

February 2020

# ILNAWGJ NOTES

“IN”

Here is your ILNAWGJ Notes for February. Featured this month is a review of competitive formats from Linda. Christi Kearns’s Corner provides answers to Frequently Asked Questions.

**Judy Redmond is the recipient of the Green Flag Award!!!!!!**

## **NOTEWORTHY NOTES FROM YOUR SJD – Linda McDonald**

Happy February! The NAWGJ Board has assigned the events for the Illinois State Meets. It is now in the Illinois USA Gymnastics Committee’s hands for approval. The November 2019 USAG Illinois minutes are still not on the website and I do not have permission to publish the State/Regional/National judges. I would hope to be able to publish the list in the March IN.

Everyone needs to familiarize themselves with the different competitive formats. More than likely your meet will be Modified Traditional or Modified Capital Cup. Modified Traditional there is only one flight. Gymnast will warm up in front of the judges and then compete. Modified Capital Cup there are two sets of equipment with one floor. There is an A flight and a B flight.

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While the A flight competes the B flight warms up. Every gymnast in the flight (regardless of how many different teams are in the flight) must warm up. All gymnasts in the flight will warm up and then compete at the same time. Different teams can still block time on their own or combine with the other teams.

Please come prepared for your assignments. Mentoring at a meet does not mean talking through each routine. Each judge must independently arrive at their score and start value. If there is a discrepancy, then you talk. Many judges are getting opportunities to judge at their level. Meet directors have not factored in extra time for discussion between routines. Make sure you come prepared!

Level 6/7 vault is an area I am receiving complaints about from coaches. Apparent inconsistency is the complaint. There are several 6/7 vault videos available. JD McDonald just did one “Will it Flip.” The National Education Chair, Jan Eyman, has a video on NAWGJ.org for all three vaults. Please familiarize yourself with 6/7 vault before taking the floor to judge this event.

Please note that a single word in the floor music can be used as a rhythmical sound. More and more the gymnasts are using music containing words that fit the rhythmical sound category and that is OK. Concern yourself more with what the gymnast is doing!!!

Last month Patty Shipman lost her battle with pancreatic cancer. Her extraordinary skills as NAWGJ Director of Finance and National Judges Cup Director helped make our organization what it is today. Patty will be greatly missed.



## CHRISTI’S CORNER – Christi Kearns

Frequently Asked Questions or Situations that have come up this season.

### **VAULT**

For level 3 vault, if the gymnast punches on the springboard and slams into the front of the mat, do they get another attempt? Yes

For level 3 vault, if the gymnast punches on the springboard and does a belly slide on top of the mat, do they get another attempt? No (This gymnast would be showing support on the mat)

### LEVEL 6/7 Vault:

What happens if a level 6/7 vaulter brushes their feet on the mat on the way to their back but the gymnast does not land on feet and fall back?

“Fail to land on any part of the bottom of the feet first-VOID” Vault 10

Cheryl Hamilton confirmed that if the gymnast hits the bottom of their feet on the mat at all, it is NOT a void. It is a VOID only if they miss their feet completely. See SJD if you are unsure. She spoke with Cheryl directly.

### **BARS**

Xcel:

If a gymnast falls off the bar and the coach spots them on a pull over to get back onto the bar, what do I do?

Judges should take a deduction for a spot for Bronze, Silver, and Gold.

The pull over is an Additional “A” Value Part skill listed in the Xcel Code of Points. Therefore, the athlete would not get “A” VP credit for the skill spot and -.5 deduction for the spot. Xcel Code of Points Bars-21

Xcel:

If a gymnast is missing a Value Part at either Silver or Gold, it is a Special Requirement. This is a -.5 deduction. You do not take an additional -.1 for missing “A” VP. No matter how many “A” VPs are missing, the deduction is still only -.5 for the Special Requirement.

If a gymnast is missing a Value Part at either Platinum or Diamond, it is a missing Value Part so either -.1 if it is an A or -.3 if it is a B. Bars-1 for SR and VP Requirements.

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**Xcel Bars:**

Can a clear hip circle fulfill both the angle requirement and the circle requirement? **YES**. Both requirements can be fulfilled with one skill! Bars-2 (Can be applied to Gold, Platinum and Diamond provides that the clear hip does not achieve handstand at Gold. Clear hip Handstand at Gold is Restricted.)

