

NOR-CAL

March 2004

NAWGGJ

Northern California National Association of Women's Gymnastics Judges



KATHY'S KORNER

The NorCal NAWGGJ Board

Hi Everyone,

I hope you have had a great optional season and that 2004 is treating you well.

We have a jam packed newsletter for you filled with a lot of great information and entertaining articles. Make sure you take a few minutes to check them out.

The lucky winners of the 'free' trip to National Judges Cup in Seattle were Cindy Marchetti and Jebby Hutto. The three of us had a great time and are ready to go again! Read more about our experiences inside! Until next time enjoy the sunshine,

Best Wishes,

Kathy Lopes

State Judging Director	Kathy Lopes
Assignor	P.J. Slater
Active Status Coordinator	Karen Stump
Secretary	Melissa Marcucci
Technical Assistant	Toni Cupal
Trainer	Laurie Russi
Newsletter Editor	Jeri Foley

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Technical Updates-Test Your Knowledge Questions

Submitted by Toni Cupal, Technical Assistant

What do I do now?!?

No matter how many years I've been judging, it seems like the dash to the rule book never ends... "What was that?" "What do I do now?" Below are a few examples of situations that could cause some of us to dig out the book. They were reported by different judges from NorCal based on their experiences this year. Read each one and see what you would do. Answers (from Jen, Kathy and me) are provided at the end. Feel free to call if you don't agree and we can dig out the book together.

During warm-ups

1. You are second judge on floor in a Level 10 meet with some strong gymnasts. Gymnasts are warming up between routines in order to keep the meet running quickly. Thanks to the efficiency of you and the head judge, floor is actually ahead. A team of eight gymnasts rotates from beam together and since you have been so fast, the first girl on the team has only two short breaks between routines to warm-up. Her coach tells the head judge that the gymnast has not had sufficient warm-up time, but the head judge instructs him that the gymnast must start competing within 30 seconds or she will receive a deduction. (No, I'm not making this up...) What do you do?

2. Four gymnasts from two different teams are blocking their warm-up time on bars. The coaches ask you to stop the warm-up clock as they change the bar settings between gymnasts. Do you do so?

Vault

3. The gymnast vaults without being saluted. You see only the post flight of the vault. What do you do?

Bars

4. A level 8 gymnast does the following routine: kip, cast handstand 1/2 pirouette, kip, squat on jump to high, uprise to clear support, clear hip handstand, giant, giant, flyaway. How many A's and B's does she have? Does she have full difficulty?

5. A Level 10 Gymnast attempts back giant 1/2 turn, immediate bail 1/2 turn to handstand on low bar. What difficulty and connection values is she awarded if she:

- completes the giant 1/2 within 10 deg and lands within 10 deg of vertical on the low bar,
- completes the giant 1/2 within 10 deg, but lands on low bar beyond 10 deg of vertical

- does not complete the giant 1/2 within 10 deg (but at or above 45 degrees above horizontal), but lands on low bar within 10 deg of vertical
- does not complete the giant 1/2 within 10 deg (but at or above 45 degrees above horizontal) and also lands on low bar outside of 10 deg

6. A Level 10 Gymnast is on high bar facing low. She attempts cast handstand 1/2 pirouette (Higgins Roll) and then swings back to straddle back over low to handstand. What is the difficulty and connection value awarded if she:

- completes the Higgins within 10 deg and lands within 10 deg of vertical on the low bar,
- completes the Higgins within 10 deg, but lands on low bar beyond 10 deg of vertical
- does not complete the Higgins within 10 deg (turns 11- 44 degrees prior to reaching vertical), but lands on low bar within 10 deg of vertical
- does not complete the Higgins within 10 deg (turns 11- 44 degrees prior to reaching vertical), and also lands on low bar outside of 10 deg

7. A Level 8 gymnast dismounts with a sole circle off the high bar. What deductions apply?

Beam

8. A Level 10 gymnast's only forward/sideward element is a kick-up to handstand, which is held and then followed by a step down back handspring. Is there any deduction?

9. Similarly, a Level 10 gymnast's only forward/sideward move is a kick-up to side handstand, step out sideward (like a cartwheel with a stop in the middle). Is there any deduction?

