

"IN"

Newsletter

FEBRUARY 2024

WWW.ILNAWGJ.COM

CALENDAR OF EVENTS

- Feb 6 - ILNAWGJSGC online meeting
- Feb 20 - Registration deadline for R8 Congress
- Mar 1 - Registration deadline for R7 Congress
- Mar 5 - Registration deadline for R2 Congress
- Apr 1 - Registration deadline for National and R2 Congress
- Apr 3 - Registration deadline for R1 Congress
- May 30 - Registration deadline for R5 NAWGJ Symposium, State Congress & Flipping Education

Friendly reminders at competitions...

- Coaches can not ask for the 0.1 for mobility, only for state qualification. See page number 64 in R&P. [Link to R&P](#)
- Level 6 can not compete with the pit pillow. See page number 108 in R&P. [Link to R&P](#)
- The pit pillow DOES count as part of the maximum 60" for level 7.
- Judges should refrain from hugging, conversing, educating coaches on the competition floor.

TOP NEWS

- AAU IS NOT USAG. THERE ARE MANY RULE DIFFERENCES. SEE PAGE 5 FOR CLARIFICATION AND VISIT THIS LINK.
 - [AAU UPDATED RULES LINK](#)
- THE 2024 MILEAGE RATE IS \$0.67 PER MILE. AND, THE 2024 CONUS LODGING RATE IS \$107 PER NIGHT. ([LINK: MILEAGE&CONUS RATES](#))
- ILNAWGJ WILL PAY REGISTRATION FOR 1 EARLY BIRD STATE, REGIONAL OR NATIONAL CONGRESS. SEE PAGE 4 FOR SUBMISSION DEADLINES.
- HELPFUL BONUS CLARIFICATION FOR SAPPHIRE VERSUS LEVEL 9 ON PAGE 3 & 4.
- HELPFUL REMINDERS FOR THE COMPETITION SEASON ON PAGE 5.

Please remember that when you create a contract you are agreeing that you will do that meet. Canceling off of a meet should only be done in EMERGENCY situations. We have had a large number of changes/cancellations this season. Also, if you find yourself in a situation where you must pull off, please do not find your own replacement. The assigning committee has a protocol that they follow and they spend hours in preparation for each meet weekend.

Are you a new judge & need a mentor?

Christi Kearns our Education Chairperson would love to help you.

educationchristi@gmail.com



Congratulations to those judges receiving STATE assignments:

Level 4/5/XB

- Hilary Carlson
- Heather Forbes
- Jessica Holtz
- Cindy Morano
- Shane Sanders
- Sharon Sargeant
- Sue Schneider
- Renee Tubbs
- Mary Lou Ackman
 - Meet Referee

Level 6/7/8

- Mary Lou Ackman
- Kathy Gebhardt
- Billy Gurin
- Jean Johnson
- Cindy Morano
- Shane Sanders
- Sharon Sargeant
- Renee Tubbs
- Heather Forbes
 - Meet Referee

Level 3/9/10

- Mary Lou Ackman
- Sue Brosnan
- Amy Delaney
- Heather Forbes
- Billy Gurin
- Jessica Holtz
- Jean Johnson
- Cindy Morano
- Sharon Sargeant
- Sue Schneider
- Renee Tubbs
- Sue Woloszyk
- Christi Kearns
 - Meet Referee

XCEL S/G/P/D/SA

- Betty Axelson-McClelland
- Appolonia Barrientos
- Hilary Carlson
- Tanya Chmielewski
- Amy Delaney
- Kimberly Dyer
- Heather Forbes
- Billy Gurin
- Richard Sabel
- Shane Sanders
- Sharon Sargeant
- Sue Schneider
- Cheryl Schuh
- Renee Tubbs
- Connie Urich-Rodriguez
- Sue Woloszyk
- Cindy Morano
 - Meet Referee
- Kathy Gebhardt
 - Meet Referee

Congrats!

