaut, Erica Bakke, Linda Barclay, Kathy Bettencourt, Pam Bileck, Kim Bingham, Pat Boudreaux, Lisa Boyland, Shari Brown, Evelyn Chandler, Eileen Corley, Toni Cupal, Fran Earles, Suzanne Ebert, Brigid Feeney-Sherry, Jeri Foley, Kellee Ford, Leesa Friedel, Brenda Frye, Joan Geel, Diane Gibbs, Judy Grenfell, Diann Haines, Earla Harwell, Marilyn Hermanson, Yvonne Hodge, Carole Ide, Melanie Jensen, Jola Jones, Laurie Kensiski, Bethany Kirk, Cynthia Kirk, Jane Knipmeyer, June Lansing, Carole Liedtke, Mary Lim, Eugenia McElroy, Mary Lee Martin, Shannon Merritt, Mary Metcho, Nancy Miller, Katie Nixon, Kathi Ortiz, Janet Packwood, Dean Ratliff, Betty Roberts, Susan Robinette, Robin Ruegg, Kristen Schraeder, Tracy Schroeder, Kathy Sgamba, Tahmina Shalizi, Jennifer Shipman, Patty Shipman, Laurie Skelton, Scott Slater, Betty Sroufe, Judith Szantho, Lisa Torres, Pattie Walkabout, Barbara Wallace, Molly Watkins, Meghann White, Gary Wilson and Karen Wilson.

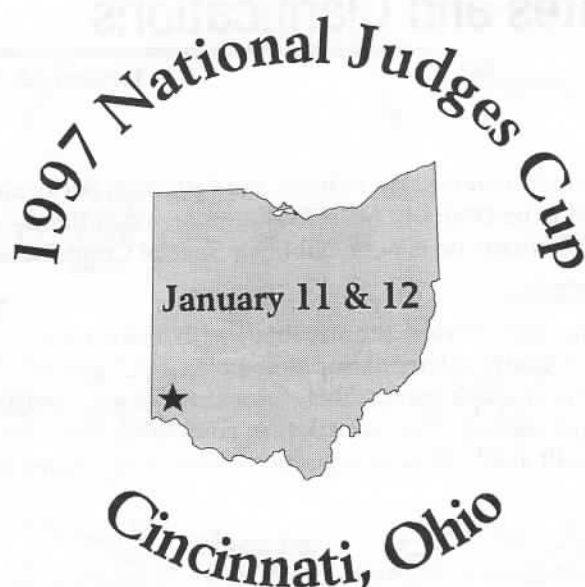
Cookie Batsche retires

After eight years of tireless effort, Cookie Batsche has retired as NAWGJ newsletter editor in order to take on new challenges. Under her tenure, the newsletter acquired a more polished look. She wrote editorials, conducted interviews and covered NAWGJ events, accompanied by photographs.

Cookie's contribution to the professionalism of our organization is noteworthy. She is devoting her new found spare time to developing clinics for judges' education. So far, she has received rave reviews for her presentations. Thank you and best wishes, Cookie.

Judges' Cup director appointed

Patty Shipman, northern California judge in Region 1, was appointed to a two year term as the Director of the National NAWGJ Judges' Cup at a separate board meeting held the last day in San Jose.



We'll be looking for you 'cause you can bet
This will be the best National Judges Cup yet!

New editor for newsletter selected

By Judy Grenfell, Vice President

It is with pleasure that I introduce the new NAWGJ newsletter editor, Judy Hoeflerlin of Ohio. Judy has been a judge for ten years, holding a level 10 rating since 1991.

Judy has an excellent job many of us might desire. She works for Therapy Management Innovations, Inc. (TMI) but her office is located in her home. Judy provides computer support for TMI employees across the country and does desktop publishing including preparing an internal newsletter for TMI and newsletters for eight TMI clients.

There were several applicants for the position who submitted excellent proposals with impressive samples of their work. The National Governing Board selected Judy and is looking forward to working with her to present an informative and educational publication for all our members. If you have suggestions or submissions, please sent to Judy at 11755 Norbourne Dr., #911, Cincinnati, OH 45240 or FAX to 513-648-9634.

