

NOR-CAL

NAWGWJ



Northern California National Association of Women's Gymnastics Judges

November 2003

KATHY'S KORNER



Hi Everyone,

Can you believe that compulsory season is over! This year has just flown by. I hope everyone enjoyed the season and had a positive judging experience. Optional season is just around the corner. Some gyms are already doing intersquads, if you are judging any intersquads make sure to prepare before you get to the gym. They are, after all, paying for your expertise.

I attended Southern California's mini congress in November. It was very informative. I would like to share with you, something they presented. It is "The 10 things Coaches hate about Judges." I unhappily found myself in some of the commentary. I hate to think that I may have made someone doubt my professionalism by my actions so now I vow to make improvements. I ask each of you to read this list and examine your actions. If you also find your self in the list, I hope you will also vow to make improvements.

Take a look at the 10 things coaches hate about judges inside this issue.

I want to wish each of you the best Holiday Season and I hope to see each of you at both the December Clinic and the Christmas Party afterwards.

Best Wishes,

Kathy Lopes

The NorCal NAWGWJ Board

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Technical Information from Region 1 Optional Base Score Clinic

Submitted by Toni Cupal, Technical Assistant

Southern California NAWGJ hosted the first annual regional base score clinic Nov 1-2 at Cal State Fullerton. We were lucky to have Audrey Schweyer, National Elite Technical Chairperson, as our clinician. Routines at level 8/9/10 were base scored and a session on the duties of panel and chief judges was presented by our Regional Technical Chairman, Sue Graff. The clinic was required for all judges assigned to a regional meet, but was open to all interested judges. A few technical notes are listed for your reference. Before that, however, here is a short tech quiz for you:

1. What is the start value for a Level 4 bar routine that mounts with a pull-over?
2. What do you do if a vaulter performs her first vault without saluting?

Notes/Reminders from Regional Clinic:

GENERAL:

1. Remember, even though Level 8 gymnasts can do "C"s, no consideration should be given for exceeding the expected difficulty of the level – "A"s and "B"s.
2. Execution and amplitude expectations should NOT change from level to level, e.g. split leap deductions for a level 8 gymnast are the same as for an elite gymnast.
3. Do not underscore excellence!!

VAULT:

Standards of excellence: HEIGHT, distance, dynamics, quickness, crispness, body position, execution.

1. Audrey suggested that a good thing to keep in mind is a guideline she heard once heard at a Brevet course "The purpose of vaulting is flight from the table." The main goal is height of flight. It is NOT OK to have a horizontal vault even for twisting vaults.
2. Start values do not clearly differentiate the difficulty of the vaults. Recognize and reward complex vaults – turns in pre/post flight, body shape changes.
3. If vault requires twist in post flight, one should see repulsion and then twist.

4. For layout vaults, if more than half the vault is not stretched then award open pike. It is a disservice not to do this since the gymnast may get a layout all year and then have a pike awarded at state or regionals.
5. Layout front half is often over scored. It should be straight during half turn and not pike down.
6. If a layout vault pikes down, deduct for body in the air and on landing if appropriate.
7. Reward excellence!

BARS:

Standards of excellence: Body position, swing, dynamics, height of release elements.

1. Level 8 3/6/7 element must now be a "B".
2. Level 8 "A" dismount must now be a SALTO.
3. Level 8: under a rule that makes no sense, since Level 8's can do "C"s, if the gymnast performs a clear uprise to clear hip hand, a "C" element is recognized and awarded "B" as always in Level 8. If, however, the clear hip does not finish within 10 degrees of vertical, the gymnast is awarded two "B"s, one for the uprise and one for the clear hip. (Don't ask me, I don't make the rules...)
4. After a fall, two pump swings are allowed to reestablish momentum. A third swing would be counted as an extra swing and a 0.3 deduction taken.
5. "B" clear hip and pike sole circles will get "B" value unless the gymnast's hips touch the bar. Deduct up to 0.2 for amplitude of the extension below 45 degrees. Evaluate amplitude by looking at line from shoulders to lowest point (hips or feet).
S7.209 is in the element supplement. Pike sole circle backwards (toe on & off) to clear support=B
6. Stalder circle does NOT require open hip line at the end of the circle. Evaluate amplitude of finish by looking at the line from shoulder to hips.
7. Hop skills in which the hop is completed in the descending phase retain value of ROOT skill and do not fulfill special requirement of a flight

