



National NAWGJ News

News for Artistic Gymnastic Judges

Fall 1996

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We've all been there. A long meet, no food or drink available and you become tired and crabby. It happened at the 1996 Olympic games too. With the logistics of organizing and running the largest sporting event in the world, details like the comfort of the officials can be overlooked.

During podium training, it became apparent that the women's gymnastics judges were lacking food and drink. Competition manager Sue Ammerman took charge. She approached NAWGJ Vice President Judy Grenfell (who was volunteering at the games) and asked if NAWGJ could provide a continental breakfast for the officials prior to their Judges' meeting the next morning.

Judy quickly sent out a call for help, and NAWGJ members came through. Breakfast was served early the next morning with style, including flower arrangements and



FIG members enjoy breakfast



Judy Grenfell, Missouri, and Kathy Kuhn, Texas, prepare breakfast

matching plates and napkins.

Breakfast was very popular with the judges, and many smiles, hugs and thank yous were expressed to NAWGJ. In fact, NAWGJ members ended up making coffee and serving breakfast to the judges each morning of the women's competition.

A huge thanks to Judy Grenfell who took charge and organized this effort. Also contributing their coffee-making and breakfast-service talents were Kathy Kuhn, Robin Ruegg, Sue Graff, Sandy Oldham, Carole Bunge, Cori Rizzo and Mary Lou Dillard.

It was reported that the well-fed and happy officials contributed to a positive feeling among the judges throughout the competition.

How important those simple comforts can be!

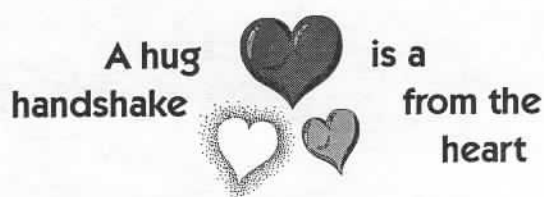
NAWGJ luggage with wheels now available

NAWGJ wheeled duffle bag added to luggage line-up

The new wheeled duffle style bag is the same size as the original carry-on. It sports a new embroidered NAWGJ logo that looks wonderful and is more durable. The cost of the new bag will be \$44 plus \$6 shipping.

We also have a new NAWGJ logo glow watch with a large face available for \$30 plus \$3 shipping.

For more information or to place an order, please contact: Betty Sroufe, NAWGJ Secretary/Treasurer, 2096 Rolling Hills Blvd., Fairfield, OH 45014



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

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1997 National NAWGJ Symposium

June 26-29, 1997

Eden Roc Hotel, Miami Beach, FL

- ☺ New compulsory routines
- ☺ New optional rules
- ☺ First opportunity to test
- ☺ Designated site for Level 10 recertification
- ☺ Room rates of \$99 per night (for one to four adults)
- ☺ Call 800-327-8337 for hotel reservations

Judges' Assistant computer program revised for new code

In response to numerous requests, the Judges' Assistant computer program will be available approximately one month after the New Provisional Code is available. This will be the "working version" appropriate for those studying for the Brevet courses in January 1997. Further refinements will be made by spring of 1997 for those testing at the JO level.

If you are interested in a working copy of the program prior to the Brevet courses, please contact: Robin Ruegg, 4480 Mallard Place, Eagan, MN 55122 (612) 681-9233

Change

Submit articles for the newsletter to:
Judy Hoeflerlin
8660 New Carlisle Road
New Carlisle, OH 45344
937-845-8623 937-846-1179 FAX

Correction

The "Steps to Becoming a Judge" brochure was created by Jan Adkins, SJD from Wisconsin. She customized the brochure for other states such as the one shown from Minnesota in the March 196 NAWGJ National Newsletter. Thanks for sharing with all of us, Jan!

'Netties' presented at SJD Workshop

The Network Awards or 'the Netties' are the NAWGJ version of the Oscars. The awards were presented at the annual State Judging Director's workshop in Boston on June 27 in six categories for outstanding state newsletters. The regional judging directors brought state newsletters from their region and the newsletters were divided into the six divisions and the national board voted for the best newsletter in each group.

A list of nominees in each category were read and the winners received a Nettie and a certificate. The winners were: *Best Interview* — Toni Cupal, SJD Northern California, Molly Watkins, author; *Best Use of Charts & Graphs* — Jan Adkins, SJD Wisconsin; *Best Informational & Educational* — Hilary Carlson, SJD Illinois; *Best Hummours Article* — Toni Cupal, SJD Northern California, Patty Shipman, author; *Best Layout & Design* — Celeste Hamil, SJD Southern California, Rebecca Callaway, editor; and *Media Master's Award* — Best Video, Barb Tebbin, Minnesota.



