



Volume 20

No. 1

National NAWGWJ News

News for Artistic Gymnastic Judges

June 1999

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Year 2000 NAWGWJ National Judges Cup will be in Texas

The host for the 2000 NAWGWJ National Judge's Cup is the Texas Sports Ranch. This 80 acre multifunctional facility is located in Crosby, Texas, just 35 minutes from downtown Houston. The gym features 35,000 square feet stocked with AAI equipment. This unique facility offers dorm rooms with private bathrooms, a cafeteria, a cafe, a pro-shop and meeting rooms. We will be able to offer the participating gymnasts a housing package right on site on a "first come" basis.

Meet Information

As in the past, this competition is for Levels 4 through 10/Open. Additionally, there is a team competition in each session. At the 2000 judges cup, a team will consist of five gymnasts with the top four scores counting for the team score.

Information packets will be mailed to all clubs during the first week of May. We will have a web site established soon where clubs can download the meet information.

If you have questions

Until then, questions can be directed to Patty Shipman, National Judge's Cup Coordinator at 209-943-1094, Diane Phillips, Meet Director, at 281-399-3616 or Rod Gorman, Event Director at Texas Sports Ranch at 281-328-8427.

Please help make our NAWGWJ National Judge's Cup a success by putting it on your state's calendar and encourage teams from your area to attend.

Advisory on Composition Deductions

By Yvonne Hodge, Judges' Representative on W.T.C.

WTC Guidelines

The Women's Technical Committee asked me to relay the following guidelines referring to "creating special compositional deductions" to all judges.

Compositional Deductions

Both the *FIG Code of Points* and the *J.O. Technical*

Handbook for Coaches and Judges list the general compositional deductions for each event. Judges should not create additional criteria for the application of specific compositional deductions, especially if they relate to the performance of more difficult skills that go beyond the expectations of that level.

Unapproved Sources

Other sources of information giving suggestions for additional specific compositional deductions have not been approved by USA Gymnastics Women's Technical Committee.

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knowledge pays the
best interest**

Benjamin Franklin



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I create friendship and goodwill.

I inspire respect and admiration.

Everybody loves me.

I bore nobody.

I violate no law.

I cost nothing.

Many have praised me.

None has condemned me.

I am pleasing to those of high and low degree.

I am useful every moment of the day.

I Am Courtesy



NAWGJNews is published by the National
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Judging Hints

In order to be a more consistent judge, try the following hints provided by the New Jersey NAWGJ Judges' Education Committee.

- ❖ As you judge, keep the ideal execution and amplitude in mind as a reference.
- ❖ Keep deductions proportionate. Most deductions are "up to" a maximum and most performances will call for less than the maximum.

If your total deductions for an element seem too large when you consider how the element actually looked and the value of the element, you may have deducted too much for each individual error. This is particularly true on compulsory routines, that have many listed requirements and deductions for some elements. It is often true for the well-performed routines that have very few execution and amplitude errors — do not over-deduct for the few small ones you see!

- ❖ On the other hand, deduct for all errors (up to the maximum allowed) when the routine has many deficiencies. This requires a quick eye and a quick pen. Grouping deductions into one or two per element is sometimes necessary when the routine is moving quickly; otherwise you will get behind and miss something altogether.
- ❖ Ask yourself these questions to stay consistent as you judge:

For the base score (first routine):

How much better could this routine have been performed?

How much worse? (Don't be overzealous in finding errors as you discuss the routine.)

For subsequent routines:

How does this routine compare to base score?

How does it compare to the best I've seen so far?

How does it compare to the worst one judged?

How does it compare to the one that immediately preceded it?

While some may say that "you shouldn't compare," these questions help you maintain the frame of reference you need to place each score accurately within the meet. If

you're not satisfied with where your score is ending up on a particular routine, your deductions may not be proportionate to the errors in the same way as for previous routines, and you possibly should adjust some of your deductions. (Or, maybe you just made a math error!)

Be aware that there is a perception that the first gymnast often gets underscored and that gymnasts towards the end of the meet are likely to be judged more leniently. Don't let this happen when you judge!

Commonly asked questions about Active Status

By Jennifer Shipman

Do I send my card or just a copy?

I need your actual blue card. I keep a copy for our state's files and then send your original to the national office. Remember, you should make a copy before you send it. If it gets lost in transit, we can reconstruct it from your copy.

I don't have enough credits. Can I use clinics in the following year to complete them?

You can use clinics and meets in the following year, but not from the previous year. For example, if you have not completed your 1998 card, you can use clinics in 1999, but you cannot use clinics from 1997.