New for 1996

NAWGJ Educational Library



CORI CARDS

Color-coded updated cards for all four events supplemented with separate pages for Uneven Bar handstand chart, release moves and forward swinging moves. Formatted and compiled by Cori Rizzo, Texas. All-inclusive and easy to read. Only \$6.00 (Heavy card stock!!)

"CAD YOU BELIEVE IT?" Developed by Devany Martin, Washington...

A wonderful color-coded set of element sheets. CAD generated program with shorthand symbols for all skills in a color-coded package that can be cut and used for "flashcard" study. The sizing is terrific for easy recognition. Each skill is numbered and described with a clear symbol. \$18.00

(This set has over 80 sheets of information that can be cut for individual cards).

Please contact Judy Dobransky at 810-264-2047 for a complete list of additional library items.

LIBRARY ORDER FORM FOR 1996.....

Name _____ Phone _____

Address _____

State _____ Zip _____

Item #	Description of Item	Unit price
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Mail check payable to NAWGJ EDUCATIONAL LIBRARY—No Credit Card Orders

Judy Dobransky
3446 Gordon Drive
Sterling Heights, MI 48310

USA Gymnastics Jr. Olympic Updates and Clarifications

Connie Maloney, National Junior Olympic Program Manager

January 22, 1996

I. The following technical questions have been clarified:

- A. Uneven Bar Clarification: If a Cast handstand with release-hop to reverse grip in handstand phase is performed followed by a turn (in or after handstand), it is still considered to be ONE ELEMENT. Therefore, a cast handstand-hop in handstand with a $\frac{1}{2}$ turn in handstand is ONE element and is not eligible for Special Connection bonus.
- B. Balance Beam: Wolf Jump (Tuck jump / hop with one leg extended forward at horizontal) with $\frac{3}{4}$ turn was evaluated by the USAG-WTC and is presently listed in the Jr. Olympic Element Supplement as a "C" part #2.323. However, at the 1995 USA Championships and the 1995 World Championships, this element was submitted and was evaluated as a "D," if performed to the technical requirements (leg at horizontal, turn complete). Therefore, EFFECTIVE IMMEDIATELY, this element will receive "D" credit at all USAG competitions (Elite & Jr. Olympic). The new number for the Element Supplement is S-2.413.

II. USAG Judges' Fee Structure

Travel Expenses: Please be advised that the standard IRS rate for mileage has been increased from 30 cents per mile to 31 cents per mile. This new rate is in effect IMMEDIATELY.

Collegiate Update

1996 NCAA Rules Modifications—Women

The 1996 NCAA Women's Gymnastics Championships and all meets used to qualify will be conducted according to the International Gymnastics Federation *Women's Code of Points*, using Competition 1-B rules and the Junior Olympic Level 10 modifications as of November 1, 1995.

Other collegiate modifications, which will be listed in the 1996 NCAA *Gymnastics Handbook* received by all sponsoring institutions, are as follows:

A. RULES

1. Retain the vault values used at the 1995 NCAA Championships (JO revised list from 1/4/93).
2. Continue the ban on the round-off entry vault.
3. All backward layout saltos on beam will be valued at a "D."
4. The value of the $1\frac{1}{4}$ (prone landing) salto will be at one value greater than landing on the feet.
5. **The Popa will be valued at a "D."**
6. **The Rudi (in layout position) will be valued at an "E."**

B. EQUIPMENT

1. It is acceptable to put a chalk arc line on the corners of the floor exercise mat and a single chalk line mark may be placed on the balance beam.
2. A $\frac{1}{2}$ " plywood board may be used under the springboard for mounts on bars and beam.

C. SCORING

Open Scoring and the flashing of Start Values is required at all NCAA competitions.

For further information on NCAA Women's Gymnastics refer to the NCAA Gymnastics Handbook: Appendix E (Regular Season Meet Procedures), Appendix F (Standards/Duties for Judges), and Appendix G (Code of Ethics); or contact NCAA Assistant Director of Championships, 6201 College Blvd., Overland Park, Kansas 66211-2422, (913) 339-1906.

Just for laughs

Are You Sick of Judging Floor? Dept.

An addition to the supplement: S. 39204932 Boinga Boinga



Series of unbelievable unrecognizable jumps and/or leaps, each short of rotation and technical requirement, thereby resulting in total confusion.

