

National NAWGJ News

Volume 20

No. 3

News for Artistic Gymnastic Judges

December 1999

NAWGJ CELEBRATES 25TH ANNIVERSARY

By Betty Sroufe and Carole Liedtke

On Thursday, November 7, 1974, the first NAWGJ meeting was held at the Chicago Sheraton Hotel in Chicago. This meeting was actually the first meeting of the NAWGJ National Board. The officers were: Kitty Kjeldsen of Maine was the National Director. Joanne Aschenbrenner of Colorado was the National Secretary and Betty Sroufe of Ohio was the National Treasurer.

The original regional directors were: Region 1, Shirley Ruhlman and Judy Smith of California; Region 2, Arlene Crossman of Oregon; Region 3, Judy Bodman of Colorado; Region 4, Mary McLellan; Region 5, Linda Morton of Michigan; Region 6, Gail Davis of Connecticut; Region 7, Betty Lou Breeze of Maryland; Region 8, Wilma Guy of Alabama.

Frank Bare, Executive Director of USGF made the following points:

- ❖ The judges association, NAWGJ, should be totally neutral and NOT have any ties with any other group. The NAWGJ should be autonomous and not answer to the technical committee.
- ❖ People holding positions in both USGF and NAWGJ will have a reasonable time to choose one permanent position and drop the other position.
- ❖ NAWGJ should apply for membership on the USGF governing council. (This was done when the NAWGJ

constitution and bylaws were functioning. The first application was made December 1, 1974.)

Jackie Fie also attended. After a welcoming statement, she stated that USGF is behind the NAWGJ and wishes to help in any and every way. She pointed out the following four functions as paramount for NAWGJ.

- ❖ To schedule all judges for state and regional competitions.
- ❖ To assist in the dissemination of technical information.
- ❖ To cooperate with Delene Darst in the judges training program.
- ❖ To work with DGWS, AAU, the High School Federation, etc. on the state level, at their request, in the assigning of judges.

The preliminary development of NAWGJ started at JCI meetings in the mid-1960s when the Joint Certification Committee (USGF, NAWGS and JCI), including Kitty Kjeldsen, Shirley Bryant, Delene Darst and Mary McClellan discussed the creation of a professional organization to represent certified judges. They had visions of being more than just an assigning organization. Delene developed the constitution and Kitty Kjeldsen was the first president. The NAWGJ presidents have been Kitty Kjeldsen from 1974 to 1980; Joann Aschenbrenner from 1980 to 1984; Dale Brown from 1984 to 1990; and Yvonne Hodge from 1990 to the present.

Continuous NAWGJ members since 1974 are Sue Ammerman, Brevet, NJ; Annette Asmus, 10, NY; Peggy Bialla, 10, VA; Shirley Bruck, Brevet, AZ; Kathy Case, 10, KY; Evelyn Chandler, Brevet, FL; Nancy Claar, Brevet, TX; Lois Colburn, Brevet, MA; Marilyn Cross, Brevet, NY; Delene Darst, Brevet, NC; Maria DeCristoforo, Brevet, NY; Jeanne Devenney, Brevet, NJ; Judy Grenfell, Brevet, MO; Yvonne Hodge, Brevet, KY; Linda Hopkins, Elite, NY; Kitty Kjeldsen, CT; Ellen Kovac, Elite, NJ; Martha Kunka, 10, PA; Carole Liedtke, Brevet, KY; Mary McLellan, WI; Linda Morton, Brevet, MI; Sandy Oldham, Brevet, IL; Louise Peck, Elite, SC; Cynthia Posmoga, Elite, PA; Audrey Schwyer, Brevet, PA; Cindy Sielski, Brevet, NY; Betty Sroufe, Brevet, OH; Karen Wisen, Brevet, WA; Pamela Zak, 10, HI.

Events of 1974

- Nixon passes 55 MPH national speed limit.
- Hank Aaron breaks Babe Ruth's home run record.
- "Sstreaking" became a popular U. S. fad.
- President Nixon resigns and Gerald Ford sworn in as president.
- People magazine launched.
- Jaws by Peter Benchley published.
- Music on our stereos (LPs only, a few 8-track tapes, no CDs or Walkmans): Way We Were by Barbara Striesand and Sunshine On My Shoulders by John Denver, Time in a Bottle by Jim Croce.
- First computers connected to form the Internet.
- Muhammad Ali wins title from Foreman. Boasts "I float like a butterfly but sting like a bee."

Here we go again . . . One more article on that UNIFORM

By Evelyn Chandler, Region 8 RJD

It is understood that in some states the NAWGJ uniform is not worn on a regular basis. If you are a judge who has not been convinced to wear the official uniform, I have some valid reasons for your consideration.

- ♦ When you go out between sessions with your peers, you keep the passers-by guessing.
- ♦ If you wear it to the airport to catch a flight, you can talk your way to the top of the standby list.
- ♦ When a parent gets upset with a score, you have a better chance of convincing them it was the other judge.
- ♦ It's one less decision you have to make when packing for the weekend.
- ♦ You are easily recognized and you don't have to stand in line at the bathroom.
- ♦ Many dry cleaners give a uniform discount.

Seriously, though, please read further and . . . give some honest consideration. Our sport is based on precision, visual beauty and detailed rules. We expect our gymnasts to be uniform as a team and the equipment to be readied in an attractive manner according to the rules. When judges are added to the competitive scene, the whole competition is enhanced if they are in the same uniform. The aura is one of cohesiveness and teamwork.

