



▶ CONGRATULATIONS TO NEW JUDGES AND NEW RATINGS. CHECKOUT WHAT'S NEW.....



▶ MAKE SURE YOU TAKE A LOOK AT THE TECHNICAL INFORMATION. MAKE THE CHANGES TO YOUR JUDGING MATERIAL.....



NAWGJ-NorCal News



Hi Everyone,

A newsletter at last! I hope this newsletter finds you well and enjoying our 2nd year of the new compulsories. I am quite impressed with how the girls are doing. We have a ton of gymnasts this year and it will be interesting to see how big our state meets are. Be prepared for long days filled with great gymnastics!

Inside you will find a couple of clarifications on some important skills we are judging each weekend. Please make sure to read them and apply the rules as they were intended to be applied. Always remember that we are here for the gymnasts and want to judge to their benefit. If something seems like a huge deduction for something very minor go with your gut instinct and don't take it. You can always email me with questions and if I don't have an answer I will contact someone who does.

Enjoy fall and this wonderful weather and I hope to see all of you soon.

Kathy

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Kathy Lopes
PJ Slater
Melissa Marcucci
Laurie Russi
Toni Cupal
Jeri Foley

SJD
Assignor
Secretary
Trainer
Technical
Newsletter



The 2007 Visa Championships are being hosted in San Jose. NAWGJ-NorCal is signed up as a gym-we should be getting some ticket information soon. Look for an email with details about getting your tickets through NAWGJ-NorCal. National Congress will be held in conjunction with this exciting event. Be sure to keep the dates free because you don't want to miss out.

Clarifications and Information

By Kathy Lopes and Melissa Marcucci

When I attended Region 1 Congress this year I specifically asked about how to apply the following deductions. They referred me to Technique for the clarification on the push and emphasized that the push off deduction should only be used when a gymnast could not get up without the extra help of her hand. If her body is not in a nice stretched position because her hand is behind her as she is trying to get up you could take a half tenth in posture.



This question and answer can be found in Technique Magazine, January 2006.

- Q. How is the .3 deduction applied for pushing off the beam with the hands to arrive in a tuck stand after the V-sit.
- R. This deduction is to be applied only when the gymnast, in the attempt to lean forward to stand up, **GETS STUCK and MUST PUSH** off the beam in order to continue the movement. (Do not use this deduction for the gymnast whose hands are just resting behind her on the beam).

This deduction should **NOT** be applied on floor.

On the back roll to push up position on Level 4 Floor emphasis is on hollow body and straight arms. If a gymnast goes to HANDSTAND it is the wrong element and .6 would be deducted for changing the element. Anything short of handstand **receives no deduction.**

Strange Situation Level 6 Beam

Instead of doing a back walkover the gymnast sits down on the beam bridges up and kicks over. After much discussion about this we have concluded that this should be looked at as either deliberate omission or substitution, in either case 2 times the value of the element would be deducted. I wouldn't also take execution deductions for what she is doing but I would take the deductions if she fell or wobbled

Judges Cup Information

Judges Cup was our biggest ever. 650 gymnasts in two days. We went with a Hawaiian theme and just about everyone dressed the part.

It was our first year of doing 4 sessions in one day. It was crazy but went very well. We made over \$35,000 in just two long days of work.

. Money raised at Judges Cup pays for the NAWGJ fees of the volunteers, helped pay your Congress registration costs, sends the level 7 State team to National Judges Cup as well as at least 2 judges and this year NAWGJ will help pay costs for attending National Congress in San Jose.

Thank you to everyone who volunteered and helped make our Judges Cup meet such a success

Testing Opportunities

There is no plan at this time to offer the tests in Nor Cal before the end of this year. NAWGJ has offered testing opportunities four times in 2006 already.

If you are looking for opportunities to test, check the Master test schedule.

You can find the Master test schedule on the bottom of the web page at: <http://www.usa-gymnastics.org/women/judging/>

We have included some upcoming tests in Region 1 and Region 2 to assist you in finding your next testing opportunity. Please check the website as it is updated frequently.