Clarifications: WTC/1-95

- 1 Boinga Boinga = C credit
- 2 Boinga Boinga's = B credit
- 3 Boinga Boinga's = VOID ROUTINE

Note: If jumps are recognizable, see Code for individual values and possible bonus.

Official symbol
for above example



Submitted by Barb Tebben, Minnesota SJD

Bonus Quiz - Beam

List value of elements and Special Connection Bonus

① Switch leap f.f. gainer straddle jump

② Roundoff mount Back layout ff ff High ff. to cross-sit

③ stretch jump ff to hand-stand with 1/2 turn

④ ff. straddle jump

⑤ aerial wo. front hand-spring

⑥ cw. side salto piked

⑦ cw aerial cart-wheel

⑧ Roundoff mount ff. straddle jump

⑨ Front wo. front salto from two feet

⑩ tourjete cat leap with 1/2 turn

⑪ tuck jump Full twist 1/2 turn back f.f. to cross-sit one leg horizontal

⑫ stag ring jump pike jump (cross)

⑬ split leap tourjete

⑭ front salto from two feet sissone

⑮ Round-off Back layout stepout Back layout stepout

⑯ Round-off ff. Double Back salto Dismount

⑰ Two switch leg leaps

⑱ aerial cartwheel 1 1/2 turns on toe

⑲ mount hecht cartwheel f.f. Two Back layout stepouts

⑳ Gainer layout Double twisting Back salto dismt.

㉑ flic flac stag ring jump

㉒ Tourjete Gainer f.f.

㉓ front salto mount tuck jump, 1 foot horizontal

㉔ jump full turn straddle jump side split jump

㉕ Ring leap front salto from one leg straddle jump

㉖ Round off Back layout salto (stepout)

Yvonne

Answers on page 7

NATIONAL ASSOCIATION OF WOMEN'S GYMNASTIC JUDGES

San Jose, California
January 4, 1996 7:00 PM

I. ROLL CALL

President - Yvonne Hodge
Vice President - Judy Grenfell
Secretary-Treasurer - Betty Sroufe
Administrative Assistant - Carole Ide
Region I - Joan Geel and Janet Packwood
Region II - Eugenia McElroy
Region III - Mary Lee Martin
Region IV - Robin Ruegg
Region V - Carole Liedtke
Region VI - absent
Region VII - absent, non voting proxy Barbara Wallace,
SJD NJ
Region VIII - absent
Guest - Betty Roberts, OK

II. APPROVAL OF MINUTES

A motion to approve the minutes was made.

Motion: Janet Packwood
Second: Mary Lee Martin

III. REPORTS

A. President's Report—President Yvonne Hodge presented the 1995 Annual Report (copy attached). Yvonne also presented the board with an update of corrections to the 1994 - 1998 Brevet, National Elite, Elite, and NAWGJ Governing Board Roster. A copy of the 1996 insurance binder with City Securities was also distributed.

B. Secretary/Treasurer—Betty Sroufe presented the 1995-96 Budget Report. Our overall membership is almost exactly where we were at this time last year (1826 members) with six regions up in membership and two regions showing a decrease. Betty stressed that we still need to improve in associate memberships.

C. Region I—As this meeting is being held in conjunction with the National Judges Cup an update on the competition was presented. A clinic will be held Friday evening Jan 5, 1996. Transportation to the meet/clinic site will be provided at 4:30. There is concern that all Brevet and Elite Judges within the region are not being afforded the opportunity to judge at the regional level.

D. Region II—A successful judges cup was held in the fall.

E. Region III—Mary Lee Martin reported on the progress of the awards for state newsletters and videos. These awards will be presented at the State Judging Director's workshop to be held in Boston (tentatively June 27, 1996).

F. Region IV—Similar frustrations in assigning Elite and Brevet judges are being experienced in this region also.

G. Region V—Carole Liedtke reported on her creative ways to encourage Directors to turn in reports in a

timely manner. Plans are underway for their Regional Symposium scheduled for November.

The meeting reconvened Friday, January 5, 1996 at 8:00 am with Patty Shipman, Meet Director for the National Judges Cup in attendance and also Carol Arnaut, new SJD for Ohio.

