

January, 2023

ILNAWGJ NOTES

“IN”

As 2023 begins, I am asking for your assistance regarding the content of the “IN”. What would you like included in this monthly newsletter? Send your comments and ideas to me, Kathy Krebs, ilnawgjkathy@gmail.com . Your help is appreciated!

In this issue, new events for 2023 are provided for your convenience. Linda has listed some New Year’s resolutions. Page 2 and 3 includes a summary of general Xcel vault rules. **Happy New Year!!**

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
- Make hotel reservations through the link at NAWGJ.org

Region 5 Congress

- July 21-23, 2023
- Westin Chicago Lombard
- Early Bird registration begins 1/10/23
- The end date for EB registration will be announced at a later date
- Send EB registration information to Kathy Krebs beginning 1/10/23
 - 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

“IN”

USA Gymnastics National Congress

- August 24-27, 2023
- San Jose, CA
- Early Bird registration begins on 1/10/23
- The end date for EB registration will be announced at a later date
- Send EB registration information to Kathy Krebs beginning 1/10/23
 - 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

New Year's Resolutions for Gymnastics Judges:

- √ Honor your contracts
- √ Keep your availability up to date
- √ Be professional
- √ Arrive on time
- √ Be prepared
- √ Be consistent
- √ Be fair
- √ Don't be afraid to admit when you make a mistake
- √ Don't criticize your fellow judges
- √ Don't comment on other judges' events
- √ Stay at your event until the session is finished
- √ Stay current with all professional memberships
- √ Go into the system and make date changes when USAG, AAU, NGA, Safety, Safe Sport and background are renewed
- √ Notify the SJD when rating, address, phone, or email changes

Happy Judging in 2023!

REVIEW - XCEL VAULT – Kathy Krebs

GENERAL VAULT RULES

(The following summary is intended as a reminder of general rules. Refer to the Xcel Code of Points for more specific rules specific to all divisions.)

- Two vaults may be performed – the same or different (the better will count)
- Three attempts are allowed to perform two vaults

- Coach may ask for the score after the first vault
- Performing a restricted vault will be a VOID event
- Vaults without the signal = 0.5 deduction from next vault
- Alternative springboard:
 - allowed for Bronze and Silver
 - allowed for Gold but vault is scored from 9.5
 - not allowed for Platinum/Diamond = VOID
- Tape/chalk allowed on mat stack for Bronze and Silver
- Tape/excessive chalk not allowed on table
- No chalk on runway (tape/Velcro are allowed)
- Sting mat not allowed on runway
- Safety zone mat required for round-off entry vaults
- Silver: 6' X 12' X 4' mat must be on floor behind mat stack;
Unfolded panel mat or sting mat may be on top of mat stack
- Spotting deductions for all divisions are applied to either vault
 - Spot on landing = 0.5
 - Fall after spot = 0.5 (for fall) + 0.5 (for spot)
 - Spot during vault = 1.0
 - Maximum spot deduction = 1.5
- There is no deduction for the coach standing between the board and apparatus or coach bearing weight on mat stack
- Fall time: 45 seconds after the gymnast is on her feet after medical evaluation (if necessary)
- Warm-ups – 1 run-back allowed for all divisions
Diamond only = 1 jump or salto off table in addition to 3 vaults
Silver, Gold, Platinum = 1 jump off table/mat in addition to guaranteed vaults
 - Bronze = 30 seconds/1 vault
 - Silver = 45 seconds/2 vaults
 - Gold = 1 minute/2 vaults
 - Platinum = 1 minute 30 seconds/2 vaults
 - Diamond = 2 minutes/3 vaults