Don't Stress Individuality

Why is gymnastics the only major sport where officials are not required to dress identically? We owe it to the sport to give the best perception to the parents, coaches and gymnasts. When judges are in different shades and styles, individuality is pronounced instead of the needed perception of cohesiveness.

Uniform Fit

The uniform is very durable and attractively designed to fit the majority of body types. If you have difficulty being fitted, the material is available for purchase. Call Judy Grenfell at 314-227-8160 if you are having a particular problem. I know some judges have complained that the lining is slipping, but if I cleaned one of my business suits as often as I clean this one, it, too, would be showing the wear.

Parents Perspective

A few parents were approached to gain their perspective of the uniform issue and the overwhelming answer was that was a display of a lack of professionalism. The impression given was a lack of organization or concern on the officials' part.

Are You One of the Few?

The number of judges who do not wear the uniform is not great, however, at some notable meets it is more pro-

nounced. Unfortunately, in some states, it is an individual decision and all we ask is that you rethink your philosophy when you make your choice for your next meet. The sport, and judges as a group, would benefit from a national effort for everyone to wear the uniform. We all take our job seriously and care deeply for the sport. We need to show it.

A "Slimming" Reason

If the reasons listed above aren't enough for you, would you believe . . . "the shade of blue used in the NAWGJ uniform was researched to make you look slimmer?" Would I lie?

"Attitude, a little thing that makes a BIG difference."

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

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Region VIII
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Collegiate Vault Table (Effective August 1, 1999)

Group 1 Handsprings, Yamashitas & Cartwheels							
1.101	Handspring		8.6	3.403	Tsukahara	Tuck 1 ½	10.0
1.102	Handspring	½ turn	8.7	3.405	Tsukahara	Layout 1/1	10.0
1.104	Yamashita		8.7	3.407	½ on	½ off, Front Tuck	9.9
1.105	Yamashita	½ turn	8.8	3.408	½ on	½ off, Front Pike	10.0
1.106	½ on	½ off	8.9	3.501	Tsukahara	Double Back Tuck	10.0
1.202	Handspring	1/1	9.2	3.504	Tsukahara	Double Back Pike	10.0
1.205	Yamashita	1/1	9.3	3.505	Tsukahara	Back Layout 1 ½	10.0
1.206	½ on	1/1	9.1	3.506	Tsukahara	Back Layout 2/1	10.0
1.207	1/1 on	Handspring	9.6	3.508	½ on	½ off, Front Layout	10.0
S1.210	1/1 on	½	9.6	*All Tsukaharas may be performed with 90 to 180 degree LA turn in first flight phase.			
1.302	Handspring	1 ½	9.5	Group 4 Round-off Entry (Yurchenko)			
1.306	½ on	1 ½	9.5	4.201	RO,FF	Back Tuck	9.5
1.307	1/1 on	1/1 off (H/Y)	9.7	S4.210	RO,FF ½	1/1 Twist off	9.3
1.402	Handspring	2/1	10.0	S4.211	RO,FF ½	1 ½ Twist off	9.5
1.406	½ on	2/1	9.9	4.302	RO,FF	Back Tuck 1/1	9.8
S1.410	1/1 on	1 ½	9.9	4.303	RO,FF	Back Pike	9.6
C1.411	1/1 on	2/1	10.0	4.304	RO,FF	Back Layout	9.8
1.502	Handspring	2 ½	10.0	4.306	RO,FF	½ off, Front Tuck	9.8
1.503	Handspring	3/1	10.0	4.307	RO,FF	½ off, Front Pike	9.9
Group 2 Cuervos & Saltos Forward				4.315	RO,FF 1/1	1/1 twist off	9.7
2.301	Handspring	Front Tuck	9.8	C4.316	RO,FF 1/1	1 ½ Twist off	9.9
2.302	Handspring	Front Tuck ½	9.9	C4.317	RO,FF 1/1	2/1 Twist off	10.0
2.303	Handspring	½ Back Tuck	9.9	S4.320	RO,FF	Back Tuck ½	9.6
2.402	Handspring	Front Tuck 1/1	10.0	S4.321	RO,FF	Back Pike ½	9.7
2.403	Handspring	½ off, Back w/ ½ +	10.0	S4.322	RO,FF	Back Layout ½	9.8
2.404	Handspring	Front Pike	9.9	S4.323	RO,FF	1 ½ Twist off	9.5
2.405	Handspring	Front Pike ½	10.0	4.402	RO,FF	Back Tuck 1 ½	10.0
2.406	Handspring	½ Back Pike	10.0	4.404	RO,FF	Back Layout 1/1	9.9
2.501	Handspring	Double Front	10.0	4.407	RO,FF	½ off, Front Layout	10.0
2.502	Handspring	Front Tuck 1 ½	10.0	4.408	RO,FF ½	Front Tuck	9.9
2.507	Handspring	Front Layout	10.0	4.409	RO,FF ½	Front Tuck ½	10.0
2.508	Handspring	Front Layout ½	10.0	4.410	RO,FF ½	½ off, Back Tuck	10.0
2.509	Handspring	½, Back Layout	10.0	4.411	RO,FF ½	Front Pike	10.0
2.510	Handspring	Front Layout 1/1	10.0	4.415	RO,FF 1/1	Back Tuck	9.9
2.511	Handspring	Front Layout 1 ½	10.0	S4.420	RO,FF ½	2/1 Twist off	10.0
2.512	Handspring	Front Layout 2/1	10.0	S4.421	RO, FF	2/1 Twist off	9.9
2.513	1/1 on	Front Tuck	10.0	4.501	RO,FF	Double Back Tuck	10.0
2.514	1/1 on	Front Pike	10.0	4.502	RO,FF	Back Tuck 2/1	10.0
2.515	1/1 on	Front Layout	10.0	4.503	RO,FF	Double Back Pike	10.0
Group 3 Tsukaharas* & 1/2 Turn Entry Phase				4.504	RO,FF	Back Layout 1 ½	10.0
3.201	Tsukahara	Tuck	9.5	4.505	RO,FF	Back Layout 2/1	10.0
3.303	Tsukahara	Pike	9.6	4.511	RO,FF ½	Front Pike ½	10.0
3.305	Tsukahara	Layout	9.8	4.512	RO,FF ½	½ off, Back Pike	10.0
S3.310	Tsukahara	Tuck ½	9.7	4.513	RO,FF ½	Front Layout	10.0
S3.311	Tsukahara	Pike ½	9.8	4.514	RO,FF ½	Front Layout ½	10.0
S3.312	Tsukahara	Layout ½	9.9	4.515	RO,FF 1/1	Back Pike	10.0
3.402	Tsukahara	Tuck 1/1	9.9	4.516	RO,FF 1/1	Back Layout	10.0
C = collegiate				9/99			