H. 1996 National Judges Cup—Patty Shipman reported on behalf of herself and Linda Barclay, Co-Director. There are over 260 gymnasts entered with three sessions of Level 5, 6, and 7 gymnasts and two sessions of Level 8, 9, and 10 gymnasts. The meet will be held in the California Sports Center, San Jose. Gymnasts entered represent 25 clubs from Nevada, Washington, New Mexico, Pennsylvania, and California. Judges volunteering represent 18 states. Some problems that occurred were a conflict in dates with the California State USAG Congress and also, being so close to the holidays, it was difficult to contact people with meet details.

IV. OLD BUSINESS

A. National Judges Symposium 1997—At our last meeting we discussed two bids to host the 1997 Symposium. One bid was from the Minneapolis area, the second bid from south Florida. Yvonne has been in contact with Rene Niccolai, Symposium Director, who has been in contact with both sites. At the present time we cannot secure advantageous hotel rates or facilities from the Minneapolis area. Although the board would like to rotate the geographic site where the symposium is held, at this point in time we cannot postpone the decision further. Discussion followed.

A motion to accept the bid to hold the 1997 National Symposium in Florida on dates to be determined (between mid June and mid July 1997).

Passed (7-0, one abstention, Robin Ruegg)

Motion: Mary Lee Martin

Second: Carole Ide

B. National Newsletter—Carole Ide has received four applications for National Newsletter Editor since our last meeting in August. They are of exceptional quality. The samples of work were circulated. After discussion it was agreed that since we have such talented individuals expressing an interest in volunteering to work on the newsletter that we contact those not selected and encourage them to offer their assistance in securing articles from their geographic area of the country should the selected Newsletter Editor desire this assistance. A closed vote was taken and Judy Hoeferlin, Ohio was selected as our next National Newsletter Editor. Judy produces newsletters for a profession, and we are fortunate to have her volunteer her services to our organization. She has been Level 10 judge for five years and has been active in NAWGJ for nine years.

V. NEW BUSINESS

A. 1997 National Judges Cup—Betty Sroufe presented a proposal from Mark Fahrnbach, American Eagles Gymnastics, Cincinnati, Ohio to sponsor the 1997 National Judges Cup. Betty reported that he runs very successful competitions, usually turning away entries. Mark will guarantee us a profit, determined by the number of entries. After discussion it was decided that an Ad Hoc Committee be set up to enumerate specific points to be guaranteed to NAWGJ. Judy Grenfell, Janet Packwood, and Mary Lee Martin will serve on the AD HOC committee. A phone call was placed to Mark and he is very agreeable to our requests.

MOTION: To accept the bid by Mark Fahrnbach, American Eagles Gymnastics, Cincinnati, Ohio to host the National Judges Cup January 10, 11, 12 1997.

Passed

Motion: Robin Ruegg
Second: Carole Ide

MOTION: Each region is to attempt to send one judge who will be available to volunteer to judge at the National Judges Cup and is not a member of the National Governing Board.

Passed (7-0, abstention Robin Ruegg)

Motion: Carole Ide
Second: Eugenia McElroy

B. State Judging Directors's Workshop—The SJD workshop will be held in Boston, Massachusetts prior to the start of the USAG Congress and in conjunction with the 1996 Olympic Trials. Yvonne will contact the USAG office to expedite plans and make meeting room arrangements. The National Governing Board will meet on Wednesday, June 26, 1996 and the SJD Workshop will be held on Thursday June 27, 1996 if this coordinates with the pre-Congress presentations.

C. NAWGJ Home Page Internet Presentation—Robin Ruegg has investigated the costs and advantages for NAWGJ to offer information on the Internet. Robin feels that we should be able to secure a home page for under \$200. She also did lengthy research and presented a written report on the advantages and use of the internet as a communication tool. Discussion followed on what type of information should be presented on our Home Page.

MOTION: To authorize Robin Ruegg to set up a Home Page for NAWGJ on the Internet.

Passed

Motion: Carole Ide
Second: Judy Grenfell

D. National Judges Cup Coordinator

MOTION: To appoint Patty Shipman to a two year term to serve as National Judges Cup Coordinator.

