

NORCAL NAWGJ



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NorCal & the National Judges Cup

By Rod Radunzel

Wow! What a weekend! NorCal was well represented in San Diego, CA on January 4th through 6th. Not only were there 18 NorCal Judges, working in one capacity or another, but our Level 7, Level 6 and Level 5 State Teams accounted for a total of 20 athletes competing over the weekend.

While the weather was cold, rainy and windy outside, the venue was *hot* when it came time for the Level 7 State Team competition. Home crowd favorite, So-Cal, emerged victorious. They never scored below a 9.325 and racked-up *eleven scores of 9.7 and above*. Washington was a strong second and NorCal was close behind, holding off Texas for a third place finish.

Ashley Eastman (Gymfinity) won bars (9.525), beam (9.625), and AA (38.225). Valentina Barbalinardo (Gymfinity) won vault (9.35) and floor (9.7). Chloe Borgese (Airborne) won floor (9.75). The rest of the team, Emma Sadowski and Gabby Ramil (Airborne), and Tatiana Castellanos (USAEG/competing alternate) did some great gymnastics, and had a great time.

NorCal Levels 5 & 6 Teams both take second place in their team competitions



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The NorCal Level 7 Championship team enjoys a rainy day at Sea World after earning their 3rd place win

The girls had a slightly wet, but enjoyable day at Sea World on Sunday as our Level 6, and Level 5 State Teams began competition. Both teams came in a strong second in their sessions, and everyone had fun! We had many 1st Place individual awards, and the coaches and athletes did a great job of working together as a team.

Clubs represented on our Compulsory State Teams included: Airborne, American, Diablo, Rohnert Park, San Mateo, Technique, and West Valley.

And the judging was great! We all met judges from all over the country Brevet and Level 5/6 judges alike. Everyone was incredibly friendly and helpful, and we also got to watch some great gymnastics. Thanks again to Patty Shipman and her staff for a great "kick-off" to the Optional Season.

In-Gym Education

By Chizu Holmes, Training/Education
Co-coordinator

First of all, I'd like to congratulate everyone for a very successful Compulsory Season. We just commenced our Optional Season, and I am looking forward to participating in a new phase of my responsibilities as a judge.

I'd like to share an observation I've made in the short time I've been judging. I feel judging could be improved if we spent more time in the gym viewing "live" routines rather than merely watching films of routines. By doing so, the advantage

Technical Update

By Jennifer Krause, Technical Coordinator

Following is an outline of the Optional Changes for this year. Please read the full text of the Meeting Minutes for more detailed information.

General

Change of score after submission by Judge: The Chief Judge is allowed to change a score after submission to the scoring system if a neutral deduction was inadvertently not applied. The change must occur prior to the end of the rotation. The coach must be notified of the score change and if possible, the new score should be displayed to the public.

Flashing of Start Values: At all level 7 and above competitions, the Start Values are required to be either flashed to written on the competitor's card.

Attire Deduction: If underwear is visible due to the cut of the leotard, warn the coach of the athlete. If they do not correct it, take a deduction on the subsequent event. Underwear, including

*Meeting Minutes may be found on the
USAG website at [www.usa-
gymnastics.org/women/](http://www.usa-gymnastics.org/women/)*

would be to get a more 3-dimensional look.

I would like to volunteer my services to attend practices in the gym with you as a judge to enhance your experience.

Some of you may know, I spent many years employed by the Golden Bear Gymnastic Club as the girls' team coach, so I should be able to use my contacts to get you in the gym. Therefore, please feel free to call upon me.

*You may contact Chizu directly at
cholmesgolf@yahoo.com or at (510) 717-4139.*

sports bras should not be intentionally visible throughout the entire routine. However, if briefs or bra straps show due to activity, do not take the deduction.

Equipment Failure: The Yurchenko hand placement mat, safety zone and tape measure are not a part of the vault apparatus. If they slip or are not placed correctly it is not considered apparatus or personal equipment failure. They are the coach's responsibility.

Level 7 Timed Warm Ups: The timed warm-up period for all formats of Level 7 competition is 1.5 minutes per gymnast.

