

"IN"

Newsletter

MARCH 2024

WWW.ILNAWGJ.COM

CALENDAR OF EVENTS

- Mar 1 - Registration deadline for R7 Congress
- Mar 5 - Registration deadline for R2 Congress
- Mar 5 - ILNAWGJ SGC online zoom meeting
- 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

AT-LARGE DIRECTOR APPOINTMENTS:

It is time for the At-Large Director appointments. I have attached the Timeline for Appointments, the Duties for each position, the Eligibility and the Application. This information is also available on the NAWGJ website.

Link to: [At-Large Director Appointments Information.](#)
If you have any questions, please reach out to Ann Heppner at nawgjvpann@gmail.com and she will help you.

Links to Forms and information:

[At-Large Directors Timeline](#)

[Eligibility for Officers and Directors](#)

Five positions are open:

- 1 - [National Director of Library Projects and Technology Services](#)
- 2 - [National Education Director](#)
- 3 - [National History Director](#)
- 4 - [National Judges Cup Director](#)
- 5 - [National Website Director](#)

TOP NEWS

- YOUR HELP IS NEEDED! ARE YOU INTERESTED IN BEING A VOLUNTEER AT A STATE COMPETITION? SEE THE FOLLOWING LINK:
◦ [LINK TO VOLUNTEER AT A STATE COMPETITION](#)
- ARE YOU INTERESTED IN REGISTERING FOR SYMPOSIUM? IF SO, YOU MUST DO IT YOURSELF THEN SEND SUE WOLOSZYK AN EMAIL THAT YOU ARE REGISTERED. MORE INFORMATION ON PAGE 4.
- ILNAWGJ WILL PAY 1 EARLY BIRD REGISTRATION FOR SYMPOSIUM, STATE, REGIONAL OR NATIONAL CONGRESS. SEE PAGE 3 FOR SUBMISSION DEADLINES.
- STEP BY STEP PROCESS IS OUTLINED ON PAGE 5 TO GET REGISTRATION PAID.
- IMPORTANT XCEL FLOOR CLARIFICATION ON PAGE 7.

Condolences to Mary Jo Roehrig, a former Illinois Judge, Coach, Gym owner on the passing of her husband Dale Roehrig.

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 $\frac{1}{2}$ tuck $\frac{3}{4}$

- 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 $\frac{1}{2}$ pirouette, step down to toe circle, jump to high bar, kip cast handstand, giant, giant, freehip to handstand flyaway.

- $\frac{1}{2}$ 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 $1\frac{1}{2}$; Leap pass- Switch leap run run switch $\frac{1}{2}$;
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, $1\frac{1}{2}$, front tuck; Second pass front full.; Leap pass- switch leap run run straddle jump; Double turn; Cat double by itself.

- First pass get +.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/spot).**

ATTENTION

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!

DO YOU WANT TO ATTEND SYMPOSIUM?

You must register yourself for Symposium. See page 4 for the updated information on how to register. After registering, send an email message to Sue Woloszyk.



DON'T MISS THIS OPPORTUNITY !!

<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

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



financialsuew@gmail.com

R5S2024



REGION 5 SYMPOSIUM

September 28-29, 2024
Noblesville, Indiana

Embassy Suites by Hilton Noblesville
Indianapolis Conference Center



Heartbeat of Region 5

Room Rate:

\$199+tax/night

Cutoff date is August 28

Registration:

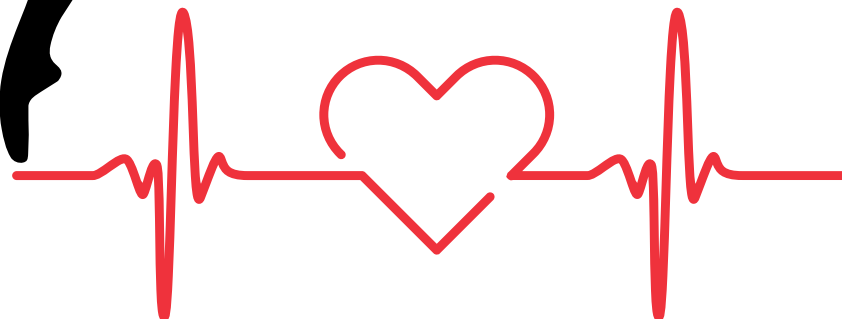
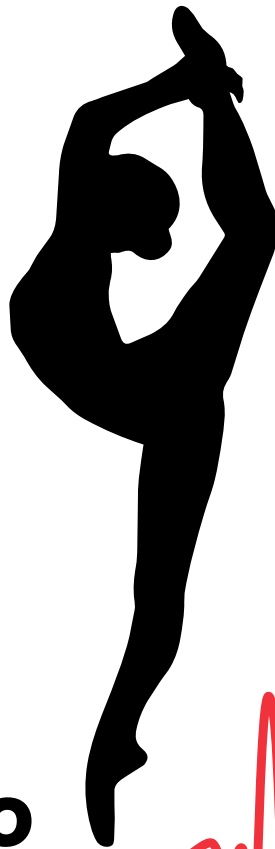
Early Bird: \$150 before May 31

Price increase to \$175 on June 1

**Limited spots are available,
so sign up EARLY!**



**All levels of
judging!
Offering up to
10 CPE hours!**



Steps for Free Registration!