Begin Date	State	City	Begin Time	Location	5/6 W	7/8 P	7/8 W	9 P	9 W	10 P	10 W
11/04	NV	Las Vegas	2PM	950 S. Cimarron; Las Vegas	X		X		X		
11/12	CO	Denver	10AM	Gymnastics Plus; 6180 E. Warren Ave.; Denver,	X	X	X	X	X	X	X

Technical Information and Updates

Skill Value Changes

The following elements were inadvertently omitted from the list of skills that have changed value for the JO Program (as published in the minutes of the May 2006 joint J.O. and Technical Committee meeting). These values are effective August 1, 2006:

Beam:

#7.303 (C) Free (aerial) round-off, landing on both legs raise to D new # 7.403

#8.404 (D) Salto backward stretched with legs together raise to E new # 8.504

From May 06 WTC

General procedures and deductions for comp. And opt.

Signals and verbal cues must be *specific* to garner the .2 deduction -from average - no warning.

Change of score: Once the final average is submitted, only inquiry from coach (within 5 minutes) can cause the score to change - if judge realizes he/she missed something it can't be changed for that reason.

Compulsory Concerns

Uneven bars fall time has been increased to 45 seconds.

Opt. and Comp.

Level 4 vault an unfolded panel mat may be placed on the top of mat stack.

Level 4 bars: front hip circle to immediate small cast: if gymnast isn't in position to cast after the front hip circle, deduct .3. She is not required to perform the cast now but if she does, do not deduct for an extra swing.

Level 4 bars: pullover mount: .3 deduction for resting chin on the bar after pull up and prior to pulling hips over bar.

Level 4 bars: Must remove mounting apparatus immediately after the *jump to glide*.

Level 4/5 bars back hip circle: change of deduction for "fail to maintain hip or upper thigh contact on bar

Level 5 beam: a 1/2 pivot turn has been added following the scale.

Compulsory floor: add a .3 deduction for a stop between elements in acro series.

Throughout back hip circle" from flat .2 to "up to .2".

Optional Concerns

General Deductions: falls on vault and on dismounts:

clarification - gymnast lands on hands and feet simultaneously, deduct .5: vault will be scored/value part is awarded.

JO Code of Points Changes: Under "landing deductions for all elements and vaults" Add to large faults:" Brushes/touches the landing surface with one or both hands - no support - "up to .3"Under Very Large Faults (pgs. 15,25,67,146,242) Change to "Fall on mat to knee(s) or hips".

Add #3.203 1/1 turn with heel of free leg forward at 45 degrees throughout turn, forward leg extended = B.

Add #3.202 1/1 turn on one leg, thigh of free leg backward upward at 45 degrees throughout turn = B.

Add the Following Elements to the Code of Points

Event/#	Description	Value
Vault:		
#2.311	Front handspring onto board, front handspring on, salto forward piked off (Garbarino)	9.9
Bars:		
#3.502	Clear hip circle on HB through HS, to reverse hecht in pike position (Piked Hindorff)(Jones)	E
Beam		
#2.301	Split jump with a change of legs (beat/entre chat quatre) prior to split position, landing on both feet simultaneously to finish in a kneeling position on one leg (Sweetin), also to astand on both feet	C
#2.505	Switch-side leap with additional ¾ turn (Ikoma)	E
#7.402	From stand on one leg, swing through front aerial (George)	D
#7.410	Flic-flac with ¼ twist to side handstand to immediate 1/1 pirouette (must be continuous)- lower to front support (Fortunato), also to optional end position	D
#8.402	From stand on one leg, swing through side salto (George)	D
#9.303	Cartwheel with ¼ twist with repulsion from hands to a salto backward tucked dismount(Tsukahara tucked dismount) (Lawson)	C

Change the Following Elements in the Code of Points

Bars:

Element value changes:

#2.403 Back uprise with 1/2 to handstand change from D to C: #2.303.

#3.507 Weiler kip to handstand with 1/1 turn after (Healey) change from E to D # 3.407.

#5.408 Jaeger from LB to HB change from D to C #5.305.

#4.204 long swing forward with 1/2 turn and flight over LB - RAISE from B to C whenever it is performed immediately following a D or E release element.

Beam:

Element value changes:

(#3.303 3rd illustration 1/1 turn with hand holding leg at min. of 45 degrees above horizontal = C)

Re-number #2.202 split jump to #2.201.

#7.303 Side aerial raise from C to D #7.403.

#7.303 (C) Free (aerial) round-off, landing on both legs - RAISE from C to D #7.403.

#8.404 (D) Salto backward stretched with legs together - RAISE from D to E #8.504

Floor:

Element value change:

#6.101 Salto forward tucked with 1/2 twist -RAISE from A to B
#6.201

General execution:

Any one element may receive no more than .3 deduction for bent leg(s) and no more than .3 for bent arm(s).