Displaying "the Netties" awards

Left to right: Jan Adkins, Toni Cupal, Hilary Carlson, Celeste Hamil and Robin Ruegg, Region 4 SJD, for Barb Tebben

Remembering the good ole days

By Dick Mulvihill

Often we look back at what many people call the "good ole days" and say to ourselves, "I wish those times would return as it was really a fun time." As one who has been involved at all levels of our sport for forty some years, I can reflect on those "good ole days." Our beautiful sport has evolved through the times, often slow and deliberate and again in jet like bursts that astound all who follow our art and sport. There is, within our sport, an activity that often is lost in the glamor of the lithe bodies, the roaring crowd, and the hand shaking coaches and parents. Of course, it is the judges who also play a vital roll within the physiology of the gymnastic body. It is with a smile on my face that I would like to return with you to the "good ole days" within the judging scene.

Ring! Ring! Hi! Dick speaking. Herb! How's it going for you? Your meet this weekend taking form? Good! You say you need some judges? I guess I can bring two and maybe three. Let's see, this is Thursday and we leave tomorrow for your meet. I'll call you tonight about the number we can bring. I have an adult class and perhaps some of the moms would like to try their hand at judging.

Ring! Ring! Hey Herb! I'll bring three judges for your meet. If you can, place one on floor, one on beam and one on vault or bars. I've gone over some of the goodies that they should look for and they will be able to handle it!

The above was par for many of our meets. I would also like to mention that judges were not paid, did not receive

mileage, and more often than not, jumped into our cars with the kids and coach and headed for the many week-end meets. Oh, by the way, I might mention that entry fees for each gymnast were twenty-five cents at most and often no charge was made.

Ring!! Ring!! Hi, this is Dick. Muriel!! It's about time you gave me a buzz. How is National championships coming along for this weekend. You need a judge? I'll give it my best shot. One of my moms has judged a few small meets. Shes honest, but not much on experience. I'll bring her. (We drove from Champaign, Illinois to Natchez, Mississippi and she judged all four Olympic events having never stepped on the floor with any advanced gymnast of the time.) As a further postscript, I might add that the vaulting event lasted 18 hours alone with about 75 gymnast competing. How's that for endurance?

I could go on and on, but will end with this. The yearly Midwest Open held at Navy Pier in Chicago was one of the top meets in the country for both men and women. Now get this!! The meet would start at nine in the morning and the last competitor would finish around 2:30 or 3:00 A.M. the next morning. Gymnasts would often bring sleeping bags to catch some ZZ's *between events*. How's that grab you for the good ole days? It was fun at the time and it is still fun. Sorry, the judges were not allowed to bring sleeping bags as they had to be super alert!

Congratulations to our Olympic Gold Medal Team



NAWGJ judges volunteer at Olympics

Thanks to the following judges who volunteered their talents and time at the Olympics.

- Ammerman, Sue-NJ
- Barclay Linda-CA
- Bowers, Carolyn-OH
- Bunge, Carole-CO
- Chencinski, Linda-NY
- Chollet-Norton, Chrystal-NJ
- Dillard, Mary Lou-AL
- Dobransky, Judy-MI
- Dykes, Marian-GA
- Elfenbein, Myra-MD
- Feldmann, Kathy-MA
- Gnat, Joan Moore-GA
- Graff, Sue-CA
- Grenfell, Judy-MO
- Greenhawk, Jan-Md
- Hickey, Priscilla-WA
- Kornegay, Debbie-AL
- Kuhn, Kathy-TX
- Liedtke, Carole-KY
- Menzer, Diane-NC
- Maloney, Connie-IN
- Niccollai, Rene-FL
- Noble, Hoylene-GA
- Oldham, Sandy-IL
- Oppenheimer, Becky-GA
- Pillasch, Jamie-CA
- Rager, Amy-MD
- Ruegg, Robin-MN
- Stuart, Donna-GA
- Towson, Toby-MD
- Wallace, Barbara-NJ
- White, Brock-GA
- Wood, Linda Kardos-TN

Olympic journal excerpts

By Carole Liedtke

July 13

It has been two years since I first sent my volunteer request to work at the Olympics. After many forms, my plans are finalized and I'm really going, and as a Technical Official.

With 45,000 volunteers there were plenty of people to direct my way to accreditation. Everything was decorated in the Olympic green and purple. It took four hours to get my ID, uniform and transport to housing at Emory University. It would have been less if 1,000 military were not ahead of me and if my ID had not been incorrect.

I saw the Goodyear blimp while jogging.