Passed

Motion: Eugenia McElroy
Second: Janet Packwood

The meeting was adjourned at 2:00pm on January 5, 1996.
Respectfully submitted,

Carole Ide

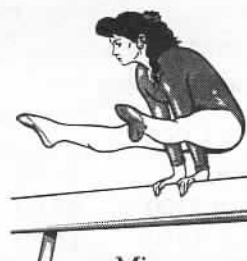
Carole Ide, Administrative Assistant

Reviewed:

Read and Approved

Yvonne Hodge / CS Date *Jan 23, 1996*

Answers to Beam Quiz



1. CBC	+2	Mix
2. DBBB	+2	Back Acros
3. AD	+1	Mix
4. BC	+1	Mix
5. CB	+1	Front Acros
6. AD	+2	Side Acros
7. AC	+1	Side Acros
8. CC	+2	Mix, with mount
9. AD	+2	Front Acros
10. DB	+2	Gyms
11. BD	+2	Mix
12. DB	+2	Gyms
13. AD	+1	Gyms
14. DA	+1	Mix
15. BBCC	+2	Back Acros
16. BBD	+2	Acros, Dismount
17. CC	+1	Gyms—Exception
		Other CC = +.2
18. BC	+1	Mix
19. BBCC	+2	Acros
20. CBBC	+2	Acros, Dismount
21. BD	+2	Mix
22. DB	+2	Mix
23. DB	+2	Mix, Mount
24. CCC	+3	Gyms
25. CCC	+3	Mix
26. BC	0*	

* With two acro elements, they must be either two side elements or two front elements, have a direction change or be counter. Since the roundoff is a sideward acro, it is not considered as having a direction change, so it does not qualify, in this case, for bonus. (*Technical Handbook for Coaches and Judges*, pages 70 and 71)

NAWGJ Navy Uniform Order Form

NAWGJ judges may order uniforms from Midway Uniforms, Inc., 1625 University Avenue, St. Paul, Minnesota 55104, Phone: 612-644-1773, FAX 612-644-2439. Send your name, address, check or credit card information with order.

Style No.	Description	Size	Price	Total
ED 6687	2 Button Ladies Coat (fitted; size 2-28)	_____	\$105.00	_____
H 9500 sandy	1 Button Ladies Coat (fitted; size 4-24)	_____	\$105.00	_____
Ed 9687	Ladies Modified "A" Skirt (size 2-28)	_____	50.00	_____
H 9500 tina	Ladies Straight Skirt (size 4-24)	_____	50.00	_____
ED 8687	Ladies Pleated Pant (size 2-28)	_____	50.00	_____
ED 8787	Ladies Plain Pant (size 2-28)	_____	50.00	_____
ED 3687	Men's Coat (size 38-48)	_____	120.00	_____
ED 2787	Men's Plain Pant (size 26-48)	_____	50.00	_____
ED 2687	Men's Pleated Pant (size 26-48)	_____	50.00	_____
NAWGJ surcharge (\$2.50) per item			2.50 each	_____
Elastic added to waist band		Yes No	No charge	_____
Shipping Charges:			Subtotal	_____
Up to \$100	\$3.50		If COD (5.00)*	_____
\$100.01 to \$200	\$5.00		Shipping	_____
\$200.01 to \$350	\$6.50			_____
\$350.01 to \$400	\$8.00		Total	_____
\$500.01 to \$1,000	\$12.00			_____
\$1,000.01 or more	\$18.00			_____

*COD orders must include 25% deposit

Women's Size Guidelines

Bust

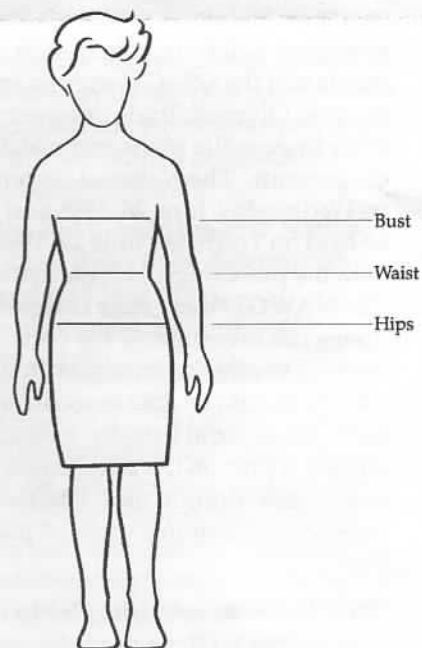
Measure at the fullest point of the bust and across shoulder blades holding tape firm and level.