I practiced judged in 1998, but didn't pass the test. Now I want to test in 1999. Do I have to practice judge again?

YES. You have to practice judge in the year you are testing. Thus, you have to practice judge each year until you pass.

I sent a copy of my NAWGJ and USAG cards once already. Why do you need them again?

Every time the cards expire, I need a copy of your new card to insure that you renewed your membership and a copy of all current cards are kept in our state's files.

My USAG number is posted on the internet. Why do I need to send a copy of my card?

NAWGJ requires an actual copy of your card in my files.

I forgot to have a meet or clinic signed. What do I do?

You need to have the meet referee or the clinician sign your card when you see them. Please do not send the card without signatures.

Reminder

Please send your 1998 Active Status Card if you have not done so already. Cards are due in December, so it is important that you mail them as soon as possible.

What's that grip?

Are you finding the proliferation of grip names to be confusing? We are not referring to the hand grips that the gymnasts wear, but the ways they grasp the bar.

There are different names being used for the same grip and not everyone uses the same name for the same grip. Many coaches use terms that cannot be found in the Code of Points, while judges must, of course, memorize the names in the Code!

With the following descriptions, we hope to clarify terms and improve understanding.

Over, or Regular Grip

This is the most common grip, used for basic kips, casts, hip circles, back giants, etc. When a gymnast is in front support, her knuckles are facing upward, palms are down.

Under, or Reverse Grip

This grip is used for basic front giants, mill circles, front seat circles, and the like. When a gymnast is in front support, her knuckles are facing downward, palms are upward or forward. Gymnasts sometimes attain an undergrip by performing a "hop change" from an overgrip.

Mixed Grip

One hand is in overgrip and the other is in undergrip. This often results from a half-turning skill during which the gymnast regrips the bar with only one hand, i.e. underswing $\frac{1}{2}$ turn or a blind change. Frequently, the gymnast subsequently regrips with the other hand or continues with some type of release skill.

L, El, Eagle, Twist, Cubital, or Dorsal Grip

The arms are twisted 360° from undergrip, through overgrip and continuing. The arms are quite twisted; the thumbs are pointed away from the body. Unless the gymnast has exceptionally flexible shoulders, the hands are placed wide apart.

This grip is used for Eagle or "Invert" giants, #5.408 and 5.508 in the Code of Points. Such giants may be performed somewhat piked, depending on the

shoulder flexibility of the gymnast. An easy way to distinguish an ordinary front giant from an Eagle or L-grip giant is that when an L-grip giant is performed the elbows are pointing in the direction of the giant.

The L or Eagle grip usually results from a $\frac{1}{2}$ or $1\frac{1}{2}$ turn which is completed after passing through handstand (examples: from a Higgins roll or from a Healy turn). Or, the gymnast may cast to handstand and hop to L grip, or change one hand after completing a Healy to front giant in mixed L grip. She may also simply perform a "cast change-change" regripping alternately. (This may result in a rhythm deduction in competition.)

An L grip can also be attained from a front seat circle "shoot" or "dislocate," #7.305 and 7.405 (Adler circle).

The term Dorsal grip is sometimes used in men's gymnastics to refer to gripping the bar behind the body, when in a seator rear support.

Mixed L Grip

One hand is in an L grip, the other hand is almost always in undergrip.

Slip Grip

This is an overgrip, but the term "slip grip" is used when a front giant is done in overgrip (see J.O. Supplement #5.402). To avoid falling off, the gymnast must quickly slip or slide the hands forward around the rail during the downward phase of the front giant.

Cross-hand Grip

Both hands are in regular grip at the start, with one crossed over the other. As gymnast swings down from handstand, a $\frac{1}{2}$ turn occurs and gymnast now has one hand in reverse grip and one in L grip. The cross-hand is sometimes used in a turning uprise and "cross-hand Delchev."



Overgrip in support and in handstand



Undergrip or reverse grip in support and in handstand



*Left gymnast: L or Eagle grip
Right gymnast: Mixed L grip
(right hand in undergrip;
left hand in L grip.)*

What's that turn?

Blind Change

This is a basic $\frac{1}{2}$ turn which typically occurs as a back giant, stalder, toe on, or clear hip to handstand nears completion. The gymnast's chest leads or moves forward. If the gymnast is turning to the left, her left hand remains on the bar. If movement is continuing through handstand (such as to a front giant), the right hand regrips in undergrip.

A blind change can finish in a mixed grip or include a second hand change to finish in regular overgrip if *not* continuing through handstand, such as if continuing with a "bail" or underswing over the low bar.