2000 NCAA Women's Gymnastics

The National Collegiate Women's Championships and all meets used to qualify will be conducted according to the International Gymnastics Federation Women's Code of Points (modified rules), with the Junior Olympic (Level 10) modifications as of November 1, 1999. [Note: If the value of a skill (JO) is raised after November 1, it will be effective immediately.] All rules and guidelines for execution and compositional deductions as applied to the USAG-JO program (Level 10) will be used with the following collegiate modifications/clarifications:

Equipment

- Bar height adapters may be used for regular season competitions. They may be used at the regional championships. If the bar height adapters or *Elite Series bars* are used, the gymnast will be allowed to place the springboard on two *regulation size* landing mats (up to 24 cm) to mount. *The use of 20 cm - 2 cm mats is acceptable.* [Note: Low bar must be adjustable to at least 165 cm and the high bar adjustable to at least 245 cm without the bar height adapters. *For the 1999-2000 season, the maximum width of the bars will be set at 160 cm + 3. This width should be marked.*]
- 1/2" plywood may be used under the springboard for mounting bars and beam.
- If a gymnast has a broken/torn grip, she may repeat her routine as the last team competitor or after the all-around competitor (specialist). If this does not allow for a sufficient amount of time to change grips or enough time to prepare, the gymnast will repeat the routine as soon as it is safe to do so. However, the time should not exceed five minutes. [Note: Common sense and safety must always prevail.]
- A chalk arc line may be placed on the corners of the floor exercise mat. Except for a small mark, chalk may not be applied directly to the beam. A small amount of chalk may be applied to the gymnast's hands and feet as needed for safety.
- *If a mat used on FX exceeds the boundary lines, the mat must be clearly marked with tape or chalk to indicate the actual boundary lines. Failure to mark the mat will result in a .10 deduction taken off the average.*

Rules

- .30 deduction for competing out of order (taken from team score)
- Reminder: Landing deductions are taken for lack of control and/or movement occurring prior to presenting to the judges. (Ex: Celebrating on the mat prior to presenting to the judges, failing to show a controlled landing prior to turning to present to the judges.)
- Vault
 - Collegiate Vault Table (Effective August 1999)
- Beam
 - #2.307 Stag-ring leap or jump = D
 - #7.302 Free (aerial) walkover forward = D
 - #7.310 Flic flac with 1/4 twist (90°) to side handstand = D (*Also gainer flic flac*)
 - #8.305 Salto backward stretched with step-out = D
 - #8.306 Gainer salto backward stretched, also with leg change in flight = D
 - #8.405 Salto backward stretched with legs together = E
 - #9.408 Double salto backward dismount, tuck or pike = E
 - Exception to Special Connection Rules: Any flic flac to any salto backward stretched, in a 2 acrobatic flight element series will not receive special connection Bonus Points.
- Floor
 - All 1 1/4 saltos to prone landing will be valued one level higher than landing on feet.
 - *Clarification: All variations of the Popa landing in prone position = D; all other jumps/leaps landing in prone will receive same value as the root element (JO).*

Scoring

- Open Scoring is required and Start Values must be flashed. [Note: Judges are to sit apart; all judges' scores will be flashed, simultaneously, with only the average raised.]
- *Reminder: The allowable score range between the two counting scores follows JO.*

Uniform

- Deduction of .10 deduction for leotard above the hip bone. A warning must be given first.
- There is no deduction for a matching sports bra that is exposed. Backless leotards are permissible.

New changes/clarifications for 2000 are in italics.



**JUDGES
CERTIFICATION, INC.**

Active Status

Frequently asked questions

❖ *Do the meets have to be USAG sanctioned?*

NO. However, the meets must use USAG rules. For example, a high school meet where "Federation" rules are in effect would not be eligible.

❖ *Does the safety certification course count towards my clinic or workshop credit?*

NO.