July 14

I experienced 'Marta,' the public rail and bus system, with my free pass and went to Stone Mountain Park. Everything is accessible but takes time.

The judges received per diem, time schedules and a nice carry bag. Eleven American judges are in our dorm—four timers (Joanne Pasquale, Sharon Weber, Carolyn Bowers and myself); two reserve judges (Judy Schalk and Marilyn Cross) two line judges (Cheryl Hamilton and Sandy Thielz); one floor director, Linda Chencinski; and Expert Judge, Audrey Schweyer. Linda Metheny Mulvihill is the official USA judge. Many more judges were volunteers and worked very hard for many days, including Sue Ammerman and Rene Niccollai. Jackie Fie was our fearless leader.

July 15

Today was podium training. On the break, I got all of the USA team and several others' autographs. A TV camera looms over my head and right in the gymnasts' faces. The judges school bus was an hour late and as we waited we watched the air conditioned luxury busses pass us by.

The USA girls did well, but China looks aggressive and their elements are to the ultimate.

July 17-18

I went shopping and sight-seeing and the transportation and streets are more crowded. Had another podium training and judges meeting in three languages.

July 19

Great effort is being made in the judges meetings to emphasize taking deductions for faults and to prevent bias.

We were given a ticket to opening ceremonies and as you saw on television, it was fantastic, but being there we could feel it and participate!

July 21

Though DeCoubertin stated that the important part is not

Continued on page 9



Introducing...

Linda Metheny Mulvihill



Linda was born in Olney, Illinois on August 12, 1947 to Loren and Gail Metheny and had three brothers and one sister. She attended Tuscola High School and graduated in 1965. She graduated from the University of Illinois with a BS degree in dance with a minor in life science (anatomy, kinesiology and physiology). She was a James Scholar and on the Dean's List as a scholastic honor student. Linda received her masters degree in dance in 1971 from the University of Illinois. She danced professionally with the Willis Ward Dance company for two years together with the Wong Dance Group.

Linda started in gymnastics at 13 in a small gym and dance studio in Tuscola and a year later began serious gymnastic training at the Palaestrum in Champaign, Illinois. Following is a list of the highlights of her competitive career:

- 1963 US Junior AA Champion
- 1964 US Olympic Team Member, finishing 10th on beam
- 1965 AA Champion, Whembly Games, London, England
- 1966 World Championship Team, Dortmund, Germany (injured)
- 1967 Pan American Games, AA Champion, four gold, one silver
- 1968 US Olympic Team, 4th on beam
- 1969 University Games, Tokyo Japan, 2nd AA, two gold, two silver, one bronze
- 1971 Pan American Games, two gold, two silver
- 1972 US Olympic Team, Team finished 4th. Linda was injured and dropped out after team competition.
- Five time US National AA Champion

Linda retired after the Munich Olympics and started the National Academy of Artistic gymnastics in 1973. She has helped produce over 27 Olympic Team, Pan American Team and World Championships Team Members, plus numerous national champions and individual event champions.

She is a member of the Gymnastic Hall of Fame, Choreographer of the Year, US Coach for the 1978 World Championships and Olympic Coach for the 1980 US Olympic Team.

Linda is a Brevet and judged the 1996 Olympic Games in Atlanta. She lives in Eugene Oregon with her husband, Dick, and children, Donijo, David and Matthew.



The best remedy
for a
short temper
is a
long walk.

Jacqueline Schiff

Tips for Dealing with People

- Treat everyone you meet as if he or she is the most important person you'll meet.
- Avoid telling people you've "been really busy" when reminded that you promised to do something for them. This might communicate that you've placed a low priority on their request.
- If someone criticizes you, ask how he or she would have handled the situation.
- Use positive statements rather than negative statements. Instead of saying, "Why can't you..." try "What if we..."
- Don't take a position—deal with a need. Try to see what motivates a person so you can find alternative ways of solving the problem. In other words, move away from *what* the person wants to *why* the person wants it.
- Learn to give sincere compliments. Keep in mind people really do care and appreciate your mentioning it.