When performed from a cast to handstand, this turn may be called a reverse pirouette. There may be one hand change at the end of the turn to either a regular or a reverse grip.

Pirouette or Forward Pirouette

Although any long axis turn on bars can be referred to as a pirouette, the term is used particularly for a half turn in handstand in which there are two hand changes, one before the turn and one after. The gymnast's back leads or moves forward.

If the gymnast is turning to the right, her left hand first changes from overgrip to undergrip and she pivots around the left arm; as she completes the turn, her right hand regrips in overgrip and her left hand is again in overgrip as a result of the $\frac{1}{2}$ turn.

Higgins Roll

This is a half turn which occurs as the gymnast leaves a handstand, leading with her back. If the gymnast's left hand remains on the bar, she turns to the right. Her left arm twists to L or Eagle grip as she turns, finishing in either a mixed L grip or in an L grip depending on how she regrips the right hand.

It looks just like a $\frac{1}{2}$ pirouette with the exception that the base hand (left, in this case) does not move. This turn is

usually followed by a front giant type of skill.

Examples: #2.302 and 4.306 in the Code.

Healy Twirl, Falling Full

This is a full turn on one arm after a handstand. It starts just like the $\frac{1}{2}$ pirouette described above and continues pivoting on one arm until a full turn has been completed. It finishes in a mixed L or L grip depending on how the free hand regrips.

If the skill preceding the Healy results in the gymnast's base (pivoting) hand already being in undergrip, there will be no need to change that grip prior to beginning the Healy twirl.

A front giant skill normally follows a Healy twirl.

Examples: #2.403 and 5.403 in the Code.

Also, the turn in #4.406 consists of a blind change followed by a Healy.

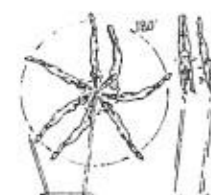
Many thanks to USAG Region VIIJ. O. Program Chairman Mike Milchanowski and former National J. O. Chairman John Wojtczuk for their technical assistance.

Also, thanks to bar coaches Mark Henderson, Tom Krupa, and Mary Casale; to USAG National Technical Chairman Cheryl Hamilton; and to NJ NAWGJ Brevet Judges and Education Committee members Jeanne Devenney and Bonnie Synol, who reviewed these descriptions and offered helpful suggestions.

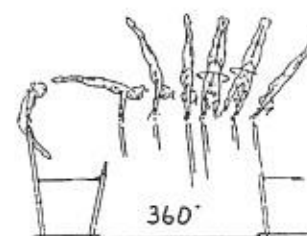
Compiled by New Jersey-NAWGJ Judges' Education Committee member Ellen Kovac. Please forward any corrections or comments to Ellen Kovac, 114 Lincoln Rd., Westfield NJ 07090.



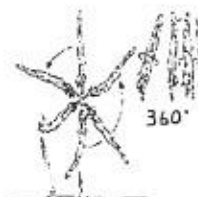
Put gratitude
in your attitude.