Can a giant circle fulfill both the angle requirement and the circle requirement for Platinum and Diamond? **YES**. Both requirements can be fulfilled with one skill! Bars-2. (The giant circle is restricted for Gold and therefore cannot be used to fulfill a SR and would receive-.5 for restricted).

**BEAM**

Level 8-10 Beam:

Reminder that some beam mounts can count for dance composition. JO Code Beam-26

Example on Beam-41 1.101 (D) <- The (D) denotes that it can be used for Dance Composition.

If the second restricted element is the dismount element, do you deduct -.5 for restricted, -.5 for SR and -.3 for no dismount? Yes, page JO Code Beam-6 #3. This also applies to Bars. See JO Code Bars-6 #4

Optional Beam Vs Xcel Beam Mounts

Level 6-10 there are only a handful of A Mounts- attach link to A Mounts Xcel Every Mount is considered an A. Beam-19

**FLOOR**

Does a straight jump count as a skill on floor? **No** not at any level. For example, a gymnast performs a switch leap run jump pike jump that she messes up and ends up doing a bad shaped straight jump. She doesn't get SR for the leap pass because the switch leap is connected to a non-VP straight jump.

**GENERAL**

You notice a gymnast is wearing two pairs of earrings in each ear, what do you do?

1. Let the coach know so that the athlete can remove a pair of earrings without deduction.
2. Let the meet ref know so that they may inform the next event. This can be done having your score runner take a slip of paper over to the meet ref if you don't have time to take a break. You would never hold up a meet to let the meet ref know.

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3. The meet referee will then let the next event judges know that a warning has been given and if that athlete has not removed the extra pair of earrings, then a deduction would be taken off that event. Each additional event would need to know that the deductions has already been taken so that they don't give a warning or take a deduction. In most cases, the gymnast will remove the earrings immediately and no further action is needed.

The gymnast falls, when do I start judging again?

*Compulsory* - You begin judging from the point of interruption. For example, the gymnast performs a split jump and falls off the beam. Gymnast remounts the beam and performs split jump straight jump. You DO NOT deduct for adding an additional skill. You begin judging from the point of interruption which would be the landing of the split jump. It benefits the gymnast to repeat the split jump because she then doesn't lose the deduction for the connection in addition to the fall.

*XCEL*- You begin judging with the next skill. For example, a gymnast falls off the bar. She then performs a pullover and continues routine. She would get A credit for the pull over as it is a skill exception listed in the code for Bronze, Silver, and Gold. Deductions for execution would be taken. However, for Platinum and Diamond a pull over is not a skill so you wouldn't start judging until the next VP skill performed.

*JO Optional Levels* - You begin judging with the next skill. For example, a gymnast falls off the bar. She then performs a pullover (non-Value Part in JO), climbs up to a stand (non -Value Part in JO), jumps to the high bar and kips. The kip is the first skill judged.

Who Can Mount off a mounting block placed on top of an 8" skill cushion?

Bronze, Silver, and Gold gymnasts - YES

Compulsory - YES

Platinum and Diamond - NO

Level 6-10 - NO

See Rules and Policies page 92 #4 d. & e.

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### **MAKE A NOTE OF IT – Important Dates**

If you are going to National Congress be sure to secure a hotel room and tickets for Olympic Trials.

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### **SHAREABLE NOTES –**

Judy Redmond is the recipient of the Green Flag Award for 2020. Judy has dedicated her adult life to the sport. As a coach, club owner, judge, and USA Gymnastics State Committee member Judy has been an inspiration for many people. ILNAWGJ salutes Judy Redmond for her years of service. Be sure to congratulate Judy when you see her. Congratulations, Judy!!!

Send good news items that you have gotten permission to share to: [ilnawgjkathy@gmail.com](mailto:ilnawgjkathy@gmail.com)

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### **YOUR CALENDAR NOTES --**

We are heading into the fourth quarter of the season. Stay on top of your judging. Complacency in your evaluation leads to a lack of consistency.

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### **A NOTE ABOUT VISION 2020**

How's your Vision? Is it 2020? There is no "I" in TEAM.

**Vision 2020: Together Everyone Achieves More**

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