Getting Ready for Level 8 — Try this

General

- Which of the following is true for Level 8?
 - The maximum Start Value is 9.6
 - "D" or "E" will void the routine
 - Required value parts are: 4 A's; 4 B's; 0 C's
 - This level is not eligible for bonus.
 - All of the above are correct.
- Which of the following is false for level 8?
 - "C's" are allowed at Level 8 as long as they are gymnastic or acro-strength balance elements.
 - Higher value parts may replace lower value parts - but not the reverse.
 - When figuring the Start Value, all exercises start at 9.6
 - If any acro "C" elements are performed, they will not count for value parts but they receive compositional and Special Requirement credit.
 - Level 8 value parts are worth 2.40.
- Which of the following is false?
 - The chief judge takes the .50 deduction from the average score if the gymnast uses incorrect apparatus specifications.
 - The chief judge does not involve herself/himself with the conduct of the gymnast during warm-ups or training.
 - When changing a score, the judge must erase her/his first score, write in new score and initial it.
 - The panel judge deducts for no music during floor, coach assisting/touching gymnast, lack of presentation before and after the exercise and extra run - approach on bars/beam mount.
- What is the correct Start Value if the gymnast has 4 A's, 3 B's and one gymnastic C and all special requirements are met?
 - .90
 - 9.2
 - 9.6
 - 9.4
- Which of the following is true?
 - Any salto that is executed so poorly that it does not land on the feet first receives neither value part credit nor special requirement credit.
 - If a gymnast is missing a "B" value part but has all special requirements, her Start Value will be 9.2.
 - The allowable range between the two middle scores (in a four judge panel) or the two scores (in a two judge panel) would be 0.50 if the scores were 8.4 and 8.7
 - To calculate the start value, a judge starts with 9.6 in Level 8, and deducts for missing value parts, special requirements or if routine is without a dismount.
 - All of the above are true.
- Which of the following is false?
 - If a fall occurs with no touch of the apparatus, no value part credit nor special requirement will be given.
 - A routine with no dismount receives a penalty of .30.
 - Loss of balance between two elements breaks the series.
 - The chief judge must instruct all judging assistants as to their duties of timing, signaling and line violations.
 - If the gymnast has insufficient dynamics and insufficient artistry, the total maximum deduction would be 0.40 for beam or floor routines.

Vault

- In level 8, which is false?
 - The gymnast may perform two vaults.
 - The better vault's score counts.
 - The gymnast is allowed four attempts to successfully complete one or both vaults.
 - Each judge deducts 0.30 if the gymnast performs a different vault than was flashed or announced.
 - The start value is determined by the vault performed not the vault flashed or announced.
- What would the total maximum deduction be on a 1/2 on 1/2 off vault if the gymnast:
 - has insufficient height
 - bends legs in pre-flight
 - has incomplete turn in after-flight
 - has poor direction in landing
 - 1.20
 - 1.30
 - 1.40
 - 1.50
 - .90
- What would the total maximum deduction be if the gymnast on a handspring on -1/1 off?
 - has legs apart in pre-flight
 - has insufficient distance
 - has no dynamics
 - 1.00
 - .95
 - .70
 - .85
 - .90
- What is the total maximum deduction for:
 - late opening/extension of the body before the landing
 - taking three steps upon landing
 - .60
 - .50
 - .80
 - .70
 - 1.30
- What is the total deduction on a Tsukahara tucked vault if the gymnast:
 - has bent arms in support phase
 - has insufficient tuck
 - falls against the horse
 - 1.10
 - .80
 - .90
 - 1.20
 - 1.00

Bars

- Which is the true statement?
 - When counting ten elements a long hang kip, cast to handstand is counted as two elements.
 - If an element receives no Value Part credit because it is used the third time, it may not count as one of the ten elements.
 - When counting ten elements, the Special Requirement deduction is 0.10 if a gymnast performs only eight or only nine elements. It is not cumulative.
 - There must be two bar changes.
 - All are true.
- What is the Start Value if the gymnast has:
 - no flight element
 - seven elements
 - only one bar change
 - 9.4
 - 9.3
 - 9.1
 - 9.2
 - 9.0
- Which element is a "B"?

practice test, Answers on page 9

Prepared by Yvonne Hodge

- (A) Free straddle jump over LB to hang on HS.
 (B) Underswing with $\frac{1}{2}$ turn and flight over LB to hang on LB
 (C) Clear hip circle to handstand, $\frac{1}{2}$ turn *after* the handstand
 (D) Giant circle backward to handstand
 (E) All the above are B's.
4. Which element is a "C"?
- (A) Jump with $\frac{1}{1}$ (360°) turn in front of HB to hang on HB (mount)
 (B) Glide on LB, stoop through, straddle cut backward to hang on LB (mount)
 (C) Cast to handstand, $\frac{1}{1}$ turn *in* the handstand
 (D) From handstand on HB, swing down between both bars, forward swing to salto backward stretched with a $\frac{1}{1}$ twist (Flyaway)
 (E) None of the above is a "C."
5. What is *total maximum deduction* for the following?
- bent arms in support
 - legs apart in one handstand
 - extreme arch in one handstand
 - gymnast falls on dismount
- (A) 1.10 (B) 1.70 (C) 1.05 (D) .95 (E) 1.50

