

January 2020

ILNAWGJ NOTES

“IN”

Welcome to ILNAWGJ Notes for 2020. Featured this month are judging reminders from Linda about rules that can cause common mistakes. Sue Woloszyk has submitted an extensive article about finances. Christi Kearns has written a L9 Practice Test which should focus our attention back to judging.

Happy New Year to you! Did you make any New Year's resolutions that will help you be a better judge? It's never too late to set at least one goal for the new year. If you adopt a New Year's resolution maybe you should ask yourself: Can I keep this resolution? Will this resolution be the start of something better for me? How will this resolution affect me as a judge? How will this resolution affect others in the judging community? Will this resolution improve my Vision for 2020?

NOTEWORTHY NOTES FROM YOUR SJD –

Linda McDonald

Happy New Year!

Let's start the year off on the right foot. Come prepared for every assignment. Be your best self regardless of what obstacles come your way!

The Regional assignments were just finalized. As soon as your Illinois NAWGJ Board receives final State assignments, we will be meeting to do state meet event assignments. They must then be approved by the Illinois State Committee. Our hope is to be able to make these public by mid-January. If you are a meet ref for February competitions, please wait until mid-January to do your event assignments.

As the season progresses, we will be sending reminders. The first reminders deal with Xcel.

All levels of Xcel have different cast requirements to receive A value part credit. Make sure you review where the cast must be for the level you are judging. If the cast does not meet the minimum for the level, it does not receive value part credit.

Xcel Gold, there is a special requirement of six value parts. If the cast does not reach horizontal the gymnast loses .50. She does not receive a value part for the cast and may also be missing six value parts. In that case, she has a start value of 9.0. Example: pullover, cast (no credit) back hip circle, squat on, tap swing, Level 4 dismount. The gymnast only has five skills, 9.0 start value.

Xcel Platinum CANNOT do the Level 4 dismount on bars. It is not in the code and only in the exceptions for Silver and Gold.

Xcel Bronze Floor, gymnasts can only do two acro flights. A round-off back handspring and a front handspring would equal three acro flights. The gymnast would not get credit for the front handspring and would receive a .50 deduction for unallowable or restricted skill.

No level, Xcel or JO, can do cast-clear hip-kip followed by a cast-clear hip-kip on the same bar and get credit for both clear hips. Elements must have a different entrance and exit to receive value part credit a second time.

Wishing everyone a very happy, healthy and prosperous new year filled with amazing judging assignments!

FINANCIAL ASSISTANT – Sue Woloszyk

Financial Notes for the New YEAR–

An email has been sent to identify the benefits you earned from working at Judges Cup. Here is some general information regarding the benefits.

If you earned Membership renewal (worked at least 6 hours) there is NOTHING you need to do at this time. We have submitted the renewals to the National Office. Once I am notified that they have updated everyone (62 IL judges), then we will let you know. When that time comes you will have to do 2 steps. 1) Check the National website to confirm that you were renewed through 7/31/2021; 2) Go into JAS and update your profile page to state your renewal date is now 7/31/2021. If you do not see that you have been updated to the new date and you worked the 6 hours, please contact me but WAIT until we notify you that the renewals have been processed!

If you earned Congress registrations (worked at least 12 hours) then you should start to think how you will use this benefit. Remember that there will not be a R3, R4 or R5 Congress this year so your options are either the NATL Congress in June in St Louis; the IL State Congress (TBD); or one of the other Regions (R1, 2, 6, 7 or 8). In order to use this benefit, you must participate in the GROUP registration. Kathy Krebs will notify you when it's time to register. If you register in the GROUP, you do not need to pay for the registration HOWEVER, if you register with the group and DO NOT ATTEND, you will have to pay back IL NAWGJ for the cost of your registration. Failure to pay us back will put you in “not in good standing” membership status until reimbursement is received. If you miss the Group registration, you can register on your own but you CANNOT be reimbursed until after the event and you will only be reimbursed for the cost had you participated in the Group registration. You must use the IL NAWGJ reimbursement form (on our website) to submit requests if you register outside the group.

PLEASE DO NOT TEXT ME YOUR REIMBURSEMENT! All reimbursement requests MUST be received by 10/31/2020 or you will forfeit this benefit.

If you did not earn the Congress Registration benefit, you can still register with the Group. We will notify you what the cost will be once we have reached our IL NAWGJ deadline date for responses. After that you will have ONE WEEK to submit your check for the FULL registration cost. If you do not attend you will be responsible for contacting USAG for a refund. If they agree to submit a refund, it will come back to IL NAWGJ and once received we will send you a check for the amount they refunded, if any.

