

October, 2022

# ILNAWGJ NOTES

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*“IN”*

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The first assigning meeting will be October 15, 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 October 15. The second assigning meeting will be on 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.

Be sure to respond to Ellen's Judges Cup information today. Judges Cup is a great way to start your judging season and earn benefits.

## **Events:**

Written tests are available on-line at [usagym.org](http://usagym.org) whenever you are ready to test. A complete list of testing sites can be found on [usagym.org](http://usagym.org).

Practical Exams will be given in the following cities.

- October 15: DeKalb, IL.

October 15: First assigning meeting

October 16: Illinois USA Gymnastics Congress at Energym—DeKalb, IL

November 11: Second assigning meeting

November 11-13: Judges Cup

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](mailto:kmkrebs@comcast.net)

## REVIEW - XCEL BARS – Kathy Krebs

“IN”

The following list is a brief review of Xcel Bars.

1- 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

2- Mounting Mats – Build a mountain: Bronze, Silver & Gold only –  
On Low Bar ONLY

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

3- The cast/skill may be within 10° of the Division’s angle requirement to receive VP & SR credit but will receive a 0.10 deduction for insufficient amplitude.

- Do not award VP/SR if cast is more than 10° below the requirement
  - Do not take amplitude deduction

4- General Reminders

- Extra swing deductions are only taken at Platinum & Diamond
- Clear hip circles have angle deductions only at Platinum & Diamond
- Tap swing-counter swing/underswing-counter swing equals one “A” for Platinum. Performed a second time equals a 0.3 extra swing deduction.
  - A 0.3 extra swing deduction is taken at Diamond
- One skill may fulfill 2 Special Requirements
- Courtesy Score = 4.0 (No short routine deduction)
- No penalty if coach stands between bars entire routine

5- **Bronze Review – 4 “A” VP**

Special Requirements

1. Mount from LB only
2. Cast: Hips must leave the bar. The cast may not be in the mount or dismount

Restrictions

- No LB giants
- No “B” skills
- No skills on the HB
- No salto dismounts

3. 360° circling skill—may not be in the mount or dismount	
4. Dismount from the LB	
<b>6- Silver Review – 5 “A” VP</b>	
<u>Special Requirements</u>	<u>Restrictions</u>
1. Mount	No LB giants
2. Cast to a minimum of 45° below horizontal. May not be in mount	No “B” skills
3. 360° circling skill: may not be in the mount or dismount	No salto dismounts
4. Dismount from LB or HB	
<b>7- Gold Review – 6 “A” VP</b>	
<u>Special Requirements</u>	<u>Restrictions</u>
1. Skill finishing in a clear support at a minimum of horizontal: Not in mount or dismount	No giants: not on the LB or HB
2. 360° circling skill: may not be in mount or dismount	No release moves with a bar change
3. 2 <sup>nd</sup> 360° circling skill—not in mount or dismount. May be the same or different skill from SR 2	No “C” skills
4. Dismount from the high bar	
<b>8- Platinum Review – 6 “A” VP &amp; 1 “B” VP</b>	
<u>Special Requirements</u>	<u>Restrictions</u>
1. Skill finishing in a clear support	- “C/D” skills are restricted with the following exceptions:
Above horizontal—not in mount Or dismount	* clear hip to handstand
2. 360° circling skill—not in mount Or dismount	* pike sole circle to handstand
	* stalder circle to handstand
3. Kip	- All of the above may NOT have a turn
4. Dismount from high bar	
<b>9- Diamond Review – 5 “A” VP &amp; 2 “B” VP</b>	
<u>Special Requirements</u>	<u>Restrictions</u>
1. Skill finishing in a clear support At a minimum of 45° from vertical -- Not in mount or dismount	- Only 1 “D” is allowed There is no bonus, and no restricted skill deduction for the first “D”
2. Minimum “B” 360° circling skill: Not In mount or dismount	
3. Additional minimum “B” skill: must Be a release, or turn, or 2 <sup>nd</sup> 360° Circling skill. Circle skill may be the Same or different from SR #2.	- All “E” skills are restricted
4. Dismount: Hecht or salto from the HB. OR any “B” dismount from the high bar.	

10. New “A” Elements

- a. Basket swing: All Divisions
- b. Mount – Jump Squat on: Silver, Gold, Platinum, Diamond
- c. Forward leg swing: Bronze, Silver
- d. Backward leg swing: Bronze, Silver

11. Two-Part Mount Clarification

- a. Only two-part mount skills are allowed.
  - b. If a 3<sup>rd</sup> mounting skill is performed, no VP and all execution deductions are taken
  - c. If two glide swings are performed (without a foot touch between the glides) it will only count as 1 element.
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