Beam

1. Which of the following is *false*?
- (A) Assistants start timing when the gymnast's feet leave the floor or the springboard.
 (B) The clock is stopped when the gymnast *lands* on the mat on completion of the routine.
 (C) If the dismount lands *after* the second (time) signal, gymnast is deducted 0.20 from the average for exceeding time.
 (D) When a fall occurs, the gymnast has five seconds to remount and resume the routine.
 (E) The beam routine may not be less than 1:10 minutes and not more than 1:30 minutes.
2. What is the Start Value on the following routine with all series connected?
 Jump $\frac{1}{2}$ turn to feet mount; (split leap, stag leap); (back walkover, flic flac straddle down); 360 turn; (roundoff, back salto stretched dismount)
- (A) 9.5 (B) 9.1 (C) 9.2 (D) 9.0 (E) 9.3
3. Which of the following is *false*?
- (A) A mixed or gym series may be part of the mount.
 (B) A mixed or gym series may be part of the dismount.
 (C) Touching the beam only with hands, feet or knees does not qualify as "close to the beam."
 (D) There is only *one* series in flic flac, flic flac, straddle jump
 (E) Mount without a value is a compositional fault.
4. What is the *total maximum deduction* for the following?
- (1) slight hop/unsureness of landing.
 (2) insufficient leg separations
 (3) insufficient height of acro elements with flight
 (4) grasp of the beam to prevent a fall
- (A) 1.00 (B) .80 (C) .70 (D) .60 (E) .90

5. How many elements are listed "B's"?
- (1) jump to roll forward at the end or middle of the beam
 (2) Stretched jump with $\frac{3}{4}$ (270°) turn
 (3) $\frac{1}{2}$ turn (180°) in scale
 (4) roll backward to handstand
 (5) flic flac with support of one arm
 (6) Gainer salto tucked piked or stretched at the side of beam
- (A) 1.00 (B) .80 (C) .70 (D) .60 (E) .90

Floor

1. How many of the following are "B's"?
- (A) Ring leap (rear leg at head height - take off from one or two legs)
 (B) Stretched jump with 1 $\frac{1}{2}$ turns
 (C) $\frac{1}{1}$ illusion turn (360°) with no touch of floor with hand or free leg
 (D) salto forward (tucked)
 (E) free walkover (aerial) forward
- (A) 1 (B) 2 (C) 3 (D) 4 (E) 5
2. Which of the following is *true*?
- (A) Aerials are considered saltos.
 (B) Saltos performed with different body positions are considered the same elements.
 (C) There must be three different acrobatic series in a floor routine.
 (D) Three different saltos are required and all three saltos must be performed *in an acro series*.
 (E) If a Level 8 performs a "C" acro element as the dismount, it would not receive value part credit but would receive special requirement credit.
3. What is the *total maximum deduction* for the following?
- insufficient dynamics
 - lack of artistry
 - no music
 - lack of progressive distribution
 - no variation in rhythm and tempo
- (A) 1.10 (B) 1.30 (C) 1.90 (D) 1.50 (E) 1.20
4. How many legitimate "B's" are in the following routine?
- (1) $\frac{1}{2}$ turn on toe
 (2) roundoff flic flac back salto with full twist
 (3) tuck jump; "stretch" jump with a full (360°) turn; sissone
 (4) roundoff flic flac, back salto with full twist
 (5) ring jump, back roll extension to handstand
 (6) roundoff, flic flac back salto in stretched position
- (A) 5 (B) 4 (C) 3 (D) 2 (E) 1
5. How many special requirements deductions are there in the routine in question #4?
- (A) 5 (B) 4 (C) 3 (D) 2 (E) 1

Study and check the answers for explanation in the "Technical Handbook for Coaches and Judges," "FIG Code of Points" for value parts credit, and the J.O. Womens Technical Committee Minutes in "Technique Magazine" for any changes in the last year.

Judging throughout the United States (or your region or your state)

By Elaine Wulf

Undoubtedly we have all come across club, state, and regional (not to mention individual) differences in both compulsory and optional routines. These differences may or may not be reflected in the gymnast's score. The following considerations can help you maintain consistency (as well as your sanity) while judging:

Compulsory

- ♦ Always review the text. Know what the 'generic' routine should look like, including floor patterns right and left.
- ♦ Remember—text is a given—it should be the easy part.
- ♦ Apply execution deductions based upon the *text* requirements. 'Bigger' than required is only better score-wise if it is achieved cleanly, with correct technique as called for in the text, and improves the overall qualities of the routine.
- ♦ Watch for seemingly small changes (extra steps, changed feet) that may facilitate skills or indicate reversals.
- ♦ A particular style will not in and of itself make a gymnast's score higher.
- ♦ Remember that stylization should make the gymnast look better *within* the original structure/test of the routine.
- ♦ Review movement quality/maturity, internal/external amplitude (bars), and overall rhythm for each routine. If you want to consider these on only the very best or the very worst, you may not be separating the scores as well as could be.
- ♦ We cannot expect/require more of these compulsory gymnasts just because it is *the ninth year* of these routines!