Bonus Clarifications

QUESTIONS *Please!*

Sapphire is a new level this competitive season. It's OK to have questions. Please email the Education Chairperson, Christi Kearns with any further questions you may have.

educationchristi@gmail.com

Sapphire Examples...

Beam example #1: Leap Pass- Straight leg leap, split jump with a ½, tuck ¾

- This is a B plus D plus C combination would be a plus .2 for combo
- and plus .1 for C difficulty and plus .1 for D difficulty
- giving the gymnast a plus .4 total.

Beam example #2: Backhandspring Layout Step Out.

- This is a B plus C Combo. It receives plus .1 for the combination
- and plus .1 for the C
- for a total of .2

Bar example #1: Kip, squat on toe around, Kip Cast handstand, giant, giant, freehip to 45 degrees, flyaway full.

- This is a B + B+ B+ B+ B.
- This would be .4 in combination bonus giving the gymnast the max bonus available.

(This gymnast would be missing a "C" skill for start value since the freehip didn't reach handstand). Start Value would be 9.5.

Bar example #2: Kip Cast ½ pirouette, step down to toe circle, jump to high bar, kip cast handstand, giant, giant, freehip to handstand flyaway.

- ½ pirouette is a C so plus .1 for the C
- Cast handstand (B) plus giant (B), Giant, (B), Freehip (C), flyaway (A). This combo receives plus .3 in combo and plus .1 for C.
- "A" flyaway is acceptable because it is preceded by a "C" skill- this is an exception.

Floor example #1: First Pass: Pike Front step out, Round-off, Arabian
Second pass: RO 1 ½ ; Leap pass- Switch leap run run switch ½;
Isolated -Double turn.

- *Indirectly connected B+ B counts at sapphire for tumbling.
- B+B first pass +.1;
- C second pass +.1
- switch to switch half not directly connected so no combo bonus, however the switch half is a C so +.1;
- double turn C so +.1.
- This routine would have a 10.0 SV.

Floor example #2: First Pass: Round-off, 1 ½, front tuck; Second pass front full.; Leap pass- switch leap run run straddle jump; Double turn; Cat double by itself.

- First pass gets +.1 for the C; there is no combination bonus for a C+A.
- Second pass gets +.1 for the C
- Dance pass receives no bonus.
- Double Turn C gets +.1 for the C
- Cat Double C gets +.1 for the C
- All .4 in bonus were achieved with difficulty value.

Sapphire

- **NEED 0.4 IN BONUS- BONUS CAN BE ACHIEVED THROUGH DIFFICULTY ONLY, COMBO ONLY OR A COMBINATION OF BOTH DIFFICULTY AND COMBO.**
- **ALL B + B OR BETTER ARE A PLUS .1 FOR COMBINATION BONUS.**
- **ALL C OR D SKILLS ARE A PLUS 0.1 FOR DIFFICULTY VALUE BONUS. (E VALUE PARTS ARE NOT ALLOWED).**

Level 9

- **NEED 0.3 IN BONUS- BONUS IS MOSTLY ACHIEVED THROUGH COMBINATION BONUS.**
- **LEVEL 9 CAN ACHIEVE A +0.1 FROM AN ACRO D (NOT DANCE D).**
- **ALL ACRO AND DANCE D'S ARE COUNTED AS C'S FOR COMBINATION BONUS.**
- **THEY ARE ALLOWED TO COMPETE 1 RESTRICTED D FOR BONUS.**

Level 10

REMINDER: TO GET THE ADDITIONAL +0.1 FOR START VALUE, THE ATHLETE MUST SUCCESSFULLY COMPLETE AN ACRO E, NOT A DANCE E.

**Skills & Combos
only receive
BONUS if
completed
successfully
(without a fall).**

Bonus continued...

Level 9 Examples...

Beam Example #1: Gymnast performs a cat leap aerial as a combination. A plus D. The athlete would receive

- plus .1 for the D aerial as the one allowable D.
- The athlete would NOT receive combination bonus because this would be considered an A + C for combination bonus.