Waist

Measure over skirt around your waist, where you normally wear slacks or skirts. Hold tape firmly, but not tight.

Hips/Seat

Measure around fullest part of hips 9" below waist. Hold tape firmly, but not tight.



H 9500 Sandy One Button Coat & H 9500 Tina Straight Skirt

Sizes	4	6	8	10	12	14	16	18	20	22	24
Bust	33½	34½	35½	36½	38	39½	41	43	44½	46	47½
Waist	24	25	26	27	28½	30	31½	33½	35½	37½	38½
Hips	35½	36½	37½	38½	40	41½	43	45	47	49	51

ED 6676 Two Button Coat & ED 9687 Modified "A" Skirt

Sizes	2	4	6	8	10	12	14	16	18	20	22	24	26	28
Bust	31	32	33	34	35½	37	38½	40½	42½	44½	46½	48½	50½	52½
Waist	24	25	26	27	28½	30½	32½	34½	36½	38½	40½	43	45½	48
Hips	35	36	37	38	40	42	44	46	48	50	52	55	58	61

New NAWGJ Carry-on Bag and Roll-up available

Carry-On Bag and Roll-up

The new Carry-on Bag and Roll-up for your makeup are just what you need to complete your luggage for traveling to meets. The Carry-on Bag and Roll-up match the Judge's Briefcase and the Garment Bag that feature the NAWGJ logo and color of the new uniforms.

The Carry-on Bag is 20" wide by 12" high with a depth of 12". It has two main zippered compartments and two separate outside pockets with zippers.

The Roll-up has a main zippered compartment that is 10½" wide by 5¼" high and 4" deep. When unrolled, the top is 15½" long with four flat pockets of various heights. It includes a hook for hanging.

The Carry-on Bag is \$35 plus \$5 shipping and handling; the roll-up is \$12 plus \$3 shipping and handling.

New Expansion Band Watches

Two new watches are available that feature an expansion bracelet. These watches have the NAWGJ logo on the face and can be ordered with either a small or large face.



Watches with NAWGJ logo in three styles.



The Carry-on Bag completes your travel ensemble.



The Roll-up provides convenience when you travel.

To order please contact:
Betty Sroufe, NAWGJ Secretary/Treasurer
2096 Rolling Hills Blvd.
Fairfield, OH 45014

ITEM	COST	SHIPPING
Briefcase*	25.00	4.00
Carry-on Bag	34.00	5.00
Garment Bag	25.00	4.00
Roll-up	12.00	3.00
Watches	25.00	3.00

Leather band with small or large face

Expansion band with small face or large face

*When the Briefcase and Garment Bag are purchased together the cost is \$45 plus \$6 shipping.

Recruiting new judges—A look

Welcome to the world of judging. The purpose of this pamphlet is to introduce you, the future judge, to the National Association of Women's Gymnastics Judges and explain how to proceed in your endeavor.

The NAWGJ works throughout the USA on local, state, regional, and national levels servicing the gymnastic community and its judges.

The goals of the NAWGJ are:

- Teaching and training its members, thereby promoting judging excellence.
- Dissemination of judging information.
- Promoting interest in the sport.
- Assignment of officials to competitions.
- Functioning as a service organization to the entire gymnastic community.

The NAWGJ is governed by state, regional, and national directors on its respective levels.

So You Want To Be A Judge?

How Do I Become A Judge?

To become a women's gymnastics judge the following steps should be taken:

1. Obtain a copy of the 1993-97 National Compulsory Routines for Women's Artistic Gymnastics. These are available for \$29.95 (#1202) from USAG Merchandising. Phone: 1-800-4-USA-GYM
2. Study the text of the Level 5 routines on vault, bars, beam, floor. All the various levels will be in this book but you will need only the Level 5 at this time. Memorize the deductions listed on the page entitled, "General Faults and Penalties" in the penalties section of the book, pages 161-63. Memorize the specific deductions for Level 5 routines in the penalties section (vault-p. 157, bars-p. 167, beam-p. 177, floor-p. 187-88). Memorize the major elements in order and their values. Be familiar with the definitions in the Glossary.
3. Contact your judges training person to sign up for the next test. (Ask state judging director who to contact.)