Optional

- ♦ Execution, execution, execution!
- ♦ Methodically check value parts and special requirements.
- ♦ Diversity of composition up to 0.20
 - * Choice of difficulty and level of connections should be based on the maximum value part allowed of its natural credit for each particular level
 - Level 8 – B skills
 - Level 9 – C skills
 - Level 10 – D/E skills
 - * You should expect to see both acro and gymnastics skills of these values according to the level.

- * Allowed skills of higher value part should not be expected or required, but may add to the overall value of the routine comparably to strong combinations and 'harder' B's (Level 8) or C's (Level 9)
- * Choice of elements deductions should be based on families of skills that should be in a good routine, not specific skills.
- ♦ Distribution of elements deductions should be based on the level of the routine performed.
- ♦ Review overall rhythm, artistry, dynamic performance and use of space/apparatus for *each* routine, not just when there is a major problem.

Presented at Region 4 Mini-Congress, reprinted with permission.



We're hoping to have at least one team from every region at the 1997 National Judges Cup. Encourage the teams in your state to be part of this very special meet and compete with club teams from throughout the nation. Rumor says it is filling up fast so entries need to be sent right away.

This will be a compulsory and optional meet with Levels 4–10. Competition will begin on Friday evening and run through Sunday. There will be more awards than you've ever seen with separate session awards. Everyone will be a winner. All gymnasts and coaches will receive souvenirs.

The meet will be held at Anderson High School in Cincinnati. If you need more information, contact Mark Fahrnbach, the meet director, at 513-752-2003.

We are also looking for judging volunteers. Please contact Betty Sroufe at 513-829-5671 if you're interested.

Olympic journal excerpts

Continued from page 4

to win, I felt the athletes had other things in mind (medals and to do their best). There will be no second chance in the Olympics. I settled into my timing duties with a little confusion at first and the USA girls finished second in compulsory competition behind Russia with minor faults. Judging was tense and using a control panel with the six judge panel the base score was used occasionally to help keep scores consistent.

July 23

You all know today's outcome. Team USA wins Gold! It was emotional for everyone and so close. Every team member made a difference and coaches, relatives and fans felt pride and an association with the USA gymnasts. Each gymnast was mentioned by everyone I saw while at the Olympics and when I got home.

July 25

"Find and fulfill your destiny"—Zeus, but not medals were destined today in the All Around finals. The girls looked a little tired and been heavily involved with media and well wishers for the team gold. The meet started late because they had to wait on President Clinton to arrive. I watched the Olympics on television at night but it is not the same as being there.

July 27

A gloomy day from the rain and the bomb notice. Security will be even tighter, though everyone already had to have bags checked and go through scanners for every event. Although the mood was more solemn, everything continued and as the day went on everyone still went out and enjoyed their Olympic experiences.

I have attended baseball, field hockey, track and field, table tennis, weight lifting, men's gymnastics and basketball.

July 28

Enjoyed the Avon sponsored "Olympic Women" exhibit and saw some of the women marathon runners go by. I was up close to the Dream Team, who share the Georgia Dome with gymnastics, watched some of their game and took pictures before finals.

Amy Chow was second on bars and Dominique Dawes was very close to a medal (I thought third tie would be nice). The girls looked a little down.

July 29

More events and shopping. (I finally found the Lithuania basketball tie dye tee shirt for my boys.) Lots of walking and lots of stuff you can buy. Pin trading was a big pastime. USA looked rejuvenated tonight. Shannon was first on beam, Dominique Dawes placed third on floor, and Jair

Lynch placed second on parallel bars. We are all very proud of all of "our" gymnasts.

July 30

Coming home today, now that I can get around handily anywhere in Atlanta and know where the best bargains are. The 18 days has passed quickly and have left memories of an enchanting, hectic, exciting time. But now it is time to get back to the real world, housework and —oh no—test on new code in January. Hey, Sidney 2000 is only four years away!!!