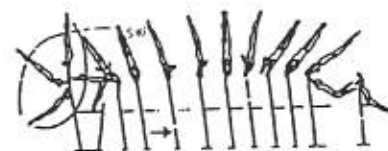
4.306



2.403



5.403



4.406

Paid Judging Hours
Calculated from Total Meet Time and Break Time

	Total Break Hours *									
	0	$\frac{1}{2}$	1	$1\frac{1}{2}$	2	$2\frac{1}{2}$	3	$3\frac{1}{2}$	4	$4\frac{1}{2}$
Total Hours at Meet **										
2 or less	2	2	2	2	2					
3	3	3	3	3	3	3	3			
$3\frac{1}{2}$	$3\frac{1}{2}$	3	3	3	3	3	3	3		
4	4	$3\frac{1}{2}$	3	3	3	3	3	3	3	
$4\frac{1}{2}$	$4\frac{1}{2}$	4	$3\frac{1}{2}$	$3\frac{1}{2}$	$3\frac{1}{2}$	$3\frac{1}{2}$	$3\frac{1}{2}$	$3\frac{1}{2}$	$3\frac{1}{2}$	$3\frac{1}{2}$
5	5	$4\frac{1}{2}$	4	4	4	4	4	4	4	4
$5\frac{1}{2}$	$5\frac{1}{2}$	5	$4\frac{1}{2}$	4	4	4	4	4	4	4
6	6	$5\frac{1}{2}$	5	$4\frac{1}{2}$	$4\frac{1}{2}$	$4\frac{1}{2}$	$4\frac{1}{2}$	$4\frac{1}{2}$	$4\frac{1}{2}$	$4\frac{1}{2}$
$6\frac{1}{2}$	$6\frac{1}{2}$	6	$5\frac{1}{2}$	5	5	5	5	5	5	5
7	7	$6\frac{1}{2}$	6	$5\frac{1}{2}$	5	5	5	5	5	5
$7\frac{1}{2}$	$7\frac{1}{2}$	7	$6\frac{1}{2}$	6	$5\frac{1}{2}$	$5\frac{1}{2}$	$5\frac{1}{2}$	$5\frac{1}{2}$	$5\frac{1}{2}$	$5\frac{1}{2}$
8	8	$7\frac{1}{2}$	7	$6\frac{1}{2}$	6	6	6	6	6	6
$8\frac{1}{2}$	$8\frac{1}{2}$	8	$7\frac{1}{2}$	7	$6\frac{1}{2}$	6	6	6	6	6
9	9	$8\frac{1}{2}$	8	$7\frac{1}{2}$	7	$6\frac{1}{2}$	$6\frac{1}{2}$	$6\frac{1}{2}$	$6\frac{1}{2}$	$6\frac{1}{2}$
$9\frac{1}{2}$	$9\frac{1}{2}$	9	$8\frac{1}{2}$	8	$7\frac{1}{2}$	7	7	7	7	7
10	10	$9\frac{1}{2}$	9	$8\frac{1}{2}$	8	$7\frac{1}{2}$	7	7	7	7
$10\frac{1}{2}$	$10\frac{1}{2}$	10	$9\frac{1}{2}$	9	$8\frac{1}{2}$	8	$7\frac{1}{2}$	$7\frac{1}{2}$	$7\frac{1}{2}$	$7\frac{1}{2}$
11	11	$10\frac{1}{2}$	10	$9\frac{1}{2}$	9	$8\frac{1}{2}$	8	8	8	8
$11\frac{1}{2}$	$11\frac{1}{2}$	11	$10\frac{1}{2}$	10	$9\frac{1}{2}$	9	$8\frac{1}{2}$	8	8	8
12	12	$11\frac{1}{2}$	11	$10\frac{1}{2}$	10	$9\frac{1}{2}$	9	$8\frac{1}{2}$	$8\frac{1}{2}$	$8\frac{1}{2}$
$12\frac{1}{2}$	$12\frac{1}{2}$	12	$11\frac{1}{2}$	11	$10\frac{1}{2}$	10	$9\frac{1}{2}$	9	9	9
13	13	$12\frac{1}{2}$	12	$11\frac{1}{2}$	11	$10\frac{1}{2}$	10	$9\frac{1}{2}$	9	9

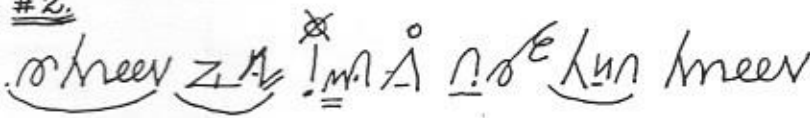
* Total meet time and break time should be recorded to the minute during the meet. Subtract total break time from total meet time to get judging time. Then round judging time and meet time to the nearest half hour. Subtract rounded judging time from rounded meet time to get rounded break time. Use the resulting paid judging hours on the fee schedule chart to get the compensation for your rating.

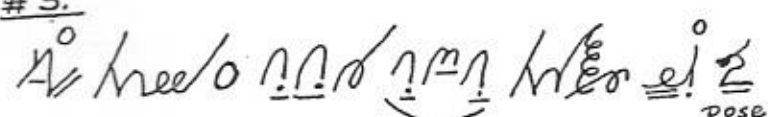
** Total meet time is from march-in to the end of the last judgment (or last inquiry is processed).

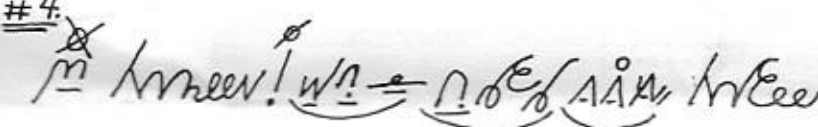
LEVEL 10

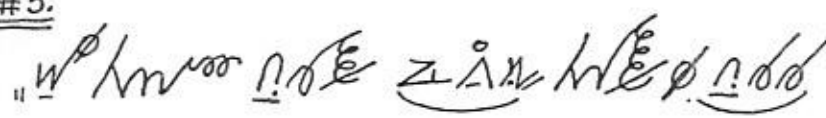
Give the D/E and S/C Bonus and Start Value for the following exercises:


#1.  9.5
D/E _____ V.P. _____
S C _____ S.R. _____
S V _____

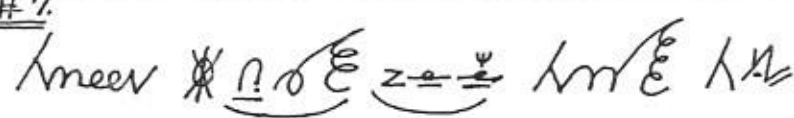
#2.  9.5
D/E _____ V.P. _____
S C _____ S.R. _____
S V _____

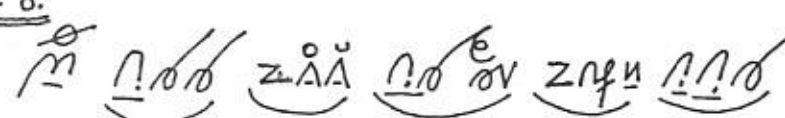
#3.  9.5
D/E _____ V.P. _____
S C _____ S.R. _____
S V _____

#4.  9.5
D/E _____ V.P. _____
S C _____ S.R. _____
S V _____

#5.  9.5
D/E _____ V.P. _____
S C _____ S.R. _____
S V _____

#6.  9.5
D/E _____ V.P. _____
S C _____ S.R. _____
S V _____

#7.  9.5
D/E _____ V.P. _____
S C _____ S.R. _____
S V _____

#8.  9.5
D/E _____ V.P. _____
S C _____ S.R. _____
S V _____

Yvonne

Answers on page 12



25 Year Anniversary Logo



Judging bag with anniversary logo

BRIEFCASE / ROLL UP / GARMENT BAG / WHEELLEE / CARRY ON/ BIG BAG ON WHEELS

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		25TH ANNIVERSARY	
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		WATCH \$25.00	

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		Cost/extra	
		TOTAL AMT PAID	
		BALANCE DUE	

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(phone - area code)	

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513-829-5671

What is professionalism for women's gymnastics judges?

Personality—External behavior others observe

Attire

Intelligence—Knowledge about gymnastics

Demeanor—How one carries him or herself

Dictionary definitions for professional include, "One with assured competence in a field," and "performed by persons receiving pay." Using the acronym PAID, NAWGJ state, regional and national judging directors want to share the following comparisons with you about professionalism.

Personality

Professional

- Polite
- Positive
- Competent
- Non-boastful
- Friendly, but not chummy with coaches
- "Stands by the average"
- Pleasant when dealing with conflicts or inquiries
- Keeps content of conferences confidential
- Well prepared
- Has materials for meet—paper, Code, pencils, stop watch, etc.
- Soft spoken
- Tactful
- Kind
- Respectful to others
- Impartial
- Confident
- Self-assured
- Punctual
- Friendly
- Detached
- Attentive to athletes
- Pleasant
- Goes with flow of unexpected glitches
- Cooperative
- Willing to compromise
- Organized
- Has upbeat personality
- Happy to be there
- Treats judges, coaches, athletes & helpers with respect and consideration
- Knows his/her event

Unprofessional

- Whining
- Complaining
- Rude
- Unprepared
- Overly chatty
- Gossipy
- Critical, demanding
- "Back-stabbing"
- Shares confidences from competition
- Changes scores because, "She needs .1 to qualify."
- Does not watch routine
- Coaches the gymnast
- Talks to coaches socially during meet
- Talks about gymnast during meet ("That was awful," and parent is the scorer.)
- Demands refreshments
- "I won't change my score" attitude
- Boastful, loud
- Talks about others (judges, gymnasts, coaches)
- Has off-putting behavior—scowling, crabby, eye-rolling, etc.
- Does not staying on job (i.e. reading book, knitting while waiting for other event to finish)
- Tells coaches other judge's scores were wrong
- Overly friendly with anyone (bias problems)
- Argumentative
- Has negative behavior

Professional

- Smiles at gymnast instead of a stern face
- Does only what he/she is paid to do.