❖ *May a high school clinic count?*

Only if the clinic uses the rules as applied in the USAG Junior Olympic Program.

❖ *Does volunteer credit have to be at a higher level than my present rating?*

NO. Any volunteer situation may be counted.

❖ *My active status card is incomplete but I need to show I have practiced judged in order to test. What do I do?*

Simply make a photocopy of your card showing your completed practice judging sessions and give it to the Test Administrator (TA) when you test. The TA will forward your photocopy with your test allowing your results to be promptly sent.

Level 5/6 Requirements

A Level 5/6 judge who has held his/her rating for a period of one (1) year (from the actual test date) needs to fulfill active status in order to remain current. A Level 5/6 judge who takes the Level 7/8 exam after a period of one (1) year will need active status in order to receive their test results.

Cards Due December 31

Active status cards are due by December 31 of each year. Please remit your card as soon as it has been completed to your active status coordinator. This is your professional obligation.

Reasons for possible waiver of active status

At all times and in all circumstances, it is the intention of USA Gymnastics (USAG) and the National Association Of Womens Gymnastics Judges (NAWGJ), that any judge acting in an official capacity at any meet or event, must maintain current active status with Judges Certification Inc. (JCI) and the records must reflect the same.

From time to time, hardship situations may occur making it impossible for a judge to have current active status. Those recognized hardship situations are as follows:

- A serious illness or health problem documented by a physician.
- A maternity situation with complications documented by a physician.
- Relocation outside the fifty (50) states of the USA.
- An official leave of absence for a period of two (2) years or less documented by a letter to both USA gymnastics and NAWGJ.

Any request for a waiver of active status should be directed to the JCI Certification Coordinator, who will in turn forward such request to the USA Gymnastics Women's Technical Committee Chairperson for final determination.

Any individual disagreeing with the decision shall have the right to appeal through the USA Gymnastics Senior Woman's Program Director, according to USA gymnastics grievance procedures.

Effective August 1, 1999

NAWGJ Merchandise Order Form

Name _____ Date _____

Address _____

City _____ State _____ Zip _____

Make check payable to NAWGJ--Betty Sroufe and mail to: 2096 Rolling Hills Blvd., Fairfield, OH 45014

Qty	Item Description	Circle Color	Circle Size	Item Price	Amount Paid
Anniversary NAWGJ Logo					
	Sweat Shirt	White Blue	L XL	25.00	
	Golf Shirt	White Blue Gry	S M L XL	25.00	
	Sleep Shirt	Blue	One Size	16.00	
	Watch		S L	25.00	
	Portfolio	Black		8.00	
	Briefcase	Black		26.00	
NAWGJ Logo					
	Roll Up			12.00	
	Briefcase			26.00	
	Garment Bag			27.00	
	"Wheeler"	Duffle on Wheels		45.00	
	Carry On	Wheels with Pull Up Handle		60.00	
	Big Bag on Wheels		Price includes shipping	110.00	
TOTAL				\$	

Judges Certification Inc.

Vice President Certification Coordinator



Period: from 01-Apr-99 to 30-Jun-99

Ratings with an Expiration Date of December 31, 2001

Total Number of Test Sessions Administered: 24

Total Number of Test Administrators Participating: 22

Exam Test Statistics by Level

Totals by Period

	Theoretical				Practical		
	5/6C	80	90	100	8	9	10
Exams PASS	51	20	20	14	25	16	9
Exams FAIL	47		17	7	6	1	5
Totals	98	40	37	21	31	17	14
Passing Percentage	52.0%	50.0%	54.1%	66.7%	80.6%	94.1%	64.3%

Total Number of Examinations Administered : 258

Number of Certified Judges by Region and Level

Current Totals - Each Judge by His/Her Highest Level

Region	I	II	III	IV	V	VI	VII	VIII	Totals
Level 5/6	183	108	209	90	208	131	132	190	1251
Level 8	38	22	73	27	65	68	34	75	402
Level 9	20	18	27	14	40	46	23	32	220
Level 10	41	53	63	44	99	67	67	76	510
	282	201	372	175	412	312	256	373	2383



Regions

5 States with the Greatest Number of Judges

Texas	207
California	197
Ohio	151
New York	107
Florida	96

5 States with the Fewest Number of Judges

South Dakota	4
Delaware	6
Nevada	8
Montana	11
West Virginia	11
Hawaii	11
North Dakota	11

Total Number of Certified Judges : 2383

Date of Report: 03-Sep-99

So you want to be an Elite judge

By Robin Ruegg, Region 4 RJD, Brevet judge

An enthusiastic new judge asked me, "What advice do you have if I want to become an Elite judge?" the other day via e-mail. As I thought about it, success and advancement in judging is similar to success in other fields. People who have been successful in judging generally have the following characteristics.

Study constantly

You must be current and know the rules well. Attend as many clinics as possible. Ask questions and listen to more experienced judges and coaches. Don't take the advice of only one person, no matter how highly rated! Gather the experience of many others.

When technical information starts sounding repetitive—you probably can trust it. Be open and willing to learn from everyone. Go into gyms. Ask the coach a few questions. Read your Technique Magazine and update your books! Judge all events.

Network

Get to know other judges and coaches from your state and region. You can do this as a volunteer at competitions, or by attending clinics and congresses. Go to "happy hour" even if you only have a soft drink. You often learn more in a casual setting than you do in the classroom.