Floor

10. During a Level 6 floor routine, a coach steps onto the floor to spot the gymnast, but does not spot her. What is the deduction?

11. A Level 4 does the front limber on floor and lands back on her hands as she is trying to stand up, but then succeeds in standing up. Do you deduct for a fall (.5), treat it like an "extra swing" (.3), rhythm (.1-.2), other?

...And Answers

1. This is a very difficult situation, but perhaps the best thing to do is to think of yourself testifying on the witness stand after the gymnast attempts to compete and lands on her head on her full-in. Prudently, you should ask for a consultation with the meet director and the meet referee, EVEN if the meet referee is judging on another event. If the head judge refuses this consultation, you are justified in refusing to judge until you consult with the meet referee. For safety, gymnasts need to have the allowable warm up time.

Note: Please review your rules and policies book for exact specifications on how much warm-up time is allowed/required for each type of competition format (p. 38 or <http://www.usa-gymnastics.org/women/rules-and-policies/part2-sect4-meetregul.pdf>) In NorCal we usually use “modified traditional” format in which warm-up immediately proceeds competition, but there is only one set of equipment. In this case, the specified amount of warm-up time is 1.5 minutes/gymnast. Meet directors at Invitational Meets sometimes increase this to 2 minutes, please check with the meet director prior to competition to ensure you are timing correctly.

2. No, while setting the bars is not included in warm-up time for an individual gymnast’s warm-up, if a group chooses to block, bar setting changes between gymnasts are included in the warm-up time. You allow the coaches to set the bars, start timing when the gymnasts begin warming and keep the clock running for the appropriate amount of time independent of bar setting changes within the warm-up. Of course, the safety of the gymnast must always prevail so use common sense if coaches are struggling a lot with the bars.
3. Do not score the first vault. Allow the gymnast to repeat the vault, score it and deduct 0.5 from the average score for competing without being saluted on the first attempt. The gymnast can then perform her second vault without further penalty for this infraction.
4. Assuming the elements are performed well enough to receive value, 4 A’s and 4 B’s which is full difficulty. Uprise to clear support, clear hip handstand is a single C which counts as a single B in Level 8. If the clear hip were not to handstand you would credit the combination with two “natural”

B’s. Also, kip and squat on jump to high bar are two separate A’s. Note that if the squat on is not followed by a jump to high bar, it is not an A.

5. Assuming the elements are performed well enough to receive value part credit and additive value:
 - a. C + D, +1 connection value and +1 difficulty value,
 - b. C + C, +1 connection value,
 - c. A + D, +1 difficulty value,
 - d. A + B, no additive value.Clearly, whether or not 10 degrees within vertical is achieved on each skill makes a huge difference in what is awarded. Be ready and watch carefully. Also, remember that if the giant $\frac{1}{2}$ turn is actually a swing $\frac{1}{2}$ turn below 45 degrees above horizontal, it is no longer an A and would not count as the direction change for Level 9. Further, if it is below horizontal, it would receive a 0.1 deduction for amplitude.
6. Assuming the elements are performed well enough to receive value part credit and additive value:
 - a. C + D, +1 connection value and +1 difficulty value,
 - b. C + C, +1 connection value,
 - c. A + C, no value,
 - d. A + B, no additive value.Again, the angles are critical.
7. The Level 8 A dismount must now be a salto so 0.2 would be deducted from her start value for missing the special requirement.
8. A handstand is not from Group 7 or 8 and not considered a forward or sideward element unless the gymnast does a forward walkover out of the handstand, therefore the 0.1 composition deduction for no forward or sideward element would apply.
9. A side handstand is not from Group 7 or 8, so the 0.1 composition deduction would still apply for no sideward or forward element. Note that the only difficulty requirement for the forward/sideward element is that is at least an A.
10. There is no deduction for coach on the floor mat at Levels 4, 5, and 6 unless the coach spots the gymnast so there would be no deduction.
11. This error is similar to the “extra kick up to handstand” in the compulsory beam routine and, therefore, should incur a 0.3 deduction.

Unbeatable NorCal Level 7 Team Wins Again!

