

June, 2022

ILNAWGJ NOTES

“IN”

It's June and we have now moved on to testing. Brevets and Nationals may start taking the written test now. It is an open book test. The practical will be given at a Congress. Those taking the National test for the first time must take a closed book written test followed by the practical at a Congress. For those testing at any other level, testing will not begin until August. Many of you who are testing level 10 and up have been participating in the Flipping Education webinar. There are several changes in the COP that have been highlighted during the Flipping Education Webinar. Here is a list of just 5 changes on each event that you can focus on in June. This is not a complete or official list of changes but a starter list. Note: bold indicates new.

Vault

- 1- First flight: hip angle was up to 0.20 now-- **up to 0.30**
- 2- First flight: prescribed LA turn begun too early was up to 0.30 now-- **up to 0.50**
- 3- Support/Repulsion phase: hops with both hands simultaneously now-- **0.30**
- 4- Second flight phase: **deleted** prescribed LA turn begun too late
- 5- First flight and second flight: arched body is now—**Excessive arch**

Uneven Bars (six element value changes)

- 1- 2018 COP, 3.305 is now **3.405 “D”** in 2022 COP---Clear hip circle to HS with ½ turn to reverse, L, or mixed-L grip
- 2- 2018 COP, 3.405 is now **3.505 “E”** in 2022 COP---Clear hip circle to HS w/1/1 turn in HS phase to regular grip (Ma)
- 3- 2018 COP, 6.304 is now **6.404 “D”** in 2022 COP---Back stalder to HS with ½ turn to reverse, L or mixed-L grip HS
- 4- 2018 COP, 6.404 (#3) is now **6.504 “E”** in 2022 COP---Stalder backward to HS w/ 1/1 turn in HS phase
- 5- 2018 COP, 7.309 is now **7.409 “D”** in 2022 COP---Pike sole circle backward to HS with ½ turn to reverse, L, or mixed-L grip
- 6- 2018 COP, 7.409 (#2) is now **7.509 “E”** in 2022 COP---Pike sole circle backward to HS w/ 1/1 turn in HS phase

Balance Beam

- 1- More than one 180° turn on two feet (Pivot) with straight legs (throughout the exercise) **0.10**

2- Directional Use: Failure to show movements/non-VPs/choreography in two of the three directions (Forward/backward/sideward)---**must show two out of three directions 0.05 each**

3- Relaxed/incorrect footwork on non-value parts throughout exercise was 0.20; **now up to 0.30**

4- Relaxed /incorrect leg position/body posture/insufficient flexibility in non-VPs throughout exercise is now---**Incorrect body alignment, position or posture in non-Value Parts throughout exercise Up to 0.30**

5- CV Bonus change: 2018 language--connection of 2 Acro flight elements, one a C-salto (excluding Mount & dismount): now, deleted “Excluding Dismount” **Mount can be included.**

Floor Exercise

1- Failure to perform saltos in two different directions (backward and forward/sideward) **Aerials are no longer considered**

2- Relaxed/incorrect footwork on non-VP throughout exercise was up to 0.20—now **up to 0.30**

3- Relaxed/incorrect leg position/body posture/insufficient flexibility in non-VPs throughout exercise--changed the wording to: **Incorrect body alignment, position or posture on non-VP throughout exercise Up to 0.30**

4- Added a new deduction: **Failure to hold ending pose for one second 0.05**

5- Poor relationship of music and movement throughout exercise is now **up to 0.30**

Some News To Share

Judy Redmond’s children recently shared with me that Judy suffered a heart attack a couple of weeks ago. Her recovery was progressing but she had a setback recently. Judy’s family is with her and supporting her through this medical event. Although we would all like to pick up the phone and talk or text Judy, her family is requesting that we allow Judy to rest and recuperate. That means no phone calls or texts. Besides, Judy’s kids have the phone and are forbidding interactions of all kinds right now. Her family has asked for your prayers and love. Keep Judy and her family in your prayers. Further information will be shared with you as it becomes available including sending cards, texting and phoning etc. Please respect Judy’s family’s wishes.

NOTEWORTHY NOTES FROM YOUR SJD – LINDA MCDONALD

As the season comes to a close, it is time to begin studying! I am sure many of you are well into the process. The optional 7/8, 9. And 10 exams will be available after August 1 st . Those testing National the written is now online and you should already be registered to take the practical at a Congress.

As we continue to navigate through a world with COVID, I don't believe it is going away anytime soon, let's be respectful of our judging colleagues. Let's stop the backstabbing gossip and be mindful of people's feelings. If you cannot say anything nice, don't say anything at all!

Ellen has already started work on our upcoming Judges Cup. The dates are November 11-13, 2022.

Sue is preparing the form for reimbursement of summer testing. Your board will meet again to decide what further benefits will be available. As of the first vote, an Optional Code, Xcel Code and first attempt at both written and practical optional exams was approved. Stay tuned as a meeting date has not yet been determined to decide what else we can afford to offer!

Shareable News

Congratulations to Hilary Carlson! Hilary judged vault at the IHSA Boys State Gymnastics Meet in May. Hilary has always been a great supporter of boys' gymnastics. When the IHSA searched for more officials for boy's gymnastics, Hilary answered the call. Thank you, Hilary, for all that you do to support the sport!