As a new judge and volunteer, you probably will get the "crummy" volunteer jobs. Take them anyhow! Always be the first to volunteer to pick up or drop off people at the airport. This seems to be a very undesirable job, but it is a classic way to meet interesting judges, coaches and clinicians.

Ask your local coaches if you can watch practice; they love to see judges in gyms. Be careful not to "brown nose" too much. This drives people crazy.

Be sincere in your love of the sport and your interest in people, and you will enjoy meeting many other gymnastics enthusiasts.

Do more than the minimum

You have to fulfill a minimum number of active status credits. Exceed these regularly. Reinvest part of your judging income into clinics, particularly those at a regional and national level. (Mini-Congress, National Congress, NAWGJ Symposium, etc.) Purchase videotapes and other study tools such as CD-ROM's, computer programs, flash cards, etc.

Prepare prior to every meet, including studying the rules and practice judging routines on video or in a gym. Volunteer and do more than you promised.

Develop good people skills

Be pleasant to everyone around you—judges, coaches, helpers, and parents. Always thank meet hosts, the score flashers, timers and scorers and your judging partner(s).

Send thank you notes. Give compliments, smile.

Be careful of the words you use in a conference. You will be overheard. Never whine. Show a calm confidence at a meet site, no matter how nervous you really are.

Be prepared for the unexpected

Timing is often everything. Keep your uniform clean, your books updated and your attitude positive. Many times, a last minute phone call to replace a judge will come through unexpectedly. Stay calm, go out there and do the best job you can.

Are you a NAWGJ judge?

By Lorene Campbell, Lander, Wyoming

1999 Most Humorous Article NETTIE Award

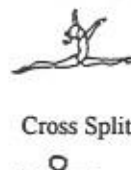
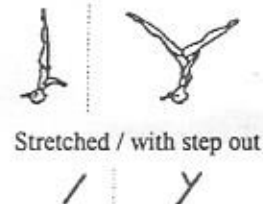
You may be a NAWGJ judge if you possess some of the following skills or if any of these situations sound vaguely familiar.

- You know shorthand, but you've never received secretarial training.
- You're idea of a vacation is finishing a meet before 2 PM.
- You have a tee-shirt from more than three different gyms.
- One of your biggest fears is that your pencil lead will break in the middle of a routine.
- You know the alphabet — at least A through E.
- You're used to seeing numbers with at least three places after the decimal point.
- Your acceptance of a contract is determined by what's being served at the concession stand.
- At parties you wow your friends with how fast you can subtract any number from 10.
- You can write legibly without looking at your paper.
- Your overnight bag contains the only sharpened pencils in your home.
- The magazine you read the most is Technique.
- Your closet is filled with dark blue blazers and matching accessories.
- You have more than three pins on the lapel of your jacket.
- You scramble each year for 10 credits.
- When you walk into a gym everyone becomes quiet.
- You think a meet went well if only one coach screamed at you.
- Your top goal for the weekend is to finish judging vault before they finish judging bars.
- You own stock in Tylenol or Excedrin Extra Strength.
- You feel the need to justify every opinion you have.
- The same tune plays over and over and over in your head.
- You feel the need to dress up to go to every sporting event your child participates in at school.
- You fill out the questionnaire after you've eaten at the restaurant and give them an overall rating of 5.60 with no chance to earn bonus points.

Basic Symbols

Hang		= Stable Support surface	
Stand frontways		! Handstand	
↓ Support, (ie with support of hips)		4 Without support of the hips (clear)	
— Jump, Leap, Hop or flight phase		take-off from both feet or land on both feet (use only when needed)	

Leg and Body positions



Turns

around the breadth axis

Forward

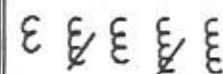


Backward



around the long axis

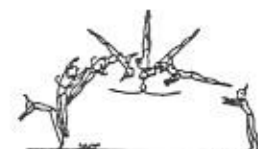
360°, 540°, 720°, 900°, 1080°



360°, 540°, 720°, 900°, 1080°



Acrobatic



Gymnastic




BALANCE BEAM AND FLOOR

Gymnastic Elements Leaps, jumps, hops

 Split jump




 stag leap



 Cat leap



 Tuck jump



 Pike jump



 Straddle jump



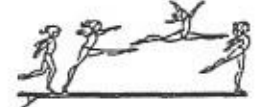
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


 Split leap




 Switch leap




 Cat leap with 1/2 turn




 Tuck jump with 1/1 turn -
take off from both legs




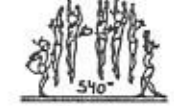
 Wolf jump



 Side Split Jump



 Stretched jump with 1 1/2
turn (540°)




 Ring jump




Acrobatic Elements – Walkovers, Rolls, Handsprings Saltos

Walkovers

 Walkover forward



 Aerial Walkover



 Cartwheel




 Round off



 Walkover Backward



 Valdez




 Aerial Cartwheel



 Aerial round off




Handsprings & Whip Salto

 Handspring fwd.




 Flyspring




 Flic-flack land on both feet




 Flic-flack step out




 Gainer Flic-flac



 Whip- salto bw.