- element, e.g. cast handstand hop to reverse grip during descent = “B” with no flight.
8. Cast squat on is an “A” only if it is followed by a jump to high bar.
 9. Giant circle half turn that does not get within 10 degrees of vertical is an “A” provided the half turn is completed at or above 45 degrees. Under 45 degrees the element does not have value and under horizontal it receives a .1 deduction. This is important because if the swing is less than 45 degrees it does NOT count for special requirement at level 9.
 10. Counter “sit up saltos” should be caught from ABOVE the high bar. Take up to 0.2 for height if they are not. If they are very questionable, still give the “C”, but take full execution deductions.
 11. Tkatchev needs to demonstrate height of flight over the bar.
 12. Pac must arrive in clear support and should have rise.
 13. In evaluating choice look for elements that require body shape changes during elements.

BEAM:

Standards of excellence: Body position, height or acro and dance, rhythm, dynamics, good variety of elements.

1. Level 8 can use rolls as the forward/sideward element.
2. Switch side – the timing of the turn is often questionable. Use “incomplete turn in dance elements” deduction (up to 0.2) if gymnast begins to turn hips before take off. On beam it is rare that the gymnast would do so much of the turn prior to take off to not award the skill, hence it should usually be rewarded and appropriate deductions applied. Ronde jambe technique for the switch of the legs is OK.
3. During connected turning elements, if a stop occurs, it is broken. However, if the gymnast continues to move, EVEN if a partial turn occurs on the beam, the connection is not broken. A tempo deduction can be applied as appropriate (up to 0.1).
4. Back handspring swing downs should not crash onto the chest. Deduct execution if such a landing occurs.

5. Tourjete half must still meet the requirements of a tourjete – sharp ½ turn, 180 degree split – and then be followed by a sharp ½ turn.
6. Switch ring – it is OK if back leg is straight (on FX too) as long as foot is at head height and head is released backward. If front leg is “drooping” below horizontal take insufficient split deduction.
7. On outward full turns, make sure they pick up foot quickly enough to count as a full turn.
8. Gainer out of a leap is connected as long as leg continues moving.
9. Deduct up to 0.2 for cowboy’d legs. Full cowboy is –0.2. Take it.

FLOOR:

Standards of excellence: Body position, height of tumbling and dance, artistry, variety of elements.

1. If a mat is used on the floor exercise, it must be marked to indicate the floor boundary. If it is not marked a 0.1 neutral deduction is taken.
2. Switch side – large early turn happens much more often on floor. If hips almost completely turned before take off, award “B” side leap instead of “C” for switch side. Also, if straddle after switch is done with no turn, i.e. facing the same direction as take-off, award “B”.
3. Front layout height expectations should be different depending on what it is used in combination with. A “front whip” type technique is OK IF it is followed by a very high level skill like a double front. In more normal bounding tumbling, front layout should go up more than a whip would. (It was not discussed at this clinic, but based on discussions with coaches and judges, I would suggest the height standard be rotation around shoulder height.)
4. Flysprings must be low and long and accelerate.

Please be sure to fully review the “What’s New for the Women’s Junior Olympic Program in 2003-2004” as well as get updated copies of the Technical Handbook errata sheet (latest is dated August 28, 2003) and element value sheets.

Tech quiz answers: 1. 9.0. 2. Gymnast is still allowed to perform her two vaults. 0.5 is deducted from the first vault performed.

