

December,
2020

ILNAWGJ NOTES

“IN”

Welcome to the December “IN”. The light is at the end of the 2020 tunnel. Who could have predicted last January that this year would end up to be so bizarre? In late summer and early fall we were all looking forward to a few meets. Meet directors became confident and scheduled more meets. Then Halloween hit and some Meet Directors are pivoting to virtual meets. Linda has devoted her article this month to questions and answers about virtual meets. Linda has also set up a Zoom meeting to discuss how a virtual meet is run. Keep in mind that there are different platforms that a Meet Director can select from to host a meet. Meets are going to begin this coming weekend and Meet Directors are prepared to switch to a virtual meet instead of an in-person meet. Get prepared to switch.

To keep our minds in the game, Christi has included some brain teaser questions in Christi’s Corner. The answers to her questions can be found on the last page of the “IN”.

The Board wishes each of you a Happy Holiday season! Let’s enter 2021 with a continued eye on safe practices. COVID will still be present but we at least can feel hopeful that a vaccine is around the corner.

I’m interested in what you would like to see included in the “IN”. You can contact me, Kathy Krebs, at: kmkrebs@comcast.net

NOTEWORTHY NOTES FROM YOUR SJD –

Linda McDonald

This year has been a challenge. I believe we all cannot wait until 2020 is over; 31 more days and counting! As much as we all have endured, we have found our strength to carry on and there will be brighter days ahead.

Many meets have decided to go virtual. It's time for us all to read the virtual playbook and be prepared for whatever 2021 brings us. Illinois USAG did a ZOOM event to discuss virtual meets. Illinois NAWGJ will offer a ZOOM event also on December 8 at 8:00pm. Together we can navigate this new territory.

We will have some guest speakers to familiarize us with the different formats and nuances of virtual meets.

Virtual Questions:

- How do we get paid? Same as if you were present at a meet. Sessions of judging and break time are the same. There is no per diem or mileage as you are at home.
 - What do we do about neutral deductions? Same as if you were present at a meet. The CJ deducts the infraction from the average.
 - Inquires? There are no inquires in a virtual meet.
 - Video review? You must first inquire to do a video review. Therefore, there are no video reviews!
 - What about equipment? Same as if you were present at a meet. Equipment, matting, mounting, runways, all equipment must meet the requirements in Rules and Policies.
 - Report time? Same as if you were present at a meet. You are at home but there will still be a meeting with your meet referee and panel. Also, this time ensures that all your tools (i-pad-computer-phone) are connected and working.
- Pay Sheets? Take a picture and send to your meet referee.
- Verifying scores? Will not be done at a virtual meet.
 - Signing score sheets? Will not be done at a virtual meet.
 - Timing beam routines and falls? Must be done by a gym staff.
 - Allowable judgements? Same as if you were present at a meet. If they are over judgements for the session judged, the meet referee needs to document it on the sanction.

(continued on the next page)

“IN”

□ **Signing the sanction? The way I understand it, Meet Directors are to put the judges Pro Numbers into the sanction. The system or USAG will check that judges are current. Eliminating the need for judges to sign the sanction. USAG also sends an email letting the judge know they are on a virtual meet.**

This is not a contract. NAWGJ will still issue contracts for virtual meets.

I will send a link to the Zoom event in a separate email. In the meantime, read the virtual playbook. It's only six pages long and here is the link

Hang in there everyone! 2021 is just around the corner. Enjoy your holidays and have a Happy New!

Year!

Linda



Christi's Corner – Christi Kearns

Xcel Pop Quiz Uneven Bars:

1. At what level do you judge the cast angle using the Developmental cast angles?
2. When can a long hang pull over be considered a 360 degree circling skill?
3. If a Gold, Silver, or Bronze gymnast is missing an "A" Value Part, how much do you deduct?
4. What is the maximum deduction for steps on landing?
5. What is the maximum deduction for extra swings? What levels would this be applicable to?

(Answers are on page 4)

Xcel Beam Pop Quiz:

1. A Gold or Platinum gymnast performs a 100-degree split jump. Do they receive the special requirement?
2. What is the Start Value for this Silver Routine: Jump to front support, handstand within 20 degrees of vertical, pivot turn, split jump to 100-degrees, pivot turn, cartwheel to handstand dismount?
3. What is the deduction for:
 - a. bent legs
 - b. bent arms
 - c. overtime
 - d. failure to remove board after a mount

Answers for Xcel Pop Quiz - Uneven Bars

1. Developmental Cast angle deductions will NOT be used in any Division of Xcel. Bars- p. 1
2. A long hang pull over is considered a 360-degree circling skill only if preceded by a cast. Bars- p. 1
3. If a Gold, Silver or Bronze is missing an “A” Value Part, you deduct -0.5 for a missing Special Requirement. Bars- p. 1
4. -0.1 per step or -0.2 for very large step, max 0.4.
5. The first extra swing is -.3, the max for consecutive extra swings is -0.5. This deduction is taken at Xcel Platinum and Diamond only. Also, please remember that Xcel Platinum is allowed one tap swing for Value Part credit.

Answers for Xcel Pop Quiz – Balance Beam

1. Yes; they receive SR credit if within 20 degrees. A deduction of up to 0.2 would be taken for lack of split. Since this is the maximum degree away from the SR, the full 0.2 for insufficient split would be taken.
2. 9.5 Start Value (missing the turn requirement)
3.
 - a. Up to 0.3
 - b. Up to 0.3
 - c. 0.1 taken off the average by the chief judge
 - d. 0.3 taken off the average by the chief judge