Rolls and Saltos

 Forward Roll




 Forward Salto Tucked




 Forward Salto Piked




 Forward Salto Stretched



 Double Salto Forward




 Fwd Salto Stretched with 1/1 Turn




 Backward Roll




 Backward Salto Tucked



 Backward Salto Piked




 Backward Salto Stretched




 Bwd. Salto with 1/1 turn




 Bwd. Salto with 1 1/2 turn




 Double Salto Backward


























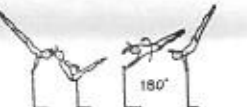



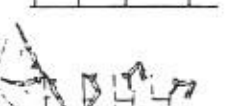

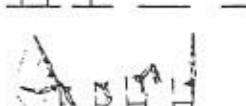
















 Full in Double Back



 Arabian Salto



UNEVEN BARS

	Glide Kip up			Glide back kip up	
	Glide Straddle cut			Straddle over	
	Back Hip Circle			Pike Circle Bwd	
	Forward Hip Circle				
	Cast			Cast to Handstand	
	Underswing to Hang on HB			Clear underswing with counterswing to hang on HB	
	Clear underswing $\frac{1}{2}$ turn to clear support			Underswing Salto Fwd	
	Counter swing over LB			Counter swing to HS on LB	
	Swing with $\frac{1}{2}$ turn over LB			Swing with $\frac{1}{2}$ turn to handstand on LB	
	Clear Hip Circle Bwd.			Clear Hip Circle Bwd. to Handstand	
	Giant Circle Bwd. to Handstand			Giant Circle Bwd with $\frac{1}{2}$ turn	
	Giant Circle Fwd. to Handstand			Flyaway Tucked	

National Association Of Women's Gymnastic Judges

July 15 & 16, 1999 - Las Vegas , Nevada

Meeting Minutes

I. ROLL CALL

President - Yvonne Hodge
Vice President - Judy Grenfell
Secretary-Treasurer - absent (health reasons)
Administrative Assistant - Carole Ide
Region I - Joan Geel and Janet Packwood
Region II - absent
Region III - Mary Lee Martin
Region IV - Robin Ruegg
Region V - Carole Liedtke (arrived late)
Region VI - Pat Panichas
Region VII - Amy Rager
Region VIII - Evelyn Chandler
National Symposium Director - Ellie Boeing

Chynoweth

National Judges Cup Director - Patty Shipman
Guests: Dean Ratliff, Mary Roth (7/16,1999)

II. APPROVAL OF MINUTES

A motion to approve the minutes with correction.
MOTION: Pat Panichas SECOND: Robin Ruegg

III. REPORTS

A. President's Report - Yvonne Hodge

Yvonne welcomed the board members and distributed information concerning the SJD workshop and also presented board members with the new NAWGJ 25th Anniversary judging bag. She also gave an update on the members who could not be present.

B. Secretary/Treasurer's Report- Yvonne Hodge

A written financial report was presented. We have experienced a membership gain of ninety-eight members since August, 1999 and presently have 2010 members. Betty sent written congratulations to all NAWGJ officers for the membership effort put forth. A new Tri-Annual Financial Report form was presented. Lastly, a letter from the accounting firm was included in the report congratulating NAWGJ for strong organizational skills and financial reporting. Thank you, Betty!

C. Regional Reports

Exceptional oral and written Regional Reports were distributed. Some highlights of the discussions are as follows: Elections were held in odd numbered regions. Successful fund raising in the form of Judges Cups are enabling regions to increase educational opportunities for their membership. Some regions have been able to assure that four judge panels would be used on Level 8-9-10 Regionals. Judges were sponsored to Elite

National camps and a regional all-star international competition. Mentoring programs for new judges have been implemented and NAWGJ Regional Boards are on e-mail which ultimately reduces communication costs. Some concerns are still the lack of judges in areas, lack of a judge's representative on some regional boards, an increase in three day invitationals, developing a list nationally of who is eligible to run for elected offices, on going per diem and car pooling questions, developing a National NAWGJ web site and concerns with the selection process for judges.

D. Elections

A reminder that elections will begin in even numbered regions. It is important that announcements are made in state newsletters as a reminder. The election procedures to be followed are in the election guide.

E. 1998 National Judges Cup

Patty Shipman reported on the many positive outcomes of the competition held in Scottsdale, Arizona, January 1998. Every club in the State of Arizona entered athletes in the competition, a first ever for the National Judges Cup. Twenty-three states were represented. Some states are beginning to send an All-Star "Select" Team to the meet. It was suggested that more states encourage participation by "state teams." Various states are sending judges selected by "draw" from those that volunteer in various capacities. This gives the opportunity to attend and judge a national meet to a judge who may not otherwise have that experience.

F. National Judges Cup Director

An ad hoc committee was appointed to create a written mission statement for the National Judges Cup. The committee is Judy Grenfell, Mary Lee Martin, and Patty Shipman.

G. Uniform Discussion

The question was brought to the board as to the availability and appropriateness of wearing navy blue Bermuda shorts with the uniform, especially in hot climates. Discussion followed. The shorts are not available through Midway, our uniform company, therefore they would not be sanctioned to wear as part of the official uniform. Discussion also followed on unprofessional trends (Tee-shirt type tops instead of blouses) and inappropriate attire at times, by gentlemen. Evelyn Chandler was asked to write an article for the newsletter addressing professional attire for judges.

