

November,
2022

ILNAWGJ NOTES

“IN”

The season is underway and the first round of assignments have been sent out. Just a reminder to accept your contracts promptly. Also, if an emergency comes up during the season contact the assigner of the weekend as soon as possible so arrangements can be made if you need to be replaced.

The second assigning meeting will be November 11, 2022. According to the ILNAWGJ Guidelines perfect matches will be given contracts first. Additional contracts will be sent based on the following criteria:

- Meets will be assigned in order of the USA Gymnastics Illinois Phase and Priority system.
- In order of priority, compare meet director requests with judge's preferences.
- Assign perfect matches (Meet X requests Judge A and Judge A has Meet X as their preference, this equals a perfect match). Assign perfect matches starting with Phase 1, Priority 1 and work down the list.
- Go back to Phase 1, Priority 1 and work down the list completing assignments for the number of judges requested. Judge's meet preference, proximity to the meet site, and number of meet/days already assigned will be given equal consideration.
- Out-of-state judges will only be assigned if the meet director makes a request or if no other judges from Illinois are not available at time of assigning.

Be sure to update your availability before November 11. Additional meets may be added to the schedule throughout the season. It is up to you to check gymjas for newly listed meets and to update your availability.

Events:

Practical Exams will be given:

- November 20: Energym Gymnastics at 12 pm

November 11: Second assigning meeting

November 11-13: Judges Cup

November 20: ILNAWGJ Judges Open Meeting – 7:30 pm

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

REVIEW - XCEL BEAM – Kathy Krebs

“IN”

The following list is a brief review of Xcel Beam.

- 1- New mount: Whipple (1.301) “C” Value Part.
- 2- Cross handstands and side handstands are considered different elements and both receive Value Part credit.
- 3- Allow 10° variance from **vertical** only on handstands (not partial handstands)
 - A flat .10 deduction for handstands within 1-10°.
- 4- A hold is not required for “A” handstands. Any “B” element or higher would require a 2-second hold if specified for the element.
- 5- Scales must be held for 2 seconds.
- 6- General Reminders:
 - No composition deductions however, “throughout” deductions are applicable (Example: sureness, artistry, feet and posture)
 - All mounts = “A” VP unless listed as “B” or higher in the Xcel code. (No VP given if gymnast climbs up the leg of the apparatus)
 - Courtesy Score = 4.0
 - No short routine deduction
 - Coach may stand by the beam for the entire routine without penalty
- 7- Levers and partial handstands on beam for Bronze
 - Levers must touch the hands on the beam
 - No angle requirements for the legs, but must touch the hands for VP credit
 - Partial handstands for Bronze
 - both legs are off the beam and one leg must be 45° from vertical
 - Partial handstands for Silver/Gold
 - Feet close and 45° from vertical at same time (No time specified)
 - Close can be
 - Side by side
 - Front to back
 - Pass by in switch
 - No close = no credit
- 8- All divisions have Value Part requirements.
 - Bronze – Minimum of 4 “A”s
 - Silver – Minimum of 5 “A”s
 - Gold – Minimum of 6 “A”s
 - Platinum – Minimum of 6 “A”s, 1 “B”
 - Diamond – Minimum of 5 “A”s, 2 “B”s
 - Higher VP can replace lower VP
 - Missing VP –
 - Missing “A” - 0.10
 - Missing “B” - 0.30

9- Mounting Mats – Build a mountain: Bronze, Silver & Gold only –

- Can build a mountain for BB
- Springboard is not allowed directly on an 8-inch skill cushion
- Board must be removed immediately after the mount

10- **Bronze Review – 4 “A” VP**

Special Requirements

1. Minimum half turn on 1 or 2 feet
2. A leap or jump not in mount or dismount
3. 1 non-flight acro element
4. Dismount: no salto or aerial

Restrictions

1. Salto and aerial dismounts are restricted
2. “B” elements are restricted with the exception of:
 - Cross Split jump = “A”
 - Straddle jump = “A”
 - Split leap = “A”

11- **Silver Review – 5 “A” VP**

Special Requirements

1. Minimum half turn on 1 foot
2. Leap/Jump with 90° cross or side split, no mount or dismount
3. One non-flight acro element
4. Dismount

Restrictions

1. No “B” acro element.
 - “B” dance element is allowed
2. “C” or higher value parts are NOT allowed

12- **Gold Review – 6 “A” VP**

Special Requirements

1. Minimum full turn on one foot
2. Two different Group 2 element, one with 120° cross or side split; no mounts.
 - The split may be in the dance series or isolated.
3. Two acro elements with or without flight.
 - They may be in a series or isolated.
 - One must achieve or pass through vertical.
4. Dismount

Restrictions

1. “C” or higher value parts are restricted

13- **Platinum Review – 6 “A” VP & 1 “B” VP**

Special Requirements

1. Minimum 1/1 turn on one foot

2. Dance series

- Two Group 1, 2 or 3 elements (same or different)
 - Group 1 elements are included if they are marked with a “D”
 - Group 3 elements must turn on 1 foot
- Jump or leap with a minimum of 120° cross or side split
 - May be isolated or in a series

3. One acro flight element OR acro series – with or without flight

- Minimum of one element must achieve or pass through vertical (excluding the mount or dismount)

4. Dismount

Restrictions

1. No “C” acro elements are permitted.
 - “C” dance elements are allowed
2. All “D” elements are restricted

14- **Diamond Review – 5 “A” VP & 2 “B” VP**

Special Requirements

1. Minimum 1/1 turn on one foot

2. Dance series

- Two Group 1, 2 or 3 elements (same or different)
 - Group 1 elements are included if they are marked with a “D”
 - Group 3 elements must turn on 1 foot
- One jump or leap with a minimum of 150° cross or side split
 - May be isolated or in a series

3. Acro series – with or without flight

- Minimum of one element must achieve or pass through vertical (excluding mount or dismount)
- One acro flight element (isolated or in a series)

4. Dismount – salto or aerial

Restrictions

1. One “D” elements is permitted any additional “D” skills are restricted
2. All “E” elements are restricted

NEXT MONTH WILL BE XCEL FLOOR EXERCISE REVIEW

NOTEWORTHY NOTES FROM YOU SJD
Linda McDonald

With November comes Judges Cup. This year we are honoring the memory of Judy Redmond. After Friday's optional sessions we will have a gathering in Judy's honor in the hospitality room. Please join us for pizza and cupcakes as we honor her life and contributions to gymnastics and NAWGJ!



Our open membership meeting will be held via ZOOM on Sunday, November 20, at 7:30 pm. Please send me any questions or items you would like discussed.

Please continue to update your availability. The next assigning meeting is November 11. We are in desperate need for judges most weekends in 2023.

The last practical exam to be given in Illinois will be Sunday, November 20. The location is Energym Gymnastics in Sycamore, IL. Go to USAG to register at least one week in advance of the exam.