

August, 2021

ILNAWGJ NOTES

“IN”

It's hard to believe but it is August. There are several important features this month. Linda shares meeting notes from the SJD meeting in "Noteworthy Notes From Your SJD". Outgoing Education Chair, Christi Kearns, has provided some valuable information about the compulsories in "Christi's Corner". Sad News to Share is on page 5. Finally, a summary of notes taken from the Windee Weiss Compulsory Clinic rounds out this month's issue of the "IN". Enjoy!

The ILNAWGJ Board assumed their duties on August 1.

State Judging Director:	Linda McDonald
Administrative Assistant:	Kathy Krebs
Assigners:	Brooke Bennett, Heather Forbes, William Gurin
Education:	Kathleen Gebhardt
Financial Assistant:	Sue Woloszyk
Judges Cup:	Ellen McDermott
Web Site:	Cheryl Schuh

Did you renew your memberships? They expired on July 31.

Membership Renewals:

Safe Sport Certification: Must be renewed annually by July 31

USA Gymnastics Professional Membership: Renew by July 31

USA Gymnastics Background Check: Renew by July 31 if your cycle expires this year

USA Gymnastics Safety Certification: Renew by July 31 if your cycle expires this year

NAWGJ Professional Membership: Renew by July 31

Events:

August 6-8: Region 5 Compulsory Workshop – Ft. Wayne, IN

Mid-August: USA Gymnastics Developmental Program Compulsory Testing begins

(More information will be sent to you as soon as it is available)

September 1: Enter availability for judging meets in Gymjas

September 12: Region 4 Virtual Symposium, 12 pm. (5-7 Clinic Hours)

September 25: Judges Optional Exam (Linda will send out more info soon)

September 26: Illinois USA Gymnastics State Congress, Energym

December 31: All 2013 - 2021 Compulsory ratings expire.

I'm interested in what you would like to see included in the "IN" or any other comments you may have. You can contact me, Kathy Krebs, at kmkrebs@comcast.net

NOTEWORTHY NOTES FROM YOUR SJD LINDA MCDONALD

In July I attended the annual State Judging Director Workshop in Seattle, WA. Here are the highlights from our meeting!

- The Executive Committee asked us to share the wealth. Don't take every state, regional, and national meet. Allow opportunity for all judges. As your SJD I have never made myself available for all State meets in hopes that the USAG Illinois Committee will give opportunity to more than just the 17 judges they choose each year. Our Regional Committee has rotation rules for Nationals which is wonderful. We expect a good number of judges will retire this next test cycle. Retention of new judges also seems to be a problem. We need to mentor and give opportunity to our judging community so we are prepared when our seasoned judges retire!
- IL NAWGJ is spot on when it comes to compensation and Judges Cup. It was suggested to pay judges to work Judges Cup and have incentives. This is something we have done for years.
- More and more states are going to Committee Assigning because it is the most fair way to assign. It takes away the ability of one person controlling an individual judge's assignments and ability to be assigned. Assigning is always where NAWGJ receives the most complaints. Therefore, SJD's were asked to step away from assigning so that they can field assigning complaints as a neutral body.
- National Judges Cup will be held in New Orleans, LA Jan 7-9, 2022
- Uniform, it would be nice if judges would take responsibility for their professionalism and stop making SJD's be the uniform police. The patch is the official logo. Judges have a dress option now. Land's End items with the leaping lady are not the uniform. If you received a leaping lady sweater from the NAWGJ Symposium, you may wear that as part of your uniform but no other leaping ladies.
- Connie Maloney stated that she hopes the compulsory exam will be available by mid-August. The exam fee will remain \$25 and the exam can only be taken online.
- There will be a Virtual National Open Membership Meeting mid-August. Details will be sent when available.

I met with the State USAG Committee. There will be an in-person State Congress at Energym September 26th. I will plan a judge's exam September 25th in conjunction with the State Congress. This will be optional exams only as compulsory exams will all be online. More information will follow. STATE MEETS: the state committee combined some state meets which means they will need two separate panels of judges. Judges must complete both Regional and State PIF's to be eligible for State Meet assignment. I will send reminders when the PIF's become available. Please make sure you are up to date with all your memberships. Make sure Gymjas is up to date with your personal information:

- Home Address
- Email
- Phone number
- Membership expiration dates

Also update your availability. Assigning will begin in September.