National Judges Cup: My Experience

by Kathy Lopes

by Jebby Hutto

We are so proud of our Level 7 State team.

We took 6 girls from 5 different teams and came away with the 1st place team trophy for the fourth year in a row.

All six girls placed in the top 12 in the all around. It was fun to watch them and just get to enjoy their routines. I was so proud! I want to congratulate the coaches for doing such a good job in training these terrific athletes as well as the gymnasts for performing so flawlessly.

The Level 7 state team was made up of: Mimi La, Ellen Belinsky, (Airborne), Samantha Dacanay (Peninsula), Krystal Tigie (Byers-Sacramento), Mackenzie Landry (Byers-Roseville) and Raelyn Corpuz (Cal West).



Attending National Judges Cup in Seattle was a great experience. I judged 9 sessions over 3 days...whew! Would I do it again? Absolutely. (But maybe not one month after major surgery.)

I loved all the variety and learning about judging in other states. There were three gyms going at a time, all with four judge panels...Over 100 judges volunteered. Each session I was with different judges/events/levels and I served as Judge 1, 2, 3 or 4 and meet ref.

My first session, Carole Ide was the Chief Judge. She was great to judge with. Very helpful and what a sweetie. I met a judge from Wisconsin that rarely got to judge with another judge. They have a large YMCA league and judge by themselves all the time. One gym is actually in a barn on a farm. Cows mooing and the whole bit. Their lunch break is spent in the kitchen of the farm with good old down home cookin' and hospitality.

We also learned valuable judging tips such as using napkins to insulate your shoes. Worked quite well, but the booster club probably wondered what kept happening to all the napkins!

The Auburn Gymnastics parents were an amazing group. They were so helpful and friendly. The icing on the cake was seeing our Level 7 All Stars take 1st place and just their excitement (and their parents) over making this trip and being part of the team. Thank you NorCal NAWGJ for this opportunity!



Another Congratulations



Check out all the new judges and ratings we have in Nor Cal. We would like to recognize all the people who passed their tests. If you see any of them, congratulate them for accomplishing a difficult task.

Kari Armenta	5/6	Shannon Harper	8
Kimberly Bissell	5/6	Lara Goold	8
Erica Meitz	5/6	Rachel Hagan	8
Siobhan Olliges	5/6	Wendy Marsh	8
Jerry Wehry	5/6	Cassandra Meyers	8
Erika Young	5/6	Norah Molina	8
Stephanie Amurao	5/6	Melanie Rozelle	8
Jessica Beck	5/6	Roderick Radunzel	9
Emily Forman	5/6	Kathleen Elbasani	10
Angelica Maduell	5/6	Mary Henry	10
Michelle Martin	5/6	Evelyn Paradis	10
Monica Zamolo	5/6	Pj Slater	10
		Scott Slater	10

Information and Opportunities

2004 Optional State Assignments

9/10 Regional Meet

Nor-Cal is fortunate to be holding 9-10 Regionals in our state this year. It will be held at Sacramento State on Saturday & Sunday. It will be an incredible meet and a great opportunity to see our region's finest gymnasts. I hope all of you will take the time to come and watch at least one session of this great event.

Calling all Judges:

We will need some volunteers to put on this great event and I am hoping I can count on all of you to pitch in. Please let me know if you can offer your service on one or both of these days. We will need line judges, timers & possibly score table people. Thank you in advance for your dedication and service. Please contact Kathy if you are interested. (sjdkathy@hotmail.com).



Special Olympics

May is the annual Special Olympic time in Norcal. This year there are two venues:

Athletic Horizons in Chico May 2 (1:00 March-in)
Michael Anthony's in Concord May 23 (1:00 March in)
There will be a limit of 80 gymnasts (not all perform all-around) in one 3 hour session.

The gymnasts perform routines created by USAG. It is similar to the JO program in the respect that they choose the level and perform at that level. The routines however, are different. Judges are sent a video and a script of all the routines prior to the competition so they can prepare.

This is a yearly event and they are always seeking judges and volunteers for this event. Judges do receive mileage reimbursement and a small fee-volunteering is always welcome. If you are interested now or in the future, please contact **Jean Orr at 925-944-8801X 201.**

I judged this event several years ago and it was one of the most rewarding experiences I have had. The girls (and boys) are so pleasant and it is exciting to see them achieve.