When Are Tests Given?

Since there are not a great number of judges in Minnesota, the test is given as the need arises. Anyone interested or knowing anyone interested in testing should contact _____ (above) to set something up.

What Scores Do I Need To Pass The Test?

A minimum of 70% is required for a Level 5 rating. There are 50 multiple choice questions.

With A Level 5 Rating, What Am I Qualified To Judge?

You are now eligible to judge Level 5 competitions held in



the fall in Minnesota. Compulsory Level 6 and 7 also compete in the fall but to judge these you must have a 6/7 rating. Since most meets combine all levels, it is important to obtain a 6/7 rating as soon as possible in order to be qualified to judge most meets. You must judge or practice judge two Level 5 meets before being eligible to test Level 6/7. Contact _____ (above) to arrange to practice judge. New judges should practice judge as much as possible in order to prepare to judge their first "real" meet.

How Do I Get An Optional Rating?

There are three optional ratings: Level 8, Level 9, and Level 10. Level 8 is the entry level for new judges. To acquire a Level 8 optional

rating, a two-part test is administered:

1. Optional written test (50 multiple choice)
2. Optional film in which you will see routines, judge them, and record your scores. A 70% is required to pass.

To study for the optional written examination, you will need to obtain an FIG Code of Points for Women's Artistic Gymnastics (\$39.95, \$29.95 for USAG members - #1101), a USAG Element Supplement (\$10 - #1116), and a J. O. Technical Handbook for Coaches and Judges - 1993-97 (\$15 - #1117). All are available from USAG Merchandising.

One must be familiar with the general information; memorize the deductions and special requirements specific to each apparatus; know which elements are A, B, and C value; know groups of vaults and vault values. The Code of Points are the rules for international competition. The J.O. Handbook should be studied for all rules that apply to the age group program within the U.S. Because of the large volume of material to be learned for the optional test, most people decide to begin their careers as compulsory only judges.

The optional film test may be taken at the same time as the optional written test or by itself. Six routines on each apparatus are viewed. After each routine you compute your score and record it. After the first routine on each apparatus, examinees are told the score arrived at by a panel of expert judges. This will include a breakdown of the scoring. This is similar to the judges conference at the beginning of a competition—which indicates to each judge how she/he compares to the others,

Are There Other Requirements Than Passing A Test?

One must be 16 years of age to test at Levels 5, 6/7, and 8; 18 for Level 9; and 20 for Level 10.

How Much Does The Test Cost?

There is a Charge of at least \$14 for each part of the test taken. Sometimes the charge is more if too few people are taking the test.

at a brochure from Minnesota

How Will I Know If I've Passed The Test?

It takes approximately two weeks to get your test back. The results come back in a pass/fail form. If you fail this test, you may retest once in the same calendar year. If you pass the test, you will receive a congratulatory letter, a rating card, and an active status card from Betty Sroufe. In her letter she invites you to join NAWGJ and USAG.

Do I Have To join?

One must be a USAG member to judge sanctioned meets. One must be an NAWGJ member in order to be assigned to a USAG sanctioned meet by the NAWGJ State Assigner. All state qualifying and state meets are sanctioned meets. The cost of these memberships are \$60 (USAG) and \$50 (NAWGJ) annually. At present, the NAWGJ offers a new judge membership for first year judges (\$40). To obtain a USAG membership application, call Member Services at 1-800-345-4719. To obtain an NAWGJ membership application (also included with test results), contact Betty Sroufe, 2096 Rolling Hills Blvd., Fairfield, Ohio 45014.

If you do decide to become an NAWGJ and USAG member, you have the following advantages:

- Newsletters from the NAWGJ State Judging Director containing information on all judging matters—deductions, meets, meetings, clinics, tests and judging assignments.
- Testing, memberships, books, clinics, judging aids, offered by NAWGJ.
- Newsletters from the USAG State Chairman keeping you updated on decisions being made within our state as well as technical information.
- An insurance policy through USAG and NAWGJ.
- Voting privileges at USAG and NAWGJ meeting.
- Assignments to USAG sanctioned meets.
- NAWGJ National Newsletters, USA Gymnastics Magazine, and Technique Magazine.