Answers Level 8 Practice Test

General

1. E
2. D
3. C (Do not erase; mark through the first score and put in new score.)
4. C (The "C" replaces the missing "B.")
5. E
6. E (Dynamics is up to 0.10; artistry up to 0.20)

Vault

1. C The gymnast is allowed three (3) attempts to complete one or both vaults.
2. D
3. B
4. C
5. D

Bars

1. E
2. B

3. C

4. E

5. C

Beam

1. D (She has ten seconds)
2. B $9.6 - .10$ (no mixed series) $- .40$ (missing B) = 9.1
3. B
4. C
5. C

Floor

1. C Ringleap, jump 1 1/2 and illusion 1/1
2. D
3. E
4. C 1 1/2 turn on toe; back salto with full twist; ring jump
5. B $-.1$ no two-salto series $-.1$ no B in the gymnastics series $-.1$ no mixed series $-.1$ only two different saltos

When in doubt,
be happy.
You can always
change your mind.



New Level 10 recertification program

The following is an excerpt from the JCI Minutes of June 8-9, 1996 that provides information on the new recertification program for judges who have had a Level 10 rating for two cycles. These judges may attend a Level 10 certification symposium to renew their rating.

The symposium will include approximately eight hours of instruction, practice judging a video and a self-correcting exam and will be presented in each region.

Level 10 Recertification program was discussed. Discussion centered around ideas brought to the JCI Board by judges in the gymnastic community. These ideas were presented to the USAG WTC by Delene with the following proposal being created.

1. *MMP to allow Level 10 judges who have held the Level 10 rating for the last two cycles to recertify by attending a workshop specifically designed for the purpose of recertifying Level 10 judges.*
2. These workshops will be presented by selected clinicians at the following sites:
 - Region I—USAG WTC Symposium, University of Nevada, Reno, June 1&2, 1997
 - Region II—Information not available yet
 - Region III—USAG Regional Symposium, Houston, TX June 19-22, 1997
 - Region IV—Regional Congress, date and site not available
 - Region V—Regional Congress, date and site not available
 - Region VI—USAG WTC Symposium, Rhode Island College, Providence, June 8 & 9, 1997
 - Region VII—Regional Congress, date and site not available
 - Region VIII—NAWGI National Symposium, Miami, FL, June 27-29, 1997
 - Workshop will also be held at the USAG Congress, Denver, CO, August, 1997.
3. The course will consist of eight (8) hours of instruction.
4. The text for the course will be the USAG Junior Olympic Handbook for Coaches and Judges.
5. The course will include practice judging with a video and a self-grading exam.
6. The cost of recertifying will be \$30 for the judge. The cost of the workshop will be established by the site director with recommendations coming from JCI.
7. After completion of the the workshop each judge will receive their new certification number and rating card from JCI.
8. The Certification Coordinator will create the list of all eligible Level 10 judges.
9. If an eligible Level 10 judge does not wish to recertify with this new procedure, she may recertify by taking the regular Level 10 written and practical exam.

10. All Level 10 judges who are not eligible for this program must recertify by taking the regular Level 10 written and practical exam.

Questions on recertification

1. *Will the new tests be grouped into three different exams with four ratings? The 1997-2001 Certification Levels will be:*

- *Level 5/6, a compulsory entry level requiring a 70% grade on the written exam.
- *Level 7/8, an optional entry level requiring a 70% grade on the written exam and a 75% grade on the Level 7/8 practical exam.
- *Level 9, an optional level requiring a 70% grade on the 9/10 written exam and a 75% grade on the 9/10 practical exam. (A judge must have passed Level 5/6 and Level 7/8 to be eligible to test Level 9.)
- *Level 10, an optional level requiring a 80% grade on the Level 9/10 written exam and a 85% grade on the 9/10 practical exam.

2. *If you currently have a Level 8 rating and want to maintain that rating plus judge compulsory, will you need to test 5/6 and 7/8? Yes, everyone must renew their rating.*

3. *Can you take two or more exams the same day? If so, which ones? You can take as many exams as you are eligible for.*

4. *Can you automatically test up a rating or do you need to test your current rating first and then test up later? Is there a set waiting period you need to wait? You may test up from your current rating if all requirements are met. The waiting period will be the same as now.*

5. (A) *If you currently have a Level 8 rating, but have successfully passed one part of the Level 9 test in 1996, can you test 9/10 in 1997. If you are a Level 8, to become a Level 9, you must first pass Level 5/6 before testing Level 9.*

(B) *If you test 9/10 in this situation and obtain the 80-85% proficiency, will the move from Level 8 in 1996 to Level 10 in 1997 be an acceptable move? No, to test for Level 10, you must hold a Level 9 for one certification year and meet all Active Status requirements.*

6. *If you currently have a Level 8 rating and tested Level 9 in 1996 but failed both parts, can you test 9/10 in 1997 or will you need to test 7/8? You may test Level 9 if you have passed compulsory 5/6.*

