

February, 2023

# ILNAWGJ NOTES

ILNAWGJ will do a group registration for anyone interested in attending the NAWGJ Symposium in July. Region 5 Congress is in Lombard, IL this year. See the information below to register. National Congress is in San Jose, CA. ILNAWGJ will accept names for Early Bird registration. Information for each event is listed below.

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Linda has some important reminders in her article on page 2.

Christi Kearns has written a very good article for ILNAWGJ members regarding Xcel Clarifications. Thank you, Christi for preparing this article and for having Nancy Gibson approve of everything!

## **Events:**

### NAWGJ National Symposium

- July 13-15, 2023; 8 pm on 7/13 - 8 pm on 7/15
- Amway Grand Plaza, Grand Rapids, Michigan
- Super Early Bird registration ends on March 1, 2023. **Send registration information [by Feb. 17, 2023](mailto:ilnawgjkathy@gmail.com) to [ilnawgjkathy@gmail.com](mailto:ilnawgjkathy@gmail.com)**
- Make hotel reservations through the link at NAWGJ.org

### Region 5 Congress

- July 21-23, 2023
- Westin Chicago Lombard
- Early Bird registration
- The end date for EB registration will be announced at a later date
- Send EB registration information to [ilnawgjkathy@gmail.com](mailto:ilnawgjkathy@gmail.com) **by Feb. 25, 2023**
  - Name
  - USA Gymnastics member number
  - Date of Birth
  - Address
  - Phone Number
- Make hotel reservations through the Congress link at USA Gymnastics

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 [ilnawgjkathy@gmail.com](mailto:ilnawgjkathy@gmail.com)

USA Gymnastics National Congress

- August 24-27, 2023
- San Jose, CA
- Early Bird registration ends on **4/13/23**
- The end date for EB registration will be announced at a later date
- Send EB registration information to [ilnawgjkathy@gmail.com](mailto:ilnawgjkathy@gmail.com)
  - Name
  - USA Gymnastics member number
  - Date of Birth
  - Address
  - Phone Number
- Make hotel reservations through the Congress link at USA Gymnastics

**NOTEWORTHY NOTES FROM YOU SJD**  
Linda McDonald

The season is full swing ahead! I have a couple reminders for ALL judges.

**PROCEDURE FOR ADDRESSING UNIFORM AND GYMNAST ISSUES.** A judge should never approach a gymnast or speak to a gymnast about their appearance. Making comments to the gymnast can traumatize them when they should be focusing on their performance. Placing the gymnasts in a situation of fear, embarrassment, and intimidation is never OK. This can be viewed as a Safe Sport violation and Safe Sport allegations can be filed against the judge. Judges should only address uniform infractions with the coach.

**WATCH WHAT YOU SAY.** There are ears everywhere on the competition floor. Even in the judge's room, you never know when a parent volunteer will enter. Do not talk about coaches, gymnasts, or parent volunteers. Making comments about anyone's appearance or lifestyle is not OK. Spread love not hate.

**ASSIGNERS ARE STILL ASSIGNING!** Please double check your availability. Even if it is just one day. Assigners would prefer to assign Illinois judges rather than go out of state.

**CLEAR AS MUD XCEL CLARIFICATIONS – Christi Kearns**

Skills that count as 2 skills but seem like one skill:

1. Squat on toe circle- Squat on “A”, Toe Circle “A” (All Levels)
2. Straddle, stoop or squat on sole circle dismount. Straddle, stoop, or squat on- “A” Sole circle from toe on position to landing “A” (Bronze, Silver, Gold, and Platinum)
3. Squat on Jump off Dismount. Squat on “A”, Jump off the Bar “A” (Bronze and Silver)

What if???

1. What if a Platinum casts at 5 degrees below horizontal? **Per the new 10 degrees below the requirement rule, the athlete would receive the special requirement and the "A" Value Part with a -0.1 deduction.**
2. What if the Platinum casts at 5 degrees below horizontal but her clear hip is above horizontal? **DO NOT DEDUCT the -0.1. The only time you take the -0.1 deduction for a short cast is if you need it to fulfill special requirement #1. UB 12 2.B in errata clarification Sept. 2022.**
3. What if a Platinum does a level 4 dismount off the bar. **You would take -0.5 from the start value but not the additional -0.3 for no dismount because this dismount is a dismount listed in the Xcel Code for Silver and Gold levels. If the Platinum simply dropped off the high bar... you would deduct -0.5 for SR, -0.3 for no dismount, and -0.5 for a fall. UB 22 B.3**
4. What if a Platinum does an underswing counterswing, tap swing counterswing into her dismount? **Is that allowed? An underswing counterswing and a tap swing counterswing are considered the same skill 2.003. Therefore, the tap swing counterswing would be an extra swing and receive a -0.3 deduction because Xcel Platinums can only count one swing for an "A".**
5. Is a jump to the high bar long hang pull over a skill? **Yes, it is an "A" value part for all levels but only receives a circling element at Platinum and Diamond if preceded by a cast. This is an exception for gold and receives a circling element without the cast.**
6. Can a cast back hip circle pause, cast back hip circle pause, squat on receive both SR circling elements at Gold? **Yes, as per the clarification on uneven bar- 10 in September 2022 errata. "Back hip circles can receive VP/SR credit two (2) times. Any stops, pauses, readjustments, etc. will be deducted for rhythm errors only and does not negate either Back Hip Circle VP/SR."**
7. What happens if a Gold does a Handstand all the way to vertical and a second handstand at 10 degrees shy of handstand with a straight jump after...do I take the -0.1 deduction for not hitting vertical? **No, "the -0.1 deduction for vertical skills on beam is ONLY applied to the element that is being used to fulfill a special requirement. It is not applied to every attempted handstand on beam." Do remember that a handstand 5.106a and a ¾ handstand 5.002 (gold and silver only) are considered different elements.**
8. What happens if a Gold does a ¾ handstand and a backward roll as her two acro skills on beam? **The gymnast would receive a -0.5 off her start skills- one must achieve vertical or pass through inverted vertical. Since NOTE: During the backward roll, if the gymnast performs a back shoulder roll to candle-(a vertical position shoulders through hips) prior to rolling requirement.**

Test your knowledge:

1. Find this Platinum Start Value:

Round-off back tuck

Switch Leap to Straddle Jump

Front Pike

One and a half turn

**Answer:**

**9.9 This athlete is missing an "A"**

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2. What is this Platinum's Start Value and does she have any extra swings?

Kip, Cast above horizontal, Back hip Circle, Squat on, Tap swing, Tap Swing, Flyaway ½.

**Answer:**

Kip- A Cast-A, Back hip Circle- A Squat on-A

Tap Swing- A Tap Swing- 0 Flyaway ½- B

Platinums need 6- A's and 1 B. This athlete has met all the Special requirements but is missing an A. She receives a 9.9 SV. This athlete has 2 additional extra swings (one between the back hip circle and the squat on as this is not a continuous connection and is easy to miss as a judge if they do it well and the second tap swing because Platinums are only allowed 1 A tap swing). This athlete would receive the -0.3 two separate times in the routine.