Changes to Code of Points

Bars, page 65 G. Insufficient Amplitude of Uneven Bar Elements up to .2 add bullet:

- Insufficient amplitude of salto dismounts "up to .3".

Dismount regulations on bars and beam, pg. 49, B. Bar Dismounts. #3 Change to: If a gymnast performs a dismount element without a hecht or salto (move "dismount element of no value" to #4. #4 now reads "If the gymnast performs a dismount of no value or makes no attempt to perform a dismount."

JO Code, page 131.2 b. change to Deduct .3 for no dismount.

Beam, page 146, C. Large Faults, #4 add bullet:

- Insufficient height of salto elements (**including dismounts**) "up to .3

Vault touch warm-ups - gymnasts not required to be in competitive order and coaches are encouraged to work together to safely expedite the touch warm-up period.

Level 7 changes:**Beam:**

Allow #2.302 Straddle jump with 180 degree split to receive B value. May also fulfill Leap/jump special requirement.

Floor: allow #2.301 2/1 turns on one foot to receive B credit, and may fulfill the 360 degree turn special requirement.

Level 8 bar clarifications:

#7.301 (pike sole circle on LB, release and counter movement forward in flight to hang on HB) cannot count for two Special Requirements. The routine must contain two elements (same or different) with minimum of B value: One B must be an element from Groups 3, 6, or 7 and the other B must be either a flight element or an element with a turn of 180° or more.

If a Level 8 performs a clear hip circle (B), then performs another clear hip with a half turn that turns prior to 20° of vertical, the requirement of two B elements (one flight or turn, the other from Groups 3, 6 or 7) has been fulfilled.

Level 8-10 bar clarification:

Change wording of dismount Special Requirement to "salto/hecht dismount".

Optional beam:

Delete the Level 8-10 Beam Special Requirement of a Dance Series and change it to "a leap or jump requiring a 180° cross or side split I

- must start and finish on the beam
- may be performed isolated or in a series.

Add .2 compositional deduction on Beam for lack of dance series with a minimum of two dance elements from groups 1,2 or 3.

Clarification of the Beam Dismounts #9.209, 9.309, 9.409 and 9.509: Gainer back saltos off the end of the beam.

The technique is to perform these elements in a straight forward direction, with the salto performed like an "inward" dive in which the salto "flips" backward toward the beam.



Add the following to the specific execution deductions for Beam, page 143: Up to 0.30 for directional error on all gainer dismounts off the end of the Beam.

Level 8 Beam acro series Special Requirement clarification:

The non-flight element may be from the roll category (group 6). Example: Free forward roll to back handspring.

JO Code of Points - page 134: Change of wording -

F.1. Considerations for awarding value part credit when a fall occurs: Value Part credit is awarded if the gymnast completes the element by landing/making contact with the foot/feet on the top of the beam.

Optional Beam and Floor**Beam and Floor Compositional Deductions -**

Clarification of Lack of variety in choice of elements on page 142 and 238: Overuse of same shape deduction will be applied only if there are:

- More than two elements with a wolf and/or tuck position with or without turn = 0.10
- More than two straddle jumps with or without turn = 0.10

Floor Exercise

Change, on Page 234 of the JO Code of Points, Special Requirement #1B.#1 One Acrobatic series with two (2) saltos OR two (2) directly connected saltos. Saltos may be the same or different. Examples:

- Punch front layout with 1/1 twist (C), immediate front layout (B)
- Front tuck step-out, Round-off, flic-flac, 2/1 twist

Meets and Assignments

Level 4 State Assignments

December 2 and 3 Black Diamond

MEET REFEREE: Rodica Apataneau

VAULT Diana Lattimore
Cassie Myers
BARS Scott Slater
Jeri Foley
BEAM Laurie Skelton
Mary Metcho
FLOOR Whitney Slater
Shelley Baker

Level 5 State Assignments

November 18 and 19 Diablo

MEET REFEREE: Tara Gilmore

VAULT Kathy West
Maureen Koehler
BARS Kat Sgamba
Chizu Holmes
BEAM Melissa Marcucci
Barbara Osaki
FLOOR Marilyn Hermanson
Holly Balchus

Level 6 State Assignments

November 11 & 12 Oroville

MEET REFEREE: Donna Smith

VAULT Joan Geel
Kelly Bowker
BARS Kathy Lopes
Siobhan Truesdale
BEAM Jebby Hutto
PJ Slater
FLOOR Janet Packwood
Jen Cuthbertson