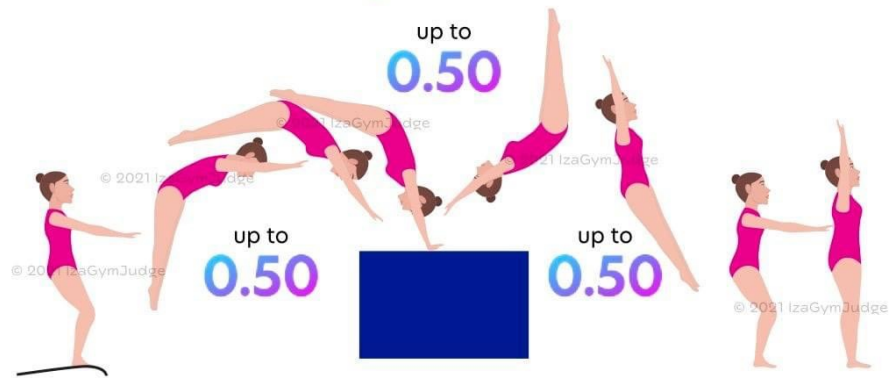
Enjoy what is left of the summer and let's get prepared for a great in person competitive season!

“IN”

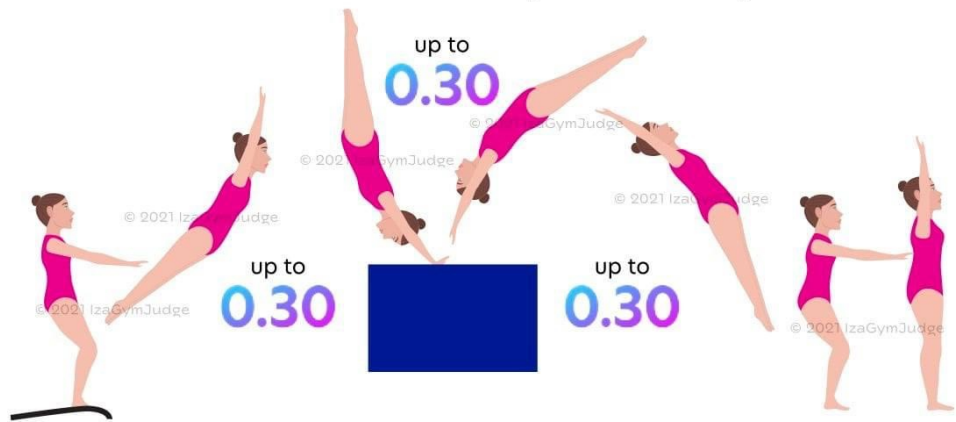
Xcel Silver Vault Deduction Changes

as of 8/1/2021

Pike Was: Up to 0.20 in 1st flight phase
Now: Up to 0.50 in **EACH** phase!



Arch Was: Up to 0.20 in 1st flight phase
Now: Up to 0.30 in **EACH** phase!



Xcel Silver Vault Deduction Changes

as of 8/1/2021

Fall on mat

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after pass through vertical

Was: VOID

Now: 2.5 (2.0 + 0.5 fall)

Not Land on Feet First

failure to land on any part of the feet first

Was: VOID

Now: 2.0 (including fall)

Fall on Mat without passing through vertical

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Was: VOID

Still: VOID

Too Long in Support

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Was: Up to 0.30

Still: Up to 0.30

(continued)

Important Links

Updated Compulsory Pages and Compulsory Book Order Links

<https://usagym.org/pages/women/events/devcompulsories/>

Latest Technical Committee Minutes:

https://usagym.org/PDFs/Women/Committee%20Minutes/NTC/ntc_051721.pdf

https://usagym.org/PDFs/Women/Committee%20Minutes/NTC/nxc_ntc_051721.pdf

Study Links- Compulsory Practice Tests

<https://nawgj.org/judging-aids/study-helps/>

What classes /certifications must I now have?

https://usagym.org/PDFs/Member%20Services/requirements_table.pdf

You can click on the links in the table to help get you to the different certifications.

It has been a pleasure serving on the IL NAWGJ Board the past 11 years, at first as South Assigner, then becoming a part of the Assigning Committee, and then as the Education Chair the last 2 years. Thank you all who entrusted me with these responsibilities and I look forward to seeing what the new board will be able to accomplish the next two years. GO IL NAWGJ!

Christi Kearns

SAD NEWS TO SHARE

Two members of our judging family have lost loved ones in the past couple of months.:

It is with great sadness to share with you the passing of Barb Dunne's father, Angelo Polvere. Angelo passed suddenly on June 4 the day after his birthday celebration. He was 91 years young. Services have been held. Keep Barb and her family in your thoughts and prayers during this difficult time.

It is, also, with great sadness to share with you the passing of Michelle Helmke's father-in-law, Rolf Helmke. Some of you will remember that Rolf was the owner and coach of the Eiche Turner Gym in Olympia Fields, IL. The gym was located in the Tolentine Center, a former seminary. For those of us lucky enough to have judged many of Rolf's meets, they were known for good gymnastics, good food, and great hospitality. Services have been held. Rolf was 86 years old and passed on June 30, 2021. Keep Michelle and her family in your thoughts and prayers during this difficult time.