Vault

Vault Values: Round-Off, flic-flac on repulsion with ½ twist off is added to the vault charts. Level 9/10- 8.7 SV, Level 8- 9.1SV

There are new level 9/10 vault values for several vaults. Please refer to May 21, 2007 Minutes of the Joint Jr. Olympic and Technical Committee Meeting.

Safety Zone Mats: Safety Zone mats must fit snugly around the board for round off entry vaults only.

Continued...please see *Technical* on page 3

Technical from page 2**Bars**

Optional Bar Dismounts: If there is an early termination to a bar exercise without executing a dismount element, the deductions for failure to perform a dismount (0.30) and for failure to fulfill the dismount Special Requirement (0.50) is taken. Do not take (0.50) for a fall.

Dismount: Dismounts from the feet are not allowed and will not receive Value Part credit.

Level 7 Bar Requirement: Replace the special requirement on one bar change with a requirement to perform an “A” level cast.

Compositional clarification: In regards to the 0.05 deduction for failure to perform both forward and backward circle elements and/or release elements at level 9/10, to be considered a forward circle element, the skill must move forward around an axis.

Element Value Changes:

3.401, 6.405 and 7.410 are all changed from a D to an E.

Beam**Element Value Changes:**

Switch–leg side aerial–E

Back salto stretched with step out and gainer back salto stretched with step out is changed to a D value part, however, it will be considered a C value part when awarding connection value at Level 10.

Double back dismount is raised from a D to an E.

Back salto dismount with a ½ twist is changed from an A to a B.

Acro Series Requirement: Special Requirement

credit will be awarded for any E acro flight element in direct connection with an A acro element (non–flight) from Group 7.

In a Level 7 acro series, if a handstand is used as the 1st element, it must achieve vertical and must be held for 2 seconds in order to receive value part credit.

A level 7 may perform a switch leap for B value part credit.

**USAG Background Check Requirement**

All USA Gymnastics professional members must complete and pass a background check prior to renewing their USAG Membership. You can get more information and complete the background check by going to the USAG website and clicking on the Background check box on the left hand side of the screen.

All Judges must have a current USAG membership in order to judge a competition. Do not wait until the last minute to complete the background check as it may take some time to get your results.

It's Not About You**Professional Lessons Learned at the National Judges Cup**

By Karen Stump, SJD

One of my personal objectives as SJD is to provide opportunities for professional development. One way is to highlight nuggets of information or experiences that we can learn from in our newsletters. This first addition's lesson comes from sources you might not expect – a 10 and 12–year old.

Paige Phipps was a Level 7 NorCal team member preparing to compete in the Championship competition while at the National Judges Cup when her knee began to bother her. Paige was faced with a difficult decision – fight through the pain and compete, or allow the



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alternate (her teammate) Tatianna Castellanos to compete in her place. Although it was a difficult decision for her, Paige decided it was best to bow out not only to prevent an injury, but for the betterment of the NorCal team. Tatianna valiantly stepped up to the plate and hit all four routines, contributing to NorCal’s third-place win. Paige cheered her teammates on for 2 sessions, and joined them on the awards stand as the six competing athletes received their trophies. After receiving her trophy, Tatianna, the competing alternate thrilled to have had the chance to compete and no doubt touched by Paige’s selfless spirit, promptly gave her team trophy to Paige. It was a touching moment that I will not soon forget. I was so proud to be associated with such maturity and consideration for others.

Calendar at-a-Glance

Mar. 28-30	Pacific Alliance Gymnastics Championships - San Jose
Apr. 5-6	Levels 8-10 State Meet - Oroville
Apr. 12-13	Level 7 State Meet - Sacramento
May 9-11	Level 9 Western Championships - St. Louis, MO
May 16-18	J.O. National Championships - Kissimmee, FL
Jun. 5-7	Visa Championships - Boston, MA
Jun. 19-21	National Congress & Olympic Trials - Philadelphia, PA
Aug. 22-24	Region 1 Congress - Santa Clara, CA

What a great lesson both in the area of professionalism and for life in general - to keep the bigger picture in mind and not just to focus on what we want. For us as judges, this might mean going with the flow in an undesirable carpool situation, being flexible about the meals being provided at a meet, or simply being willing to admit a mistake when we make one. Whatever the lessons you draw from this, I hope it will encourage you to “do the right thing.”