

August, 2020

ILNAWGJ NOTES

“IN”

Welcome to August and the latest copy of “IN”. This issue is packed with updates from Christi Kearns. Christi’s Corner has all of the latest Xcel changes, a link to the JO changes to the rules and other important information. Christi did a tremendous job pulling all of the changes together and organizing them into a single document. You may want to print these updates and put them in your judging bag for reference during the year. Thank you, Christi!

Linda attended the SJ meeting in July and will have more to share with the membership after the Governing Board meets on August 10. Linda has met with the Illinois USA Gymnastics Governing Board to discuss the upcoming season.

The Illinois USA Gymnastics Meet Directors also met in July to discuss the many complicated CDC and IDPH rules that a club must follow to host a meet. The September issue of “IN” will contain more information about meets, how to sign up for meets, how meets will be assigned and safety protocols for meets. As we all know, the pandemic can shift our new normal every day. We will do our best to give you the most up-to-date information as it becomes available.

This is a reminder that the virtual USA Gymnastics National Congress on August 8 and 9 will be from 1-6 pm ET (noon-5 pm CT).

It is time to check on your memberships. To be eligible to be assigned to a meet during the 20-21 season you need to go to your “Profile” page in Member Services at USA Gymnastics and on that (continued on the next page)

page check the box that indicates your club is NAWGJ. You will not be eligible for assignments unless your Profile page is updated with NAWGJ as your club.

If you did not renew your USA Gymnastics Professional membership as well as SafeSport Certification, Safety Certification and Background Check by July 31 your membership has expired. I encourage you take care of these requirements ASAP. You no longer need to send me a copy of your USA Gymnastics card. I have the ability to check the expiration dates of Illinois members through USA Gymnastics. If you did not update your Profile page to indicate that NAWGJ is your club, your membership and certifications will appear as expired. It is up to you to complete all membership requirements before you can be assigned a meet. I will send a list to the assigners indicating those judges who are not eligible to judge. Your NAWGJ membership should also be updated.

Finally, let me hear from you about what you want to see covered in the “IN”. Send suggestions to Kathy Krebs at:

kmkrebs@comcast.net

NOTEWORTHY NOTES FROM YOUR SJD –

Linda McDonald

August has arrived with new restrictions by our Governor. The COVID 19 pandemic continues with fluidity. Rules and regulations change daily. The good news is that gymnastics is considered medium to low risk. Your board is meeting on August 10th. The USA Gymnastics Illinois committee is also meeting August 10th. We are all preparing for a season. Hope for the best and we will keep you informed to the best of our ability.

SHAREABLE NOTES--

Sad News—Kathie Gebhardt’s father passed away on July 21, 2020. George Richter, 88, was from Marengo, Illinois. George was a retired teacher, principal and district administrator for CPS. Please keep Kathie and her family in your thoughts at this difficult time.

Christi's Corner--

Updates for Aug 2020

Information found in April 27, May 2, May 9, May 11 meeting minutes:

Vault: A sting mat may be used on top of mat stack but not inflatable mat. The uppermost landing surface when using an inflatable mat must be a minimum of 4 inch skill cushion.

Vault: See the mat specifications for Level 6/7 Vault. I recommend copying it and taping it in your flip chart for reference during season.

Vault: Level 6/7 Landings: Up to 0.2 if only one foot touches mat stack, apply deduction for leg separation only.

Vault: Clarification on level 6/7 vault insufficient length:
When evaluating length, consider size of the gymnast, type of vault, where the hands contact the table, **location of the center of mass upon initial contact of the mat stack**, not the distance from where the overall trajectory (amplitude) of the 2nd flight phase, not the distance from where the Gymnast **first makes contact on the mat stack in relation to the end of the vault table**.

Vault: Level 6/7 Vault, second flight phase: The arm position is optional. The arm position leaving the table will not be evaluated.

Vault (and General): When a zero score is one of the counting scores, the allowable score range does NOT apply.

Vault: Coach catches a falling gymnast. Do NOT deduct for the Spot. Deduct 0.50 for the Fall ONLY. Clarification regarding spotting assistance upon landing: 0.50 SPOTTING ASSISTANCE UPON LANDING. If gymnast Falls after assistance, additional .5 deduction taken.

Bars: Compulsory extra swings are now in line with optional deductions. .3 for extra swing and .5 max for 2 or more consecutive extra swings.

Bars: Clarification for LA Turn for Level 8 and 9--examples of what elements can be used. Pirouette on hands, turn in a flight element, turn from a long hang swing, and turn in an underswing with feet on bar and ½ turn.

Beam: Clarification→ The handstand is “completed” and eligible to receive full credit when the gymnast has stepped down onto the beam with both feet to a closed or lunge position.

Beam: Any acro element performed a 3rd time and receiving no value part that is used in a direct connection to a beam dismount element may be used to fulfill the beam dismount compositional requirement as a connection. The 0.1 deduction for performing an isolated dismount element would not be applied. This applies to levels 8, 9, and 10.

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Beam: Please mark these in your Code of Points for beam mounts- Group 1
Not Acro: 1.103, 1.203, 1.303, 1.403, 1.106, 1.206
Add (D) for dance element next to: 1.204, 1.304
All other mounts are considered acro and may be used for compositional consideration of “Choice of Beam Acro Element Not up to the Competitive Level”.

