

# "IN" Newsletter

OCTOBER 2023

WWW.ILNAWGJ.COM

## CALENDAR OF EVENTS

- October 1-Dec 15th – Green Flag Nomination and Award Process - details on page 4
- Oct 2nd - Online Meeting for ILNAWGJ Committee
- Oct 8th - First Assigning Meeting
- Oct 31st - LAST day for reimbursements
- Nov 10th-12th -ILNAWGJ Judge's Cup
- Dec 8th-10th - NEED 8 JUDGES!
- Jan 5th-7th - National Judge's Cup - Tinley Park

*New Judges!*

Brittany Bauer- National  
Belinda Bahn- XCEL  
Jackie Zerbs - L 4/5

*Please help welcome our newest judges in Illinois!*

## TOP NEWS

- HELP WANTED!!! MORE JUDGES NEEDED TO BE AVAILABLE TO JUDGE THE WEEKEND OF DEC 8-10.
- DO YOU WANT A NAWGJ NAMETAG? HERE IS THE LINK WHERE YOU MAY PURCHASE IT  
[NAWGJ NAMETAG LINK](#)
- ALL APROPRIATE PAPERWORK AND RECEIPTS MUST BE MAILED TO SUE WOLOSZYK BY OCT. 31ST TO RECEIVE REIMBURSEMENT.
- NEW JUDGE'S 2024 BENEFIT PACKAGE FOR ALL WHO HELP AT JUDGE'S CUP 2023. PLEASE GO TO PAGE 5 FOR COMPLETE DETAILS.
- TIME TO NOMINATE YOUR CHOICE FOR THE NEXT GREEN FLAG AWARD RECEPIENT. DETAILS ON PAGE 3.

**SAVE THE DATE!**

*Illinois Judges' Cup*

**Nov 10th - 12th**

*Checklist for '23-'24*

1. Update your USA Gymnastics membership (background, safesport, etc)
2. Make region 5 your club affiliation on USA Gymnastics (club # 932028)
3. Update GymJas (all expiration dates)
4. Enter your availability in GymJas
5. Pay NAWGJ dues (unless already paid through IL-NAWGJ)
6. Update your NAWGJ Profile

# XCEL SAPPHIRE

## What is this new Xcel Level of Sapphire and who can judge it??

Sapphire was a pilot program in four regions during the 2022-2023 season and is now adopted as a program for the Nation.

You must be a level 9 Rated Judge or Xcel (All Divisions) Judges Rating (XR) to judge Sapphire as it does include bonus opportunities for the gymnast.

## ARE YOU A MEET REFEREE?

***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](#)

**PLEASE PRINT THE SAPPHIRE RULES TO KEEP IN YOUR JUDGING BAG:**

- [WOMEN'S ARTISTIC GYMNASTICS XCEL SAPPHIRE PILOT PROGRAM RULES](#)

*SOME THINGS IN SAPPHIRE ARE HARDER THAN LEVEL 9...THEY MUST ACHIEVE 0.4 IN BONUS.*

*SOME THINGS IN SAPPHIRE ARE EASIER THAN LEVEL 9... B+B IS BONUS.*

**HERE IS THE LINK TO THE UPDATED XCEL CODE PAGES:**

[XCEL PROGRAM • USA GYMNASTICS](#)

**UPDATED XCEL QUICK REFERENCE CARDS:**

[XCEL PROGRAM \\* QUICK REFERENCE CARDS](#)




*Do you know about this change in deduction?*

[Development & XCEL Program](#)  
(Vault, UB/BB Dismounts & BB/FX acro elements)

- Squat on landing (Hips LOWER than knees) - up to 0.30

# Green Flag Award



*Do you have a NAWGJ member who is an unsung hero or has made unique contributions to our organization, promotes professionalism, or demonstrates leadership that you would like to recognize? She/he could be a candidate for the Green Flag Award. This award may be given at the state and regional level annually and at the national level every four years. (This award need not be given every year.)*

*If there are nominees at the state level, they will be sent to the SJD. The SGB will choose one recipient from their membership. The SJD will forward their recipient to the RJD. The RGB will choose a regional recipient. Regional recipients will be forwarded to the NGB. A national recipient will be chosen the year of the National Symposium from the pool of all regional recipients from the previous four years.*

**[Link to Green Flag Award Nomination Form](#)**



*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](mailto:Educationchristi@gmail.com)**

**Link to Updates**

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

## *Green Flag Award Timeline*

- September 15 – Email to SJD with criteria and nomination form.
- October 1 – SJD sends criteria and nomination form to membership
- October 15 – Deadline for membership to send nominations to SJD
- November 15 – State Award announced and forwarded to RJD
- December 15 – Regional Award announced and forwarded to NGB



## Illinois NAWGJ Judges' Cup 2023 Critique Meet

Coaches will receive a verbal critique of all routines!  
Judges will answer coach's questions after each rotation and talk to the gymnasts!  
Free t-shirt for all competitors!

November 10-12, 2023  
Adventure Commons  
70 Ken Hayes Drive, Bourbonnais, IL

Entry Fee: Level 2-10 and Xcel -  
\$130.00 Team - Free

Awards: Per session. Individual placement medals for all four events and all-around.  
Every team with 3 or more athletes will automatically be entered into team competition.

Entries will be done through [USA Gymnastics Meet Reservations for competitors](#).  
To enter go to [usagym.org](#). Click on My Profile, login and click Meet Reservations on the left.

Mailcheckto: HeatherForbes-IllinoisSJD Checksmadepayableto:ILNAWGJ  
1170 White Chapel Lane, Algonquin, IL 60102

Competition Format: Modified Traditional. Equipment will be AAI.

National Judges Cup: Once again IL NAWGJ will be sending a Level 7 team of six girls to represent Illinois in the National Judges Cup. Illinois NAWGJ will provide entry fees. The team representing Illinois will receive a warm-up provided by Gym Treasures.

The 2024 National Judges Cup will be held in Tinley Park, Illinois January 5-7, 2024.

Thanks for supporting the judges of Illinois! We look forward to seeing you at Judges' Cup!

# Judges Benefit Package @ Judge's Cup 2023

- First 6 hours each judge will volunteer. These 6 hours are eligible to receive volunteer CPE credits and earn Judges Cup apparel, and NAWGJ membership paid,
- After 6 hours of volunteer time, each judge will receive their USA Gymnastics contracted hourly rate. Mileage will be reimbursed and hotel will be provided as needed

## "IN"

### IL NAWGJ Committee Contact Information



### *Important 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](#)

- Heather Forbes - State Judging Director (SJD)
  - [ilsjdheather@gmail.com](mailto:ilsjdheather@gmail.com)
- Tanya Chmielewski- Administrative Assistant
  - [tanya.ilnawgjadmassist@gmail.com](mailto:tanya.ilnawgjadmassist@gmail.com)
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