Unprofessional

- Late
- Loud
- Party late night before
- Too informal with coaches, gymnasts, parents

Attire

Professional

- Clean
- Neat
- Polished
- Well groomed
- Uniform fits
- Wears attire requested on the contract. If none is stated, wear official NAWGJ uniform
- Looks dressed up (not formal)
- Should all be in uniform at all times.
- Navy, not black
- Acceptable to the local environment
- White blouse
- White turtleneck
- Uniform, no slacks at state meet
- Colored accessories are fine.
- Navy suit and white blouse

Unprofessional

- Sloppy
- Skimpy, revealing blouse
- Shoes with heels too high or sharp
- Skirt too short
- Skirt too tight
- Shows cleavage
- Mid rift showing
- Uniform that doesn't fit
- Jeans
- Tennis shoes
- Sweatshirts, even if it matches uniform
- Warm up suits
- Sweaters
- No uniform jacket
- Wrong colors
- Stirrup pants
- Clogs with leg warmers over stretch pants
- Anything that makes one look different than the rest
- A too relaxed look will insinuate the job being done is also "relaxed."

Continued on page 14

NAWGJ NATIONAL JUDGES' CUP

What a story!

The 1999 NAWGJ National Cup was held in Phoenix, Arizona at Arizona State University with Xtreme Gymnastics hosting 436 gymnasts and 38 judges. I send a mountain of thanks to the judges from the following 23 states who volunteered their time to officiate, score, run and flash. The volunteers were:

Region I: Arizona -

K. Bird, D. Aitken, N. Nelson, S. Bruck, P. Colville, D. Payne, J. Urbaszewski, R. Hurowitz, D. Chellevoid, N. McSpadden, D. Carpenter, P. Miller, J. Maby, L. Wingert, C. White, M. Jensen, A. Jacobs, L. Taylor, L. Fields, S. Mann, S. Eaton, J. Karadbil, J. Kraemer, P. Calvinne, and C. Catterson.

A round of applause goes to Robbie Sumpter for coordinating and encouraging the clubs. This was the first time in the history of the NAWGJ National Cup that every club in the host state brought gymnasts to compete. Thanks and congratulations to Arizona and to State Judging Director, Neela Nelson!

California -

J. Geel; J. Packwood; P. Shipman

Utah -

C. Sorensen; M. Barth

Region II: Oregon -

G. McElroy; L. Carlson

Washington -

T. Hiebert; D. Ratliff; K. Fulton

Region III: New Mexico -

M. Martin; J. Szantho;

Oklahoma -

B. Roberts

Region IV: Iowa -

G. Fusaro; N. Fischer; V. Beveridge

Missouri -

R. Smith; J. Grenfell

Nebraska -

T. Watermeier

North Dakota -

S. Ringoen

Wisconsin -

G. Valkoun

Region V: Illinois -

H. Carlson; S. Turner

Indiana -

B. Heppner

Kentucky -

T. Liedtke; C. Liedtke; Y. Hodge
P. Brainer;

Ohio -

C. Arnaut; B. Sroufe

Region VI: New York -

R. Heisler; M. Bakke

Rhode Island -

M. Carpenter

Vermont -

M. Haskell

Region VII: Maryland -

A. Rager

Pennsylvania -

M. Olson; C. Ide

Region VIII: Florida -

E. Chandler

(I apologize if I have omitted any of you. Please inform me and I will list and thank you in the next newsletter.)

Two of our 1996 Gold Medal Olympians, Amanda Borden and Jaycee Phelps came to the gym and autographed shirts for the competitors. This was a thrill for everyone and we are deeply grateful to these two wonderful young women.

All through the weekend there were drawings for the volunteering judges. The prizes included a NAWGJ uniform, two memberships, watches, pins, judging bags, clipboards and roll-on and carry-on NAWGJ luggage.

A clinic was offered to the judges. Thanks to clinicians, Janine Thompson and Dan Witenstein!

Our next NAWGJ National Judges' Cup will be held at the Texas Sports Ranch in Crosby Texas, which is outside of Houston. Let's strive to have a judge-volunteer from every state next year so the gymnasts can have the experience of being judged by officials from all over the U.S.A.

In appreciation, Yvonne

The proceeds from the National Judges' Cup go toward:

- Printing and mailing scripts for the free practice judging videos for each state.
- Scholarships to judges and gymnasts in honor of USAG, NAWGJ and JCI leaders.
- Service repairs and acquisitions of new office equipment.
- Aid in running of 4 national offices.
- "Thank you" items for directors of NAWGJ, USAG and JCI.
- Directors' books of Elite & Brevet judges.
- Supplementing State Judging Director's Workshop.

Following is a letter written to an SJD by a coach on "How she felt about the National Judges' Cup."

P.O. Box 5001
Silver City, NM 88062

January 15, 1999

Judit Szantho
1517 Pacheco Street
Santa Fe, NM 87505

Dear Judit,

Silver Stars Academy gymnasts, parents and myself would like to thank you for the opportunity to participate in the National Judges Cup. Without judges like you coming together, organizing, committing their time and resources many gymnasts would never have the opportunity to compete in such a wonderful national meet. It was nice to have the meet not more than 5 hours from home and even have two judges from our state participating in this great event as well. It was especially nice to see someone from New Mexico who has done so much for New Mexico gymnastics being a part of such a finely run, and attended, meet.