Beam: Any Leap or Jump that is required to have 180 degree leg separation, but achieves less than 135 degrees will be awarded an “A” Value Part Credit, but will not be eligible to fulfill the 180 degree SR. The gymnast will also receive the 0.2 deduction for insufficient leg separation.

Beam: The tempo deduction in a series does NOT apply to a backward series or a side to backward series. It is either connected or not connected. This applies to both Xcel and JO.

Beam: At levels 1-10, the mount mat (not springboard) may be placed on a 20 cm (8”) skill cushion for the purpose of mounting. **YAY- now all the levels are the same- less confusion for us!

Floor: 1. 2. 3. 4. 5.

Floor:

Last salto initiated but does not land on bottom of feet first No Value Part credit awarded.

Deduct .5 from SV for missing SR #4.

Deduct .5 for fall.

Deduct .5 from SV if element was 2nd restricted element (Level 8/9), if applicable
DO NOT Deduct .3 from SV for no dismount.

Clarification: .1 deduction for 2 second **or more** concentration pause for Xcel and JO.

General: Please look up the meet format changes and max numbers as some have changed in R&P on page 100 and 102. However, we will be limited to the guidance of the Restore IL this season so numbers will be updated and released during competition season.

General: Clarification on 0.2 deduction for Technical verbal cues by coach or teammates to own gymnast after a warning. **The judges must hear the words for both Xcel and JO.**

General: Coaches may ask for a video review AT ALL Sanctioned competitions for both Xcel and JO. A coach can request a video review by the Meet Referee and the highest rated unaffiliated judge (if video is available) in the event that the inquiry involves possibility that the judges missed an element that would affect the SV. The video review process may NOT be used to appeal a judgement of degree assessment, i.e. degree of casts, handstands, incomplete turns, direct connection of elements, or leg separation in leaps as well as other like skills.

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General: Clarification on Backless Leo

Definition of a backless leotard: A leotard is considered backless when the open area visually extends no more than approximately 2 inches below the bottom of the scapula (shoulder blade) and the open area extends past the vertical midpoint of the scapula, unless the open area is filled in with mesh or flesh-colored fabric.
 Enforcement of backless Leotard rule delayed until Aug 1, 2021

General: R&P Chapter 3, page 29.III.B: Sanction Violations on the part of the Meet Director Recommendation to add #8:

8. Violating or changing any procedures listed in the Judges’ Compensation package.

Judges Accreditation:

2021-2029 Compulsory Level 4/5 Judging Exams- online testing only beginning in Aug 2021.

Limit of 4 tests per accreditation period.

2022 National / USA Brevet Judges’ Courses→

USAG / NAWGJ Regional / National Educational Events: **Reduced in half- now only 1 Required.**

Volunteering at a minimum of Two (2) separate functions for a Total of 12 Hours per event is now **reduced to a Total of 6 hours required.**

Aug 8-9, 2020, Virtual National Congress is eligible for Clinic hours based on actual clock hours.

<https://www.usagymcongress.com/sessions/>

Adjustment in CPE requirements for the 2020-2021 season, effective August 1, 2020:

Highest Rating Held as of August 1, 2020	Total CPE Hours Required for Accreditation Year 2020-2021	Minimum # Clinic Hours as part of the yearly total	Maximum # of Clinic Hrs. to carry forward
Level 4/5 & Level 6/7/8	From 12 reduce to 6	From 6 reduce to 3	From 2 increase to 3
Level 9	From 16 reduce to 8	From 8 reduce to 4	From 3 increase to 4
Level 10/National/Brevet	From 20 reduce to 10	From 10 reduce to 5	From 4 increase to 5

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XCEL:

Updates from Women’s Xcel Committee Meeting May 5, 2020

If a JO athlete wishes to enter the Xcel Program at a level below the allowable Division, a “reason for change” letter is required.

For all divisions of Xcel, a one judge panel is allowed for mobility purposes. (This differs from JO where a 1 judge panel is allowed for mobility at the compulsory levels but a 2 judge panel is required for mobility at the optional levels)

Review: A Level 7/8 Rating is required to judge Platinum or Diamond Divisions
Vault: There is no deduction for adding a tape or chalk mark placed on the mat stack.

Vault: Deduction for “Under-rotation of Salto vaults” to flat 0.10 for Gold, Platinum and Diamond.

Vault: Bronze Vault 2 or Silver Vaults, there is NO deduction if the coach, in an attempt to assist/spot the gymnast, leans against/bears weight on the Mat Stack.

Bars: If an element is performed that cannot be found in the Xcel Bar Skill Chart or in the Xcel Code of Points, the Judge may award comparable Value-Part credit if they can recognize the “root” element.

Beam: For all Divisions, a Mount trainer/mount mat MAY be placed on an 8-inch skill cushion. A springboard may NOT be placed on an 8-inch skill cushion. A Mount trainer/mount mat, folded panel mat or padded spotting/skill block MAY be placed on top of the Competition Landing Mats (CLMs) and skill cushions used for the purpose of mounting.

- A springboard MAY be used on any combination of Competition Landing mats, sting mats or 4-inch skill cushions (throw mat), but a springboard is NOT allowed directly on an 8-inch skill cushion.

Updated Pages for Xcel Code:

<https://usagym.org/pages/women/pages/xcel.html>

Here is the link to the new JO pages:

https://www.usagym.org/PDFs/Women/Rules/J.O.%20Code%20of%20Points/revisedpages_072920.pdf