Beam Example #2: Gymnast performs an Aerial swing through to Round-off series.

- This is a D plus B. The Gymnast would receive plus +.1 for the D as the one allowable D.
- The combination becomes a C plus B which still receives bonus of a +.1.

Floor Example #1: First pass, RO BHS Double Back; Second Pass, RO 1 ½ Front pike; Switch leap run run run to switch ½; Double turn.

- This would receive a plus .1 for the double back
- and a plus .2 for the C-B Combo.
- This is a total of a .3 bonus

Floor Example #2: First pass, Front Layout, front pike; Second Pass, RO 1 ½ ; Switch leap directly connected to switch full; Triple Turn.

- This would receive a plus .1 for the Front layout, front pike.
- This would NOT receive bonus for the B+D dance because D Dance skills count for C's at level 9 so this connection would be a B+C.
- The triple turn also doesn't receive bonus as a D and counts as a C
- Therefore this routine only has .1 in bonus.

Bar Example #1: Kip Squat on kip cast handstand ½ pirouette, bail to handstand, kip squat on cast handstand giant, freehip to 45 degrees, flyaway full.

- The cast ½ pirouette to bail handstand is a C+D with turn or flight in both skills so it receives the plus .2 in bonus combination.
- The bail handstand within the 20 degrees is a D so the athlete also receives the .1 in difficulty value receiving the full bonus needed for level 9.

ATTENTION

FROM IL-NAWGJSGC MEETING
MINUTES ON 12/5/23...

*Due to the success of
Judges Cup 2023, motion to
pay the registration fee for
one "early bird rate" for a
Congress, Symposium or
educational opportunity
whether State, Regional or
National for all IL-NAWGJ
members in good standing
as of January 2024!*

passed!

DON'T MISS THIS OPPORTUNITY !!

If you would like IL-NAWGJ to pay for your "early bird" registration, please send an email to the Financial Chairperson, Sue Woloszyk by the deadline listed in the table provided.

financialsuew@gmail.com

<u>Deadline</u>	<u>Educational Opportunity</u>
1/15/2024	FORT WORTH, TX - R3
2/20/2024	ATLANTA, GA - R8
4/1/2024	NATL - Minneapolis/St Paul
3/1/2024	HARRISBURG, PA -R7
3/5/2024	REDMOND, WA - R2
4/1/2024	PROVIDENCE - R6
4/3/2024	SAN JOSE, CA -R1
5/30/2024	R5 NAWGJ SYMPOSIUM
	STATE-SYCAMORE
	FLIPPING EDUCATION

Just a few more
Reminders from your SJD...

Are you ready for
the 2023/24 season?



**STOP
JUDGING!**

If an athlete's level is different from what is listed on their card/heat sheet or whatever method that information is communicated to the judges, the meet referee needs to confirm with the meet director what level the athlete is and then initial the card/heat sheet.

Example: You are on bars in a mixed session. Your gymnast's card says Heather Forbes Level 7, but the coach says "she is doing level 6 today." The head judge at that event needs to inform the meet referee. The meet referee needs to confirm with the meet director. And then the meet referee must initial the change on the card.





AAU has 2 new programs
which you may be
judging at meets !

[LINK to Updated AAU Rules](#)

XCEL Copper
(intro level)
&
Boys 4X4

Click on link to get full details of rules

DID YOU KNOW?