Do I Need A Uniform?

Betty Sroufe will also send you an order blank for an official uniform which can be worn at all meets with a white blouse. Although most judges wear the official NAWGJ uniform, a similar navy suit may be worn. Newer judges may wear a navy skirt/slacks and a white blouse/sweater. The official men's uniform is an NAWGJ uniform or any navy suit.

Do I Have To Retest Each Year?

Once you have your rating you will not have to retest until the new compulsory routines change (in Olympic years) or unless you want to achieve a higher rating. However, to maintain your rating you must be an "active judge"—judging three meets each year, fulfilling specific clinic and/or continuing educational requirements, and, if you are testing at a higher level, practice judging at two meets with a higher rated judge.

How Do I Learn How To Judge?

Several things are recommended to become a good judge:

- Judge lots of meets at all levels. Any meets at any level are valuable judging experiences.
- Go to gyms. Most coaches at clubs in your area will allow you to come into his/her gym to practice judge. Call first to find out when the level you are practicing is being done.
- Ask questions. We are all learning on a daily basis. Ask coaches, judges, and gymnasts, however, do not interrupt workouts with questions.
- Attend all clinics.
- Practice judge with a rated judge. Contact the state judging director and meet directors and ask when and if you may practice judge. Unless it is a large meet or unless the facilities are unusually small, the answer is almost always yes.

Why Would Anyone Want To Be A Judge?

Only someone who really loves the sport should decide to judge. It is time consuming and mentally strenuous. Some meets require long periods of travel, eating at mediocre restaurants, and several hours of pre-work and study. Yet, it is satisfying to know you are making a contribution to this fast growing sport and you will meet some wonderful friends who share your love of gymnastics. Parents can learn a new appreciation for what their daughter is learning.

Coaches can sharpen their skills by learning what the judges are looking for on individual skills. In the end, it is the gymnast who benefits by your interest and support.

Priscilla Hickey's revised index available

The sixth revision (October 1995) of Priscilla Hickey's Womens Gymnastics Judging Index & Symbols is now available. This is a new and improved version that includes computerized symbols for each element in the code.

Devaney Martin, a Level 10 judge in Washington, used a computer aided drafting (CAD) system to computerize the symbols that were combined with Priscilla Hickey's resources to produce a complete list of elements.

The entire document has 24 pages:

- Five pages of Articles 1-9
- Four compositional pages, one per event
- Four symbol charts, one per event
- 11 pages of elements listed by number with symbols

If you have any questions, you can call Priscilla at 206-454-1570. To order a copy, send your request and include \$15 per copy to:

Priscilla K. Hickey,
P. O. Box 487, Medina,
WA 98039

Memorial scholarship fund established for Erna Wachtel

Erna Watchel, a true pioneer in coaching and judging United States women's gymnastics, passed away in Chicago on June 1 at 88. Those of us who had the opportunity to learn from her and share a wonderful friendship would like Erna's ideals to "live" on in the form of a scholarship fund.

Recipients of this annual award will be:

- A judge who has been active in all levels of judging and who has served the Illinois NAWGJ and/or Illinois judges in some capacity
- An Illinois gymnast competing in the J.O. program at Level 8, 9, or 10 who demonstrates exceptional work habits and has outstanding personal character traits.

The award will be presented at the Illinois Level 9/10 State Meet. Please join us in making this memorial to Erna, who did so much for our athletes, judges, and coaches.

Donations should be sent to Hilary Carlson, NAWGJ, 328 Briarwood, Bloomingdale, IL 60108. Make checks payable to the Illinois NAWGJ-Erna Wachtel Scholarship Fund.

Mark Your Calendar

June 1997

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15	16	17	18	19	20	21
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29	30					

1997 National NAWGJ Symposium

Eden Roc Hotel, Miami Florida

- New rules review and first testing on the new rules
- Attractions
 - Lincoln Mall—A mile of shops
 - Boardwalk—Shops and eating establishments
- Room cost—\$99 (including tax) for one to four adults



**National
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