If you earned the additional \$200 Education/Hotel benefit (worked at least 18 hours) please remember that you again must use the IL NAWGJ reimbursement form (on our website) to submit requests. PLEASE DO NOT TEXT ME YOUR REIMBURSEMENT! All reimbursement requests MUST be received by 10/31/2020 or you will forfeit this benefit. The items eligible for this benefit can be found in the Meeting Minutes from the Aug 24, 2019 Board Meeting (Section V.D.g.4) on <https://www.ilnawgj.com/meeting-minutes-newsletters/>. Remember FOOD is not an eligible expense and all receipts provided MUST have your name on them! No credit card statements allowed!

Financial News - continued

Other non-JC financial stuff:

- Also, a reminder that requests for reimbursements will now take additional time for processing since all check requests must be sent to Linda for signature. Please wait at least 7-10 days for your requests. Requests must come via email or USPS mail and must include the proper reimbursement form which can be found on our website.
- Our NAWGJ fiscal year runs from Nov 1 – Oct 31 each season. We submit 4 financial reports to the RJD in Nov, Feb, Apr, and July each year along with receipts for every item on the report.
- Check out these APP's –
 - o Toll GURU – which automatically calculates your tolls!
 - o NAWGJ Expense – currently for APPLE products only – which keeps track of your meet fees. It was supposed to be rolled out for Android, but I did not see it in the App store yet.
- Feel free to reach out to me regarding any questions @ financialsuew@gmail.com.

CHRISTI'S CORNER – Christi Kearns

Here's your chance to brush up on your rules. Take the test. The answers follow the test. Take a moment and study those things you missed. Good luck!

Test your knowledge Level 9 Bars:

Routine #1:

Kip, Squat on, long hang kip, cast ½ pirouette to bail at 45 degrees, kip, squat on, long hang kip, cast to 45 degrees, clear hip handstand, giant, double back dismount.

1. What is the start value?
2. Are there any compositional deductions?

Routine #2:

Starting between the bars facing the low bar, Kip, Cast handstand, Clear hip handstand, Stalder Handstand ½ turn, Toe on toe shoot to the high bar (Chinese sit up / Hiccup- whatever you would like to call it), Long hang kip cast handstand, Giant Full, Giant, Double Back Pike Dismount.

3. What is the start value?
4. Are there any compositional deductions?

General Questions:

5. Name the allowable non-restricted D's for level 9 bars:
6. If the gymnast performs 2 restricted "D"s but the second "D" isn't completed (for example, the gymnast performs a Gienger and doesn't touch the bar), do you still deduct the -.5 for the second restricted D?

Answers:

1. 9.9 SV
2. No
3. 9.5 SV (missing 2 Bar Change)
4. No
5. Any B / C root element that has a full pirouette. Examples: Giant full, Clear hip full, Toe hand full, stalder full. If the Root Element is a D, then it would be a restricted D.
6. Yes you do. See page Bars-22 in the Code "Any Other Restricted ("D") or ("E") element that is performed or attempted (even if attempt is incomplete)" receives the deduction.

“IN”

MAKE A NOTE OF IT – Important Dates

January 2 – January 31

You may send in your request to be included in the Early Bird Registration for National Congress **IF** you listed NAWGJ as your club on your personal Profile page in Member Services at USA Gymnastics. The registration process has changed at USA Gymnastics to a data base for ease of use. If you have not listed NAWGJ as your club we will not be able to assist you in registering. You will have to register for National Congress on your own. If you have listed NAWGJ as your club then Sue and I will complete your registration. Send your request to register to:

ilnawgjkathy@gmail.com

SHAREABLE NOTES –

At a recent meet, the host coach’s wife observed how seamlessly the chief judges were mentoring less experienced judges during the meet. Her comment included the fact that she believed it was a good idea to provide the proper training for those who were less experienced. Kudos to those chief judges and meet referees who have provided that valuable experience this season.

Send good news items that you have gotten permission to share to:

ilnawgjkathy@gmail.com

YOUR CALENDAR NOTES --

Don’t forget to update your calendar so you don’t forget a meet that you are contracted for!

A NOTE ABOUT VISION 2020 AND NEW BEGINNINGS

Here we are at the front door of 2020. A new decade, a new year and a fresh beginning lies in front of us. Vision 2020 is part of that new beginning for ILNAWGJ. It will nudge us forward as a “kinder and gentler” organization by lifting up all members. If your Vision is 2020 you can see there is no “I” in TEAM.

Vision 2020: Together Everyone Achieves More