AAU GIRLS GYMNASTICS NATIONAL PROGRAM ALLOWANCES

Complete Rules and Policies Handbook can be located at www.aaugymnastics.org

**Please refer to any district modifications for local events.*

GOLD BARS

SPECIAL REQUIREMENT: Two (2) 360 degree circling skills (no mount/dismount)

- Clarification: 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 circle VP/SR.
 - Cast Back Hip Circle, Cast Back Hip Circle= OK (regardless of each cast angle OR entry/exit elements)

SPECIAL REQUIREMENT: Skill finishing in clear support min. horizontal (no mount/dismount)

- 1- 45 degrees below horizontal: 0.05 – 0.15, 46 degrees or more below horizontal: 0.20 – 0.30
 - Only one cast/skill needs to fulfill SR
- ALL casts, including casts preceding skills leading to a dismount will receive "A" value part unless hips do not leave the bar (no VP), with the following exceptions: Cast squat, stoop, or straddle on low bar TO JUMP TO HIGH BAR; cast shoot through and cast off to stand dismount will receive ONE (1) "A" value part.
 - General execution deductions may apply to all skills. Total deductions cannot exceed the value of the SR.

NO PENALTY (applies to all levels unless otherwise noted)

GENERAL

- Coach standing next to the apparatus for the entire routine or on the floor area (do not block the view of judges)
- Overtime (Beam and Floor routines are not timed)
- No fall time
- Attire- visible sports bra, lycra leggings/capris, unitards, tank or sports back leotards, medical bracelets, any jewelry that does not impose a safety hazard to the gymnast.
- Equipment and matting may be adjusted for the safety of the gymnast- all apparatus must follow equipment manufacturer specifications. No deduction for slight height variances due to stacking of matting available.
- Failure to present before or after exercise (Levels 1-3 & XC, XB, XS)
- Starts before signal or vaults without signal. Ask to stop and repeat the performance. (Level 1-3 & XC, XB, XS)
- Verbal cues by coach or teammates (Level 1-3 & XC, XB, XS)
- Incomplete/extremely short routine for unusual circumstances (may be allowed to repeat only if an injury has not occurred)

VAULT

- Use of an alternative trampoline-like springboard (i.e. Airboard), **except for round-off entry style vaults**
- Number of springs & configuration of springs used in the vaulting board is left to the coaches discretion to facilitate the safety of the gymnast. *Junior Springboard NOT PERMITTED.
- Vault numbers not required to be visually displayed.

BAR & BEAM

- Bar Mount- A gymnast may perform a glide return while standing on a panel mat, a springboard, or a block. The mat/board/block may be left in place until the gymnast swings backward finishing glide standing on the mat/board/block but must be removed after the gymnast performs a pullover onto the bar. (Level 1-3 & XC, XB, XS, XG)
- Additional falls when trying to remount the beam or bars after a fall without a skill being performed (Level 1-3 & XC, XB, XS)

FLOOR

- More than one out of bounds error on the same skill, connection, pass/series (Level 1-3 & XC, XB, XS)



ARE YOU A NEW MEET REF ?

I JUST FOUND OUT I'M A MEET REFEREE.
WHAT DO I DO?
HERE ARE GREAT LINKS TO HELP...

[IL MEET REFEREE CHECKLIST](#)

[IL MEET REFEREE JUDGES MEETING TEMPLATE](#)

ARE YOU A NEW JUDGE ?

Please contact me, Christi Kearns if you are a new judge. I can help assign you to a mentor!

educationchristi@gmail.com

Link to Updates

<https://nawgj.org/https-usagym-org/updates/>

NATIONAL LINKS

- [Category Description & Eligibility Criteria - USA Brevet & National](#)
- [Brevet Course Eligibility Form](#)
- [National Course Eligibility Form](#)
- [Documentation - USA Brevet & National](#)
- [Activity Involvement - USA Brevet & National](#)
- [Leadership Approval Form - USA Brevet & National Eligibility Course-Leadership Credit](#)

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IMPORTANT TECHNICAL LINKS

- [Joint Xcel/Technical Committee meeting minutes - May 16, 2023](#)
- [Xcel Committee minutes - May 16-17, 2023](#)
- [Joint Dev Program/Technical Meeting Minutes - May 15, 2023](#)
- [Dev Program Committee meeting minutes - May 15, 2023](#)
- [Technical Committee minutes - May 15-17, 2023](#)

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