For All ILLINOIS NAWGJ MEMBERS

FIRST, Decide if you are going to 1) National Congress-Minneapolis; 2) R5 Symposium-Noblesville, IN; OR 3) IL State Congress. You can go to as many events as you like but IL NAWGJ will only be PAYING for one event. National Congress registration will cost the most so you may want to consider IL NAWGJ paying for National Congress first.

- If you want IL NAWGJ to pay for National Congress in Minneapolis, Minnesota: send Sue Woloszyk (financialsuew@gmail.com) an email and state that you want IL NAWGJ to register you for Congress and INCLUDE your USAG membership number. That is all you need to do! Must be sent by April 1st,
- If you want IL NAWGJ to pay for R5 Symposium in Noblesville, IN: Go to IL NAWGJ website and use your phone to open the QR code to get to the Google doc registration form. Scroll down and complete the form fully (email, Name, Address, State, Phone, email address, and rating). When you get to the method of payment select the last option "Payment by SJD" then enter your dietary request response and hit the SUBMIT button. DO NOT SEND ANY PAYMENT if you want IL NAWGJ to pay for R5 Symposium. Complete this by May 31, 2024.
- If you want IL NAWGJ to pay for IL State Congress, info TBD: Send notification to Sue Woloszyk (financialsuew@gmail.com) by May 31. We will register you and pay for registration once that information is available.

If you are going to BOTH National Congress and R5 Symposium, follow these instructions:

1. Send an email to Sue Woloszyk (financialsuew@gmail.com) and state that you want IL NAWGJ to register you for Congress and INCLUDE your USAG membership number. Must be sent by April 1st.
2. Next you need to go and register yourself for R5 Symposium - Go to IL NAWGJ website and use your phone to open the QR code to get to the Google doc registration form. Scroll down and complete the form fully (email, Name, Address, State, Phone, email address, and rating). When you get to the method of payment select one of the first 4 choices of either payment by ZELLE or BY CHECK. DO NOT SELECT the last choice payment by SJD. Must be done by May 31st.

If you are going to ALL 3 - National Congress, R5 Symposium, and State Congress, follow these instructions:

1. Send an email to Sue Woloszyk (financialsuew@gmail.com) and state that you want IL NAWGJ to register you for Congress and INCLUDE your USAG membership number. Must be sent by April 1st.
2. Next you need to go and register yourself for R5 Symposium - Go to IL NAWGJ website and use your phone to open the QR code to get to the Google doc registration form. Scroll down and complete the form fully (email, Name, Address, State, Phone, email address, and rating). When you get to the method of payment select one of the first 4 choices of either payment by ZELLE or BY CHECK. DO NOT SELECT the last choice payment by SJD. Must be done by May 31st.
3. For IL STATE Congress - Wait until we get information about registration - if there is a discount/group rate, we will submit registration and collect a check from you for registration. If there is no GROUP Registration, you can register on your own - check back to future IN Newsletters once the State Committee provides registration information.

Thanks,
Sue W.

*Just a few more
Reminders from your SJD...*

Are you ready for



the 2023/24 season?



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.

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.

XCEL

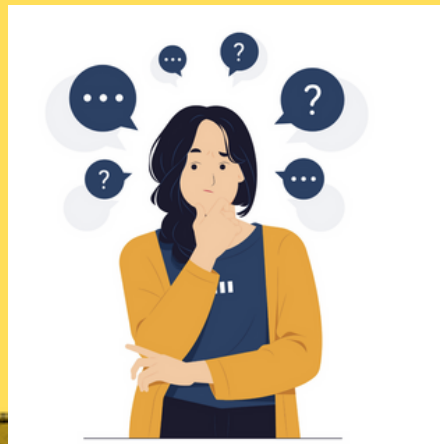
Clarification

Did you know?

6. All Saltos and Aerials must land on any part of bottom of feet first. If the bottoms of the feet land simultaneously, award VP credit and deduct 0.50 for the fall.
- Simultaneously landing bottoms of feet and hands,
 - Deduct 0.50 for Fall.
 - Award VP/SR credit.
 - Bottoms of feet do not land first,
 - Deduct 0.50 for Fall.
 - Do not award VP or SR.
7. Acro Flight elements with hand support are eligible:
- To receive Value Part credit regardless of the number of times performed (provided the Pass/connection is different).
 - May fulfill Special Requirements.
8. Acro elements such as rolls, cartwheels and walkovers that have an optional ending position not specifically listed in the Xcel Code of Points are still eligible for Acro VP credit.
- B. Elements Considered Different:**
In the following instance, elements will be considered different for the counting of VP.
- If they have a different number in the Xcel Code of Points.

XCEL FLOOR

Please look at Floor Exercise
page 9 in the XCEL Code



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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IL NAWGJ Committee Contact Information

- Heather Forbes - State Judging Director (SJD)
 - ilsjdheather@gmail.com
- Tanya Chmielewski- Administrative Assistant
 - tanya.ilnawgjadmassist@gmail.com
- Christi Kearns-Education Chairperson
 - educationchristi@gmail.com
- Sharon Sargeant- Judges Cup
 - judgescupsharon@gmail.com
- Sue Woloszyk-Financial Assistant
 - financialsuew@gmail.com
- Richard Sabel - Webmaster
 - ilwebmasterrichard@gmail.com
- Billy Gurin- Assignor
 - assignerbilly@gmail.com
- Sue Brosnan - Assignor
 - ilnawgjassignorsusan@gmail.com
- Cheryl Schuh - Assignor
 - assignercheryl@gmail.com



[LINK to Updated AAU Rules](#)

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](#)