IV. NEW BUSINESS

A. National Symposium Director

Ellie Boeing Chynoweth presented materials and videos to the board of possible sites for the 2001 National Symposium. Factors such as site and travel costs, accessibility and the arrangements for testing need to be strong considerations. We also need to keep in mind that we wish to service the most number of judges. The survey results showed that judges desire a resort area with access to water activities. More detailed cost information will be obtained on the final three proposals. Hopefully, we will be able to schedule a conference call by November, 1999 to make the final decision.

B. National Judges Cup 2000

Scheduled for Jan 7-9, at the Texas Sports Ranch, Button (30 miles east of Houston). Patty supplied the board with site particulars and distributed informational flyers. Team prize money will be awarded for the first time. Meals and lodging will be available for the athletes. The entry deadline is November 20, 1999.

C. State Judging Director's Yearly Report Form

Suggested changes in the form were presented by Robin Ruegg.

MOTION PASSED: to accept the revisions as presented. These will be included in Judging Director's Guide.

MOTION: Robin Ruegg SECOND: Joan Geel

D. Network Awards

Discussion took place on the categories as we now define them. Changes will be made to keep up with the trends in web site design and humorous/entertaining videos vs. informational videos. The Annual "Nettie Awards" committee of Mary Lee Martin, Janet Packwood and Joan Geel have once again prepared for the recognition of exceptional media and publications. Samples of newsletters, publications, videos were displayed. The board made the selections and the "NETTIES" will be announced at the SJD workshop.

E. NCAA Concerns

Pat Panichas gave a brief explanation on the topic of fees for NCAA Championship competitions. Some fees are particularly out of line. These concerns can only be addressed every two years because of protocol within the NCAA. A video was prepared and presented by Mary Roth, Ball State University for use prior to NCAA competitions in order to establish a consistent basis for scoring from one region to another. The board members viewed and discussed the film for two hours and made recommendations to Mary.

F. Operating Code And Judging Director's Guide Changes

The following changes were made to the Operating Code:

1. *Eligibility for State Judging Director* (p. 62 and 107)

Attend a Test Administrator's Workshop to be eligible to administer the certification examination for J.C.I. Designate an Active Status Coordinator (if one does not already exist). The state coordinator will receive and maintain all Active Status Judging reports and file the same with the National Certification Coordinator. The state active status coordinator must be approved by J.C.I.

PASSED

MOTION: Carole Ide SECOND: Carole Liedtke

2. *Guidelines for Regional Judging Director Election* (p. 64)

Ballots are sent to the National Administrative Assistant for counting unless the election is conducted in the Administrative Assistant's region. In this case the ballots are sent to the President for counting. The counting should be done in the presence of three (3) witnesses to assist in the counting of the votes. The Administrative Assistant sends the results to the candidates.

PASSED

MOTION: Evelyn Chandler SECOND: Judy Grenfell

3. *Duties of Regional Judging Director* (p. 66)

Receive and count ballots for State Governing Board elections and send results to candidates, SJD and Administrative Assistant.

PASSED

MOTION: Carole Ide SECOND: Judy Grenfell

4. *Administrative Assistant Duties* (p. 105)

Maintain and publish an NAWGJ Governing Board Directory every four years.

PASSED

MOTION: Judy Grenfell SECOND: Mary Lee Martin

5. *State Judging Director Duties* (p. 106)

Correct typographical error
Recommend qualified judges from their respective states for Regional and State competitions, upon request, with the assistance of the State Governing Board. Records must be kept and filed annually with the Regional Judging Director.





The meeting was adjourned at 5:30 PM, July 16.



LEVEL 7-10 JUDGES' TRAINING VIDEO/SCRIPT

REVISIONS - December 1999

If you have purchased any of the Optional Judges' Training videos, please update your scripts with the following corrections made by the Women's Technical Committee at their November 1999 meeting.

LEVEL	EVENT	EXERCISE #	REVISION
7	Beam	6	Change 2 nd wolf jump symbol to indicate two-foot take-off "W" ✓
7	Floor	2	Top line- add "A" over forward roll symbol 
7	Floor	4	1 st line - add "A" over backward roll symbol  Last symbol - add "A" over forward roll symbol 
8	Vault	3	Change "Open" deductions to: .25 - .35 Change total Deductions to: 1.15 - 1.35 Change Score Range to: 8.15 - 8.35
8	Vault	4	Change Open deductions to: .25 - .35 Change total deductions to: 1.3 - 1.7 Change Score range to: 7.70 - 8.10
8	Floor	1	Last skill: Add "A" over forward roll symbol 
9	Vault	1	Change Open deductions to: .25 - .30 Change Total deductions to: 1.10 - 1.30 Change Score range to: 8.10 - 8.30
9	Vault	3	Change Open deductions to: .35 - .40 Change Total deductions to: 1.60 - 1.95 Change Score range to: 7.45 - 7.80
9	Vault	4	Change Open deductions to: .30 - .40 Change Total deductions to: 1.50 - 1.80 Change Score range to: 7.70 - 8.00
9	Vault	5	Change value to: 9.20 Change Score range to: 7.35 - 7.50
9	Vault	7	Change Open deductions to: .40 - .45 Change Total deductions to: 1.10 - 1.40 Change Score range to: 8.10 - 8.40
9	Beam	2	Last symbol on top line: "W" ✓ Wolf Jump ½ turn: Add "C"
10	Vault	2	Change Open deductions to: .20 - .25 Change Total deductions to: 1.00 - 1.30 Change Score range to: 8.20 - 8.50
10	Vault	12	Change Open deductions to: .15 - .20 Change Total deductions to: .65 - .80 Change Score range to: 9.10 - 9.25
10	Vault	13	Change Open deductions to: .25 - .35 Change Total deductions to: .90 - 1.10 Change Score range to: 8.70 - 8.90
10	Vault	17	Change Open deductions to: .20 - .30 Change Total deductions to: .85 - 1.05 Change Score range to: 8.45 - 8.65