**NOTES FROM THE COMPULSORY CLINIC
WINDEE WEISS - CLINICIAN
JULY 17-18, 2021**

The following notes were taken from a video of Windee when she was providing insight on test questions. Thank you to Cheryl Schuh for the video and Kathy Krebs for transcribing the video.

General Faults and Penalties

Changes in Prescribed Text

- p. 10 Leap and splits cannot be reversed. If gymnast is a right leg leap she must perform a right leg split.
- p. 10 Know the deductions for changes in prescribed text.
The word “**adding**” was inserted into the first deduction.

Specific Execution Deductions – Taken for each occurrence during the routine)

UB, BB, FX

- p. 11 (max 0.05) Taking additional running steps into forward tumbling pass (FX)
(This is not applied to the front salto tucked)
- p. 11 Up to 0.30 Bent arms in support – on any one element
(90° or more = max 0.30)
- p. 11 Up to 0.30 Bent leg(s) – on any one element
(90° or more = max 0.30)

UB

- P. 11 Up to 0.10 Hesitation during jump to high bar
- p. 11 0.30 Grasp of bar apparatus to avoid a fall

BB & FX

- p. 11 0.05 Failure to mark the passé position in relevé at the completion of turns
- p. 11 Up to 0.10 Failure to perform 180° and 360° turns on one foot in high relevé
- p. 11 0.05 Failure to keep ears covered by arms when moving in and out of slow acro elements (i.e. cartwheels, handstands, etc.)
- p. 11 Up to 0.10 Failure to contract or **arch** when indicated
- p. 12 Up to 0.20 Uneven leg separation in leaps/jumps
- p. 12 Each 0.20 Support of one leg against side surface of beam to maintain balance
- p. 12 Up to 0.20 Insufficient split when required
(Dance/non-flight acro elements)
- p. 12 0.30 Extra kick up to handstand

General Deductions – Taken on non-major elements throughout/during the routine. Each deduction is the maximum deduction for the errors, not per occurrence.

- p. 12 Up to 0.30 Incorrect foot form (flexed, sickled, **failure to show lock position when designated**, failure to step toe-ball-heel or to show turn-out in foot positions)
- p. 12 Up to 0.30 Incorrect position of head, arms, legs, or feet (text errors)

Amplitude

BB & FX

- p. 13 Up to 0.20 Insufficient height (hip rise) on leaps/jumps/hops
- p. 13 Up to 0.20 Insufficient quickness off hands in flight elements with hand support (not applied on front handspring on floor exercise)
- p. 13 Up to 0.20 Insufficient height of **aerials** and backward acro flight with hand support

Rhythm/Dynamics

UB, BB & FX

- Concentration Pauses
Beam FX
- p. 13 Each 0.10 Two Seconds Two seconds or more
Each 0.20 More than two seconds
- p. 13 No deduction Lack of continuity/tempo between major elements in a directly-connected dance series on balance beam
- p. 13 0.05 Broken series of dance major elements on balance beam
- If a fall occurs between the elements, deduct 0.05 for a broken connection plus 0.50 for the fall (if the gymnast repeats and successfully connects the elements, deduct 0.50 for the fall only)
 - Dance series is considered broken when:
 1. Stop between elements
 2. Loss of balance between elements
 3. Any deviation of body movement which is not in line with the beam
 4. Reposition of foot (feet) or pivoting
 5. Extra step/hop/jump between elements
 6. Legs straighten between elements
 - a. First element lands in plié
 - b. Legs totally straighten and plié again to initiate jump into next element
- p.13 0.30 Stop between major elements in an acro (tumbling) **pass** on floor exercise
- p.13 Up to 0.20 Insufficient dynamics – consider
- Energy maintained throughout the exercise
 - Makes difficult look effortless

Landing of Elements and Dismounts

- p. 14 Up to 0.10 Arm swing(s) on landing to maintain balance
- p. 14 Up to 0.10 Deviation from straight direction on landing
- p. 14 Up to 0.20 Additional trunk movements to maintain balance/control upon landing of bars/beam dismounts and floor acro elements (apply to “stuck” landings with trunk movements to avoid steps)

Miscellaneous Comments

WW: It usually takes 13 or 14 small “ts” on your paper before you take 0.10 for text errors. Text error deductions is only up to 0.30.

WW: “Lock” deductions (up to 0.30) are on Penalty p. 11 in General Deductions. Put an “L” on your paper when the lock position is not demonstrated where it is indicated.

Question: Is it ok if the athlete performs fast front walkovers during the L5 FX routine where it calls for a front handspring step-out, handspring step-out?

WW: Fast front walkovers are acceptable as long as the walkovers accelerate.