Though we are a new gym, now open only two and half years, in a community that never before had any serious gymnastic's program, we feel our girls did fine for them. Though we certainly were not in the high 8's or 9's, it was incredible to be a part of a meet where perfection was at its highest from the best gymnasts from Oklahoma, Texas, California and Arizona. We had several girls place in the top 10-15 in their age groups for events in their levels and even a couple of third place event finishes. We all went away feeling inspired to work harder for the "perfect" routine. The ladies were thrilled to watch the accomplishments of others and went away motivated to do more and be more.

We just wanted to commend you on your efforts and extend a thank you of appreciation for such a nice meet. We hope you will convey our thanks to the other judges who were responsible for organizing and administering the meet. It was a learning and growing experience for all of us.

Thank you,

Sabrina Pack and the gymnasts
and parents of Silver Stars Academy

ANSWERS (LEVEL 10)

Give the D/E and S/C Bonus and Start Value for the following exercises:

- #1. 9.5
D/E .2
S/C .3
SV 9.6 V.P. ____
S.R. -.2 no two-salto
pass
-.2 not three
different saltos
in two series
- #2. 9.5
D/E .2
S/C .2
SV 9.7 V.P. ____
S.R. -.2 not three
different saltos
in two series
- #3. 9.5
D/E .2
S/C .2
SV 9.7 V.P. ____
S.R. -.2 no 2nd.
gym "B" or "C"
- #4. 9.5
D/E .5
S/C .5
SV 10.0 V.P. ____
S.R. ____
- #5. 9.5
D/E .5
S/C .4
SV 9.8 V.P. ____
S.R. -.2 not three
different saltos
in two series
- #6. 9.5
D/E .5
S/C .5
SV 10.0 V.P. ____
S.R. ____
- #7. 9.5
D/E .4
S/C 0
SV 9.5 V.P. ____
S.R. -.2 no two-salto
pass
-.2 not three
different saltos
in two series
- #8. 9.5
D/E .1
S/C .5
SV 10.0 V.P. ____
S.R. ____
- O O...third time used but may be used for B/C dismount (Yvonne) requirement

You Should've Been There

1999 National NAWGJ Judges Cup Phoenix, Arizona



The Judges Cup Banner



These judges are enjoying themselves. Left to right: R. Heisler, NY; J. Packwood, N. CA; M. Barth, UT; C. Arnaut, OH; L. Carlson, OR



NAWGJ Meet Director Patty Shipman with Sherri Romero, Extreme Gymnastics Meet Director



Bar judges contending with the bright Arizona sun. Left to right: M. Barth, UT; M. Olson, PA; J. Maby, AZ; L. Wineart, AZ



Meet Referee Yvonne Hodge, NAWGJ President, KY and her assistant Janet Packwood, Region I Judging Director, N. CA



More happy judges. Left to right: J. Maby, AZ; C. Sorensen, UT; L. Taylor, AZ; D. Ratliff, WA; G. Fusaro, IA

What is professionalism for women's gymnastics judges?

Continued from page 9

Intelligence about Gymnastics Knowledge

Professional

- Current with rules and changes in the code
- Manuals updated
- Prepared
- Up-to-date
- Reviews and practices at the level of the day's competition
- Knows the rules for the level he/she is judging
- Knows the routines, skills and choreography
- Works to be able to judge all events
- Attends coaching clinics
- Attends judging clinics
- Attends courses to expand knowledge
- Makes sure he/she is prepared for meets
- Attends more than the minimum number of clinics
- Is willing to learn from others
- Is willing to share knowledge

Unprofessional

- Know-it all judge who really isn't up-to-date
- Looks up *everything*
- Gives advice when not asked (coaching)
- Gives wrong information to newer judges.
- Does not check when unsure
- Is unprepared for event
- Asks, "What are we judging?" when it is on contract.
- Cites outdated material
- Expects others to keep him/her updated.
- Attends only the minimum clinics to maintain status
- Does not know rules for level he/she is judging
- Manuals out-of-date
- Judges only some events
- Is unsure of routines, skills
- Is unwilling to listen to others

Demeanor How you present Yourself

Professional

- Confident
- Relaxed
- Competence reflected in body posture
- Happy
- Always has a smile for gymnast
- Equally pleasant to all
- Composed
- Self-assured
- Awake

Unprofessional

- Insecure
- Tense
- Acts tired
- Cocky (know it all)
- Unapproachable
- Condescending
- Scared
- Nervous about judging a big meet and shows it through speech and behavior

Professional

- Flexible—someone that can roll with the punches, yet give nonthreatening advice
- Able to accept he/she is not perfect or always right
- Positive
- Stands tall
- Helps coaches understand—answers questions to the best of his/her ability.