1999 Networking Awards presented at Las Vegas

1999 NAWGJ Networking Awards were presented at the July State Judging Directors' Workshop in Las Vegas, Nevada. You can read the winning most humorous article on page 7. The winners were: Susan Monahan, Wyoming—Best Interview; Nancy Barley, Kentucky—Best Use of Charts & Graphs; Gail Caspare, New York-South—Education & Information; Brenda Eberhardt—Newsletter Layout & Design; Lorene Campbell, Wyoming—Most Humorous Article; Barb Tebben, Minnesota and Florida (Evelyn Chandler accepting)—tie for Best Video.

The NAWGJ National Governing Board voted to change the award categories for 2000. The new categories are: best web site, best educational article, best informational article, best layout and design of a newsletter, best educational video, best humorous video, best feature article.

*The Nettie Committee From left:
Mary Lee Martin, Joan Gael, Janet Packwood*



*1999 Nettie Award Winners From left: Gail Caspare,
Nancy Barley, Susan Monahan, Mary Ann West,
Evelyn Chandler and Brenda Eberhardt*



Why are scores lower at state meets?

By Robin Ruegg, Region 4 RJD, Brevet judge

Some coaches have asked why the scores are always lower at state (or regional or national) meets.

As a judge, I seldom think of whether my scores are "high" or "low." Rather, I do my best to accurately place the performances of the day. I try to be consistent and fair to every athlete on the floor. Remember, giving too high a score to one athlete means I've been unfair to every other athlete at the meet.

As gymnasts advance to higher levels, the competition gets harder and the results more important. Several factors impact the scores at championship meets.

The most knowledgeable and highest rated judges are on the floor. Coaches chose the judges for state and higher competition through the state and regional USAG boards. As one coach tells her athletes, "The better the judge, the lower the score." In general, experienced, higher-rated judges do see more errors than a less experienced judge.

Just as the gymnasts and coaches have prepared, so the judges have prepared as well. Judges are nervous at large competitions because they want to be fair and do a good job. They have studied every rule and spent hours looking at videos. Since they are prepared and are knowledgeable, they will find the mistakes and errors.

Weaker performers have been "weeded out" through

the qualifying process. The task of separating performances is harder. We are looking at good, very good and excellent routines in a championship meet. In lower level competitions, we are comparing poor routines to excellent routines and sometimes that means a good routine may get a score "boost" compared to a poor one.

We use .05 increments to help separate the performances. It is frustrating to score an 8.975 at a state meet, when a gymnast has scored over 9.0 in other competitions, but it may be necessary for proper placement.

Expectations are higher! Every gymnast who has qualified to a championship competition has performed well. In optional level competition, we use a composition category to separate those gymnasts performing the bare minimum requirements from those going above and beyond expectations. For compulsory levels, the differences are often delineated in the "artistry and dynamics" or "rhythm" categories.

The gymnasts (and coaches and parents) are nervous. Quite often, the big competition is *not* where we see the gymnast's best performances.

Please feel free to share these comments with others, particularly gymnasts and parents, if it will help them to understand this issue. Comments are always welcome!

Your body language speaks



What message are you sending?

There are two ways to communicate—verbal and nonverbal. One is with words and the other is with your body language. As you judge a gymnastic meet, which way of communication do you think you use the most?

If you said nonverbal communication, you are correct. Think about all the body language you display at just one meet. Consider what messages you are sending to the gymnasts, to the coaches and to the parents watching the meet. At your next meet, observe your nonverbal communication. Watch for clues to the messages you are sending. Foot and arm movements, facial expressions, laughter, lip and mouth movements are all ways we express our nonverbal language.

Reflect about all the messages you reveal with your eyes. Avoiding eye contact, looking down, the stare—these are all common actions that we use while judging.

Be sure that the message you send is the one you want received. Be aware that you are always communicating. Send a good message.



By Mary Lee Martin
Region III Judging Director

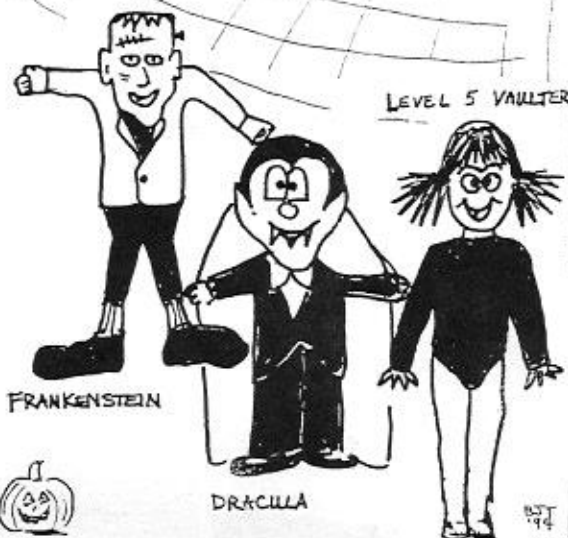
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Submitted by Barbara Tebben, Minnesota Judge



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