A special thanks to Mary Metcho, Jebby Hutto, PJ Slater, Marilyn Hermanson, and Michelle Julian for offering their time.

March 20 & 21

Level 7 State

Vault Jebby Hutto & Melissa Marcucci
Bars Cara Gibson & Maureen Koehler
Beam Janet Packwood & Donna Smith
Floor Kathy Lopes & Rod Radunzel

Meet Ref Jen Shipman

March 27 & 28

Level 8 State

Vault Jen Shipman & Suzy Smith
Bars Joan Geel & Chizhu Holmes
Beam Kathy Lopes & PJ Slater
Floor Karen Stump & Jeri Foley

Meet Ref Patty Shipman

Level 8 Alternate: Shelley Baker

March 13 & 14

Level 9 & 10 State

Vault Janet Packwood, Donna Smith, Jeri Foley, Melissa Marcucci
Bars Toni Cupal, Kathy Lopes, Liz Crandall-Bader, Rodica Apataneu
Beam Jen Shipman, Cara Gibson, Karen Stump, Margie Schultz
Floor *Level 10* Patty Shipman, Joan Geel, Tara Dumas, Cari Dubois
Level 9 Joan Geel, Tara Dumas, Cara Dubois, Jamie Ulloa

Meet Ref Kat Sgamba

Alternates: Jola Jones, Shannon Merritt &

* Don't forget to wear your NAWGJ Uniform and come prepared for anything!

NorCal Regional Assignments

April 2-4

**Level 9 & 10
Sacramento Calif**

Toni Cupal
Fran Earles
Janet Packwood
Patty Shipman

April 16-18

**Level 8
Henderson Nevada**

Kathy Bettencourt-Lopes
Joan Geel
Jennifer Shipman
Donna Smith

Updates and Information...

Active Status Update

Karen Stump, Active Status Coordinator

A big "thumbs-up" to Kathy Elbasani and Rod Radunzel for being the first judges to turn in their 2003 Active Status Cards! I am still missing cards, however, from about a third of you! Untimely responses will effect assigning. Please do your best to get them to me right away. (Don't forget to include a copy.)

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Active Status Confusion

There has been some confusion over when a new judge needs to turn in an active status card. I am hoping to clear that up in this note.

The newly rated judge has 1 year from his/her actual test date to complete their Active Status Card.

GUIDLINE

If tested prior to April 30, Active Status Card needs to be completed by the end of that year, so if you tested April 17, 2004 you would need to turn in an Active Status card by December 31, 2004.

If tested after May 1, Active Status will not be required until December 31, of the following year. If you tested on May 6, 2004 your Active Status card would not be due until December 31, 2005.

We have a lot of judges who certified in 2002 who have not turned in their Active Status cards. If you certified in any part of 2002 you need to get your Active Status Card in immediately.

Judge's Training

Laurie Russi, Trainer

This springs training will focus on compulsory training and testing which is scheduled for May 1 at Sacramento State University. So, if you know anyone who is interested in becoming a judge, please have them call or email me at 916-745-2057 or laurie@russi.org. If you want to get some compulsory practice judging in before this fall compulsory season, please contact me. The first trainings will start on Tuesday, March 16 in Sacramento at my house.



In gym training will be in April. If you are interested in attending any of these training/practice sessions, please contact me and I will keep you posted as to when and where these trainings will take place.

Test Dates

We will be holding levels 5-9 of the judging test on Saturday, May 1st, at California State University, Sacramento. Room information will be in will be given to you once you sign up.

The level 8 & 9 films will be held at 9:00 am.
The written test for levels 5-9 will be at 10:45 am.

You must pre-register for the test. Sign-ups will not be taken at the door. Contact Kathy Lopes if you are interested in taking the judging test (sjdkathy@hotmail.com).

National Judges Cup: An Experience to Remember

By Cindy Marchetti

I was fortunate enough to go to National Judges Cup. My name was put into a hat or some similar object, with other judges willing to do the same, I was the lucky "pickee"! I was excited, nervous (first time judging out of NorCal) anxious and oh yeah, did I mention EXCITED!