Unprofessional

- Looks bored
- Unpleasant
- Does not smile at gymnasts
- Has a hangover
- Has mind on other things
- Shows partiality
- Yawns
- Looks away
- Is timid
- Has poor posture
- Has to be separated from coaches by meet referee

How should NAWGJ leaders deal with unprofessional behavior?

- Dealing up front immediately with a problem usually has best results.
- Warning—deal directly with the judge on a one to one private basis and voice concerns.
- If behavior continues, have another conversation
- SJD reprimand
- RJD reprimand
- Don't assign
- Use a direct approach
- Be tactful
- Be diplomatic
- Compromise
- Establish minimums
- Set a good example
- Train judges continually
- Remind gently
- Advise judge privately how he/she is coming across.
- Help offender understand he/she is a leader and others look up to him/her.

Love your enemy.

It will drive him nuts.

Eleanor Doan

WOMENS' GYMNASTIC CERTIFICATION EXAM

August 29, 1999

Sacramento Convention Center
USAG National Congress



Test Administrator: René Niccollai, JCI Certification Coordinator
(954) 755-5082 or JCIRene@aol.com

Registration Verification: 8:00 am.
Practical Examination (LEVEL 10 ONLY) 8:30 am. - 10:00 am.
Written Examinations (ALL LEVELS) 10:00 am. - 12:00 Noon

Fee: \$20.00 per part (Postmarked by 8/6/99)
\$30.00 per part (Postmarked after 8/6/99)
\$40.00 per part ON-SITE REGISTRATION

Please pre-register by: August 6, 1999 (POSTMARKED)

REGISTRATION FORM

Please return this form with your check for the full amount. ALL FEES ARE NON-REFUNDABLE!!

Make check payable to JCI and mail to:
René Niccollai
1850 Eagle Trace Boulevard East
Coral Springs, FL 33071

COPY OF CURRENT RATING CARD OR EXAM RESULTS LETTER SENT BY CERTIFICATION OFFICE WILL BE REQUIRED TO VERIFY THE EXAM YOU ARE ELIGIBLE FOR:

JN# _____ OR NR# _____

NAME: _____ PHONE: _____

ADDRESS: _____

CURRENT RATING: _____
ENCLOSE COPY OF CURRENT RATING CARD OR EXAM RESULTS LETTER

CHECK THOSE WHICH APPLY:

Form A is for the first time you test in 1999

Form B is for the second time you test on a previously failed exam in 1999

_____ This is the first time I have tested

_____ Practical Exam (Video) ONLY THE LEVEL 10 WILL BE OFFERED!

_____ Written Optional Level 7/8 Form A _____ Form B _____

_____ Written Optional Level 9 Form A _____ Form B _____

_____ Written Optional Level 10 Form A _____ Form B _____

_____ Compulsory Level 5/6 Form A _____ Form B _____

Judging videos tapes . . . A great way to study

From the NJ-NAWGI Judges' Education Committee:



*Jeanne Devenney, Chairman;
Bonnie Synol, Level 9 & 10; Ellen
Kovac, Level 7 & 8*

Your judges' education committee or your state judging director has both compulsory and optional video tapes that you can borrow to use for practice judging. Some of these videos come with

scripts explaining the deductions. You can also purchase judges' training videos from USA Gymnastics. Or, you can use any videos at your disposal that will help you.

Arrange a date, a time and a place to meet with one or two other judges, preferably with at least one judge who has several years of judging experience.

As you practice judge, rewind the video tape as often as you like and stop to look things up until you're satisfied with your scoring of each vault and routine.

You and your practice judging partners can sign each other's Active Status cards for a session of judging videos, according to the guidelines on the back of the card.



NOTICE TO WOMEN'S PROGRAM JUDGES & MEET DIRECTORS

CHANGE IN STANDARD MILEAGE RATES

According to the USA Gymnastics Judge's Compensation Package for Women, as found in the Rules and Policies, mileage will be reimbursed at the standard

The IRS recently announced that the new standard mileage rate will be 31 cents per mile, effective April 1, 1999.



*National
NAWGI News*

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New Carlisle, OH 45344



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3/30/2000

