

March 2020

# ILNAWGJ NOTES

“IN”

The March “IN” is here. Congratulations to all of the judges who have been chosen to judge a state, regional or national meet!

## **STATE**

**L3 and XCEL BRONZE:** Christi Kearns, Ellen McDermott, Cindy Morano, Tracy Rogers, Karin Rousey, Sharon Sargeant, Renee Tubbs, Rachel Wheeler, Gwyneth Milbrath-Meet Referee

### **XCEL SILVER and GOLD:**

Ellen McDermott, Gwyneth Milbrath, Cindy Morano, Karin Rousey, Shane Sanders, Cheryl Schuh, Renee Tubbs, Tiffany Winton, Heather Forbes-Meet Referee

**L4:** Mary Lou Ackman, Hilary Carlson, Kim Dyer, Heather Forbes, Shane Sanders, Sharon Sargeant, Cheryl Schuh, Jessica Holtz-Meet Referee

**L5/6:** Mary Lou Ackman, Heather Forbes, Jessica Holtz, Christi Kearns, Sharon Sargeant, Cheryl Schuh, Renee Tubbs, Tiffany Winton, Shane Sanders-Meet Referee

**L7/8:** Mary Lou Ackman, Sue Brosnan, Heather Forbes, Jessica Holtz, Jean Johnson, Amy Delaney, Cindy Morano, Shane Sanders, Renee Tubbs-Meet Referee

**L9/10:** Mary Lou Ackman, Brooke Bennett, Sue Brosnan, Hilary Carlson, Amy Delaney, Kim Dyer, Heather Forbes, Kathy Gebhardt, Jessica Holtz, Jeanne Johnson, Linda McDonald, Gwyneth Milbrath, Sharon Sargeant, Renee Tubbs, Connie Urich-Rodriguez, Sue Woloszyk, Cindy Morano-Meet Referee

**XCEL PLATINUM and DIAMOND:** Mary Lou Ackman, Sue Brosnan, Amy Delaney, Heather Forbes, Linda McDonald, Renee Tubbs, Cindy Morano-Meet Referee

**GIJO LEAGUE CHAMPIONSHIPS:** Betsy Ellis, Kathy Gebhardt, Michelle Helmke, Sarah Mark, Ellen McDermott, Tracey Rogers, Karin Rousey, Sue Woloszyk-Meet Referee

*(continued on next page)*

(post season assignments continued)

**REGIONALS**

**XCEL SILVER AND LEVEL 6:** Kim Dyer, Sharon Sargeant, Cheryl Schuh, Rachel Wheeler, Tiffany Winton, Linda McDonald-Meet Referee

**XCEL GOLD/PLATINUM/DIAMOND:** Mary Lou Ackman, Christi Kearns, Renee Tubbs

**LEVEL 7:** Amy Delaney, Linda McDonald

**LEVEL 8:** Hilary Carlson, Jean Johnson, Shane Sanders

**LEVEL 9/10:** Mary Lou Ackman, Heather Forbes, Jessica Holtz

**NATIONALS**

**LEVEL 10:** Mary Lou Ackman

**AAU CENTRAL DISTRICT MEET:** Ellen McDermott, Tracey Rogers, Karin Rousey, Sue Schneider, Cheryl Schuh, Sue Woloszyk, Kathy Gebhardt-Meet Referee

**AAU MIDWEST REGIONALS:** Kathy Gebhardt, Ellen McDermott, Tracey Rogers, Karin Rousey, Sue Schneider, Cheryl Schuh, Linda McDonald-Meet Referee

**AAU NATIONALS** Linda McDonald

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

March is here and we are approaching state, regional, and national championships. Included in this issue of Illinois Notes is the list of judges for these meets. Congratulations to all selected. The question of uniforms recently came up. NAWGJ removed from the contracts that judges must wear the NAWGJ uniform because you cannot be forced to wear the NAWGJ jacket unless you are judging college. USA Gymnastics determines uniform for USAG sanctioned events and Rules and Policies states navy skirt or slacks, white top, navy jacket. When you chose your jacket, keep your professionalism in mind and how you want to be viewed by coaches, gymnasts, and spectators. I personally chose to wear the NAWGJ jacket.

As state meets approach, we will be looking for volunteer clerks. There are six state meets and an Xcel Regional in Illinois. These meets are eligible for the National Course volunteer requirement. Go to the Illinois USAG website for dates and locations. Contact Christi Kearns at [educationchristi@gmail.com](mailto:educationchristi@gmail.com) to volunteer.

## CHRISTI’S CORNER – Christi Kearns

### Recent Clarifications for Xcel

Bronze mount on bars: Bronze may jump to front support for mount. If the athlete falls off the bar, the coach May lift the athlete back up to front support without deduction. If the coach spots the athlete on a pull over, the athlete would receive a spotting deduction. Verified by Nancy Gibson.

Bronze, Silver, and Gold Mounts: May use any amount of matting built up and a mounting apparatus on top of it. Mounting apparatus includes a panel mat, a board, or a mounting block. See XCEL Code-Apparatus p. 2 (under exceptions).

### Platinum and Diamond Split jumps.

Platinum requirement is 120 degrees; so, if an athlete performs a 100-119 degree split jump they receive the special requirement and A Value Part credit and is deducted up to 0.2 for insufficient split. If they perform 120-134 degree split jump, they receive A Value Part credit and no deduction for insufficient split is taken. If they perform a 135-degree split or greater, they receive B Value Part credit and no deduction is taken for insufficient split.

For Diamond, the requirement is 150 degrees so if the athlete performs a 130-degree split jump, they receive the special requirement and A Value Part credit and loose -0.2 for insufficient split. If the athlete performs 135-140, the athlete receives a B Value Part, the special requirement, and is deducted 0.05-.15 for insufficient split. If the athlete performs 150 degrees or larger, there is no deduction for insufficient split and the athlete receives B Value Part credit.

Verified by Nancy Gibson.

“IN”

## MAKE A NOTE OF IT – Important Dates

Here is the schedule of state meets—

- 3/6: L4 State Meet – Energym
- 3/13: L5/6 State Meet – FlipStar Academy
- 3/20: Xcel Silver/Gold State Meet – Dreams Gymnastics Club
- 3/27: L9, 10, Platinum & Diamond State Meet – Gymnastics Etc.
- 4/3: L7/8 State Meet – Libertyville Gymnastics
- 4/17: L3 & Bronze State Meet – X-Calibur
- 5/15: GIJO League Championships – Goldens
- 5/15: Region 5 Xcel Silver and L6 Regionals – Gymnastics Etc.

## SHAREABLE NOTES –

Thank you to all of the judges who were selected for post season championship meets and good luck!  
Send good news items that you have gotten permission to share to: [ilnawgjkathy@gmail.com](mailto:ilnawgjkathy@gmail.com)

## YOUR CALENDAR NOTES –

Contact Christi Kearns to volunteer at a state or regional meet.  
[educationchristi@gmail.com](mailto:educationchristi@gmail.com)

## A NOTE ABOUT VISION 2020 - Together Everyone Achieves More