We flew out of Sacramento to Seattle and upon arriving at the airport, we immediately began meeting other judges. They were all over the place. *Have you ever noticed how similar judges look to airline personnel?* A parent from Auburn Gymnastics, who informed us that she was responsible for our transportation needs for the entire time we were there, met us. Boy did the parents do a fantastic job of taking care of us. *Keep reading...*

We followed her through the airport and soon met up with judges from New Jersey and Ohio. We were transported back to the hotel. We checked in, Jebby and I were roommates.

Jebby, Kathy and I had a great time. We talked, laughed, watched scary movies, ate, drank (coffee of course), went to the Space Needle, walked, shopped, took and posed for Kodak moments, and threw fish, all in a 24-hour period.

I worked in some capacity, everything from level 4 to level 10. We judged in four judge panels and the comment most often heard was it is so much fun judging when the pressure is off. The observation most expressed was how similar the judging was and how often the panels were, not just in range, but really close. It was interesting working with different head judges and watching the variety of approaches they took with their panels. They were all professional. I thoroughly enjoyed the opportunity.

A typical day went like this:

- Get picked up between 7:15 and 7:30,
- Arrive at the Seattle Superhawks Stadium,
- Get dropped off at doorside,
- Meet and greet new judges, old friends as well,
- Get fed fabulous breakfast, and be pampered by the parent volunteers. *The parents even had baskets in the bathrooms that were filled with deodorant, contact lens wetting solution, sewing kits, headache remedies, & any other item you*

could want or need. It was just like home. If they didn't have it, they were all to eager to get it.

- Then we would judge a session,
- return back to judges hospitality, where we would be fed again, pampered, and win raffle prizes. *The judges brought different prizes representative of their states, and the Buckeyes were a big hit.*
- We would check the schedule to see if there were any changes, and head out to judge the next session.
- Upon completion of that session, you guessed it, we would head back to judges hospitality, be fed again, pampered, win more raffle prizes, visit and relax for a good stretch,
- head back out for the next session.
- And... repeat it all over again.

I wore two hats that weekend, well actually just one, (black suede, pull down, brimless, sporty, of course). I was fortunate enough to be a part of the National Judges Cup as a Judge and also be a part of the Coaching staff of the 2004 National Judges Cup Championship Team from NorCal.

I would like to take this opportunity to point out how fortunate we are, in NorCal to judge the caliber/quality of gymnastics that we see on a daily basis here. Since this was the first time I left our area as a judge, it was the first time I saw how some of the level 9 and 10 gymnasts perform from other areas. Some of them would have been competitive with our higher end level 8's that we typically see here. Of course, there were some strong level 9's and 10's as well, but we are blessed to see great gymnastics on a weekly basis, gymnastics that we may, all too often take for granted. I am proud to be both a judge and coach in NorCal. Whatever we are doing, it's working. Way to go NorCal!

The weekend was wrapped up by an incredible photo op, that was par for the course; 75+judges had to be organized by one photographer, who had to be spotted by an assistant, as he balanced on one leg, on the beam, to get a shot that would capture and depict the opportunity of a lifetime that was all too soon coming to a close. I strongly urge you all to become involved in National Judges Cup in the future. It's an experience you will never forget.

Calendar of Upcoming Events

Month	Date	Event
March	13-14	Level 9/10 State Championships Cal West
March	14	Last Chance to qualify for L7 State Championships
	20-21	Level 7 State Championships Byers Sacramento
March	21	Last Chance to qualify for L8 State Championships
	27-28	Level 8 State Championships CCGI
April	2-4	Level 9/10 Regionals Sacramento California
	11	Easter
May	15	USAIGC Nor Cal State Championships Twisters
	16-18	Level 8 Regionals Las Vegas Nevada
	23-25	Level 9 Westerns Seattle Washington
May	30-2	Level 10 National Championships Orlando Florida
June	2-5	US Championships Nashville Tennessee
June	23-26	40th Annual National Congress Anaheim California
June	24-27	US Olympic Team Trials Anaheim California



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We're on the Web!

www.nawgj-ncal.org