Regional and National Assignments for 2007

Level 9/10 Regionals, April 20-22, Orem, UT

MR. J. Bowse and S. Graff

ARIZONA P. Evans
D. Grayson
S. Mann-Liddle
N. Nelson
Alt. D. Payne

NORCAL K. Lopes
J. Packwood
R. Apateanu
P. Shipman
Alt. J. Geel

SOCAL C. Hamil
Y. Mavity
T. Preston
P. White
Alt. J. Pillasch

NEVADA E. Crandall-Bader
J. Jay

UTAH Alt. D. Jensen
C. Bennion
L. Fenton
Alt. W. Atkinson

J.O Nationals, May 18-20, Mason, OH

Julie Bowse - SC
Elisabeth Crandall-Bader - NV
Pam Evans - AZ
Janet Packwood - NC
Alt. Cathy Bennion - UT

Level 9 Westerns, May 11-13, Spokane, WA

Linda Fenton - UT
Celeste Hamil - SC
Julie Jay - NV
Alt. Cathy Bennion - UT
Alt. Shari Mann-Liddle - AZ

Level 8 Regionals, April 14-15, San Jose, CA

MR. N. Nelson

ARIZONA K. Brown
F. Earles
D. Payne
R. Sumpter
Alt. P. Miller

NORCAL J. Cuthbertson
J. Geel
M. Koehler
D. Smith
Alt. L. Skelton

SOCAL J. Leavitt
L. Mauro
T. Parsons
D. Porrazzo
Alt. T. Barnard

NEVADA S. Bruck
C. Nolan
Alt. L. Dimetrieve
W. Atkinson
H. Carmody
Alt. P. Bryant

UTAH

Nor-Cal will be hosting Level 8 Regionals in San Jose at Parkside Hall on April 14 & 15. Judges are invited to volunteer their time at this great event. Jobs include timers, line judges, hospitality, and transportation of judges from the airport to the hotel and back and technical support. Those interested contact Kathy Lopes.

Please Congratulate and Welcome our Newest Judges

Lina Slack
Libby Gregory
Tawny Lambuth
Melany Weaver
Jennifer Friend
Jessica Hart
Phillip Garcia
Kerry Thomas
Corrie Baer

Kati Boylan
Candice Fox
Terri Gunter
Bonnie Ng
Becky Osaki
Toni Peterson Scammacca
Tess Sheridan
Nickole Sutter
Danielle Vargas



Siobhan Truesdale 9
Kelly Bowker 9
Dawn Gilbert 8
Whitney Slater 10

New Ratings

Welcome to NorCal!!

NAWGJ would like to welcome two new level 10 judges to our area. They are sisters Laurie Lattimore-Volkman and Diana Lattimore. Laurie moved here from Georgia and Diana is from South Carolina.

The Judges Assigning Information and the 2007 Collegiate Rules are posted on the NAWGJ National website at:

http://www.nawgj.org/NCAA_information.htm

Make sure you download and read the information thoroughly.

Other Collegiate Links:

Judges Assignment System:

<http://judges.troester.com>

Gymnastics Index page on NCAA.org:

<http://www1.ncaa.org/membership/champadmin/gymnastics/index.html>

New Collegiate Gymnastics Discussion Board

<http://pub84.ezboard.com/fcollegegymnasticsboardfrm1>

Gym Info (College results) <http://www.troester.com/gym/>

Here is a link to the college coaches site where rules, rule changes etc. are posted.

WARNING: The Rules and Vault Chart currently posted on this web site are from 2006. Do not use. <http://www.collegegymnast.com>

Women's Gymnastics Championship Handbook:

<http://www.ncaa.org/library/handbooks/gymnastics>

Rules and Policies

For 2003-2004 Rules and Policies go to www.usa-gymnastics.org and click on the "Women's Program" button. Then click on "Rules and Policies." There is a link to request a bound copy, or you can look up the information you are searching for and print whatever pages you may need.

On a Personal Note

Jennifer Shipman

Got Married! Congratulations.

October 21st to Chuck Krause. Jennifer and Chuck will be honeymooning in Australia for 2 weeks.

Jennifer says she will go by the name Shipman-Krause and eventually become Krause

Kara Bennett

On September 3, Kara gave birth to a 6 lb 8 oz baby girl. She was 20 inches long they named her Bailey Ann. Mother and baby are doing fine and Kara says they are all enjoying her! We wish Kara and Bailey Ann the best.