7. *If you fail the exam for your current rating what happens? You will need to retest.*

8. *If you take both the compulsory and optional exams and fail the compulsory, but pass the optional, what rating will you obtain? It depends on what level you are currently and what level you are testing.*

9. *If you pass the 9/10 exam in 1997 and obtain a Level 9 rating plus you are a certified TA, will you be able to administer the 9/10 exam? This issue has not been resolved at this time.*

11. *When will the new compulsory books and the Code be available for purchase? Contact USAG for this information.*

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) _____

Elastic added to waist band _____

Yes

No

2.50 each

No charge

Shipping Charges:

Up to \$100	\$3.50
\$100.01 to \$200	\$5.00
\$200.01 to \$350	\$6.50
\$350.01 to \$400	\$8.00
\$500.01 to \$1,000	\$12.00
\$1,000.01 or more	\$18.00

Subtotal _____

If COD (5.00)* _____

Shipping _____

Total _____

*COD orders must include 25% deposit

Women's Size Guidelines

Bust

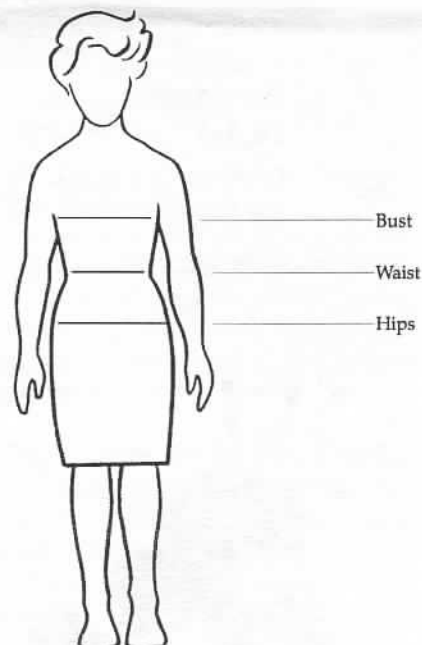
Measure at the fullest point of the bust and across shoulder blades holding tape firm and level.

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

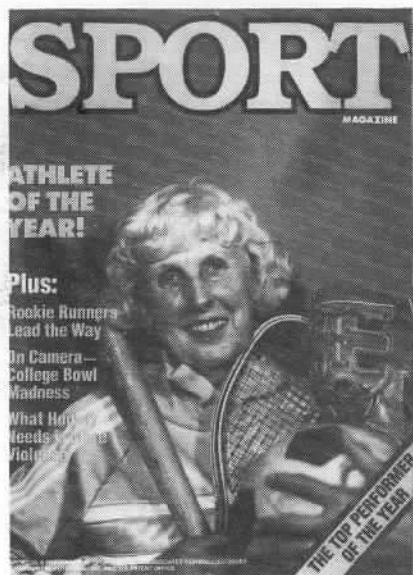
Sizes	4	6	8	10	12	14	16	18	20	22	24
Bust	33½	34½	35½	36½	38	39½	41	43	44½	46	47½
Waist	24	25	26	27	28½	30	31½	33½	35½	37½	38½
Hips	35½	36½	37½	38½	40	41½	43	45	47	49	51

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

Gymnastic community mourns the loss of Sunnie DeLucas

By Margarete Bonkiewicz, SJD, New York North



Sunnie loved the gymnastic community. Over the

Lorraine DeLucas, who everyone knew as Sunnie, was the Judging Director of New York North for 18 years. She kept us all on the straight and narrow, and there were times when she stood up for us all. Sunnie was the fairest person you could ever meet. She treated all judges and coaches alike.

years, she formed many close friendships with other judges and coaches but Sunnie's biggest joy always came from the gymnasts. She loved watching them develop their gymnastic skills and grow into young ladies. Sunnie got her greatest enjoyment from the youngest, newest gymnasts just learning their routines, and so eager for a good score or just some praise from a judge for a job well done—even when it was only the smallest of skills they had performed right. Their big smiles warmed Sunnie's heart.

Sunnie was a mother, a grandmother, a sister, a friend, a judge and a teacher. And she enjoyed it all. She had a boundless zest for life. Whatever sunnie did, she did it wholeheartedly, be it judging, shopping, loving, or just having discussions with her friends.

When Sunnie was laid to rest, her daughter thought it only fitting to bury her in her NAWGJ uniform. She truly loved the sport and being a judge.

Sunnie will be sorely missed by all who knew her—gymnasts, judges, coaches, friends and family. She leaves a void that can never be filled. She was one of a kind, the most precious of gems. Good-bye, Sunnie. . .



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