Holly Balchus-Thomas

Got Married! Congratulations.

July 22nd to Jamie Thomas. It was a record breaking temperature day of 115 degrees in Modesto. Jamie teaches 7th grade at the same school Holly teaches Kindergarten. He also coaches golf at the high school so he understands her love of coaching gymnastics every day.

Holly says, "If I judge on the weekends it gives him an excuse to go golfing, so he doesn't mind :)"

Holly and Jamie live in Ripon (small town near Modesto). They are currently expecting their first child.

Liz Crandal-Bader

We have to say goodbye to Liz who has moved to Henderson Nevada. Liz has allowed us to share her information so you can stay in touch.

leezardlips@yahoo.com

We will miss Liz in Nor-Cal, but at least she is still in our Region. Liz, we all wish you the best.

Melissa Marcucci

No more monkeys for Melissa! Melissa is back in school, in the UCD Credential/MA program teaching high school physics. Those teenagers better watch their step! Good Luck to Melissa.

Toni Peterson

Recently got married, Congratulations! Her new last name is Scammacca. They are expecting their first child!

NAWGJ in Southern California is hosting a Winter Symposium on December 2nd and 3rd. This is a good opportunity to get those needed clinic points for your CPE credits.

The information and registration form is located on the SOCAL website at:

<http://www.nawgj-sc.org/whatsnew.htm>. Please check this out for the complete information.

The contact person for the registration is Tammy Parsons.

Below is a copy of the information:



presented by



Registration

Early Bird (Postmarked by November 1)	
Conference Registration	\$75
One-Day Rate	\$50
After November 1 (Postmarked by Nov. 21)	
Conference Registration	\$90
One-Day Rate	\$65
NAWGJ Awards Luncheon	\$35
<i>(complimentary for NAWGJ-SC Members)</i>	
There is no on-site registration	



Location

Morongo Casino, Resort & Spa
 49500 Seminole Drive
 Cabazon, California 92230
 800-252-4499 or 888-MORONGO
www.morongocasinoresort.com

Group Room Rate: \$219/night (plus tax & resort fee)
You must reserve by November 1 to receive the NAWGJ group rate. This rate is valid for Friday and Saturday nights for up to 4 people per room. Every person who checks into the hotel will receive a VIP coupon book for the outlet mall and a \$20 certificate for the Sage Spa. Rooms are limited and available on a first-come, first-served basis.

Another option, located 3 miles from Morongo with rooms starting at \$105/night (plus tax):

Days Inn Banning Casino/Outlet Mall
 2320 West Ramsey Street/I-10
 Banning, CA 92220
 Phone: 951-849-0092

HIGHLIGHTS INCLUDE:

- **Optional Base Score Clinic (Saturday)**
 - Practice Judging
 - Updates and Rule Clarifications
- **Optional Training**
 - Technique (V, UB, BB, FX)
 - Advanced Shorthand Applications
- **Entry Level Judge's Training**
 - Basic Shorthand
 - Levels 7 & 8 Sessions
 - Compulsory Overview
- **General Sessions**
 - Region 1 Update
 - Inside Look at the new FIG Scoring System
- **Certification Examination ~ All Levels (Sunday)**
(register at www.usa-gymnastics.org)
- **NAWGJ-SC Awards Luncheon**



Schedule

SATURDAY, December 2

- 7:45-8:30 Registration
- 8:30-12:00 Sessions
- 12:00-1:30 NAWGJ-SC Awards Luncheon
- 1:30-6:00 Sessions

Evening off for shopping, relaxation, fun & games!

SUNDAY, December 3

- 8:00 - 8:30 Registration
- 8:30-1:00 Sessions

CALENDAR

Date	Item	Location
November 4	Zone Championships	Various Locations
November 5	Zone Championships	Various Locations
November 11 & 12	Level 6 State Championships	Oroville
November 18 & 19	Level 5 State Championships	Diablo
November 23	HAPPY THANKSGIVING	
December 2 & 3	Level 4 State Championships	Black Diamond-Brentwood
December 2 & 3	Winter Symposium and Optional Base Score Clinic	Southern California
December 9	Level 7 Judges Cup Qualifier	San Jose California
December 10	Level 8-10 Critique	San Jose California
December 12-17	World Cup Finals	San Paulo Brazil



Jeri Foley
 7525 McMullen Way
 Sacramento, Ca 95828

Checkout out our website at: www.nawgj-nca.org