A Special Award

Top 10 Things Coaches Hate About Judges

By Jeri Foley contributions by Jennifer Shipman

We have a USAG award recipient among us. At a luncheon held by USAG during the World Championships, Patty Shipman was awarded the "Service Star Award" for her contributions to the area of events.

Patty has been volunteering for several years at most USAG major events including US National Championships, U.S. Classics, American Cups and World Championships. Her involvement includes assisting with the scoring, athlete and coach registration, volunteer coordination, among many other tasks. She has traveled all over the country and has become an integral part of the event staff.

Patty is also the a member of the NAWGJ National Board. She is the National Judge's Cup Chairperson. If any of you have ever run a meet, you know how difficult it can be. Try planning and running a meet in a different gym in a different State each year!

Patty and her husband Jerry own a successful business as well. They have raised two talented children who have made many achievements of their own. "The apple does not fall far from the tree!"

It is uncertain how Patty has the time or energy for all her endeavors. We are glad she has the time for NorCal as she is an important part of our own judging community.

Next time you see her at a meet, congratulate her and thank her for all her hard work and contributions to the sport of gymnastics. Her dedication to gymnastics is overwhelming.

Congratulations Patty for an award well deserved!

This survey was presented at the NAWGJ So-Cal Optional Mini Clinic.

Take a look and make sure you are NOT on the list!

THE 10 THINGS COACHES HATE ABOUT JUDGES



1. Judges lacking in Knowledge. Not being able to recognize skills, not spending any time in the gym
2. No differentiation. All scores in the same range
3. Inconsistent Judging
4. When excellence isn't recognized
5. Judges giving high scores that are not deserved
6. Judges reading, knitting etc, during warm-ups
7. When a judge won't admit they have made a mistake
8. Looking down while judging
9. Judges sitting together talking about routines
10. When body language isn't professional (making faces, looking bored)

If you stay current by attending clinics or seeking training opportunities, keep on top of the "changing world of women's gymnastics" by reading your updates from USAG (the web is a good source) and continue to make the time to practice in the gym or at a meet you will be successful.

NAWGJ N-CAL December Clinic Schedule

Friday December 5

5:45 – 7:15

Conference Room 1 Level 8 Test

Conference Room 2 Level 9 Test

7:30 – 9:00

Conference Room 1 Written Test

Saturday December 6

8:00 – 9:30

Conference Room 1 Level 10 Practical

9:00-9:45

Registration table open(late registration OK)

9:00 – 1:00

Room 3 Safety Certification

9:45 – 11:00

Conference Room 1 Applying Rules 7 Bars

11:15 – 12:15

Conference Room 1 JO Updates

Conference Room 2 New Judge Orientation
& Question Answer Session

1:30 – 2:30

Conference Room 1 High Level Vault

Conference Room 2 Beg Shorthand Bars

2:35 – 3:50

Conference Room 1 Practice Judging 7 & 8

3:00-4:00

NAWGJ Board Meeting TBD

4:00 – 5:00

Conference Room 1 Adv. Shorthand Bars

Conference Room 2 Beg. Shorthand BB & FX



HOLIDAY PARTY! Details at the Clinic

Sunday December 7

8:00-8:30

Registration table open

8:30 – 10:00

Conference Room 1 Level 10 Practice Judge

10:10 – 11:30

Conference Room 1 BB & FX To give or not

11:45 – 1:00

Conference Room 1 Practice Judging Level 9

1:00 – 2:30

Awards Banquet Luncheon

Safety Certification

The next safety certification will be held
December 6, 2003

9:00AM-1:00PM

Radisson Hotel

2323 Grand Canal Boulevard

Stockton, CA 95207

course code: PS12062003CA

instructor: Perry Su

local contact: Kathy Lopes

Registration is online at [usagymnastics](http://usagymnastics.com)



December Clinic Information

Clinician: Carole Bunge

December 6 & 7, 2003

Radisson Hotel in Stockton

**Registration fee is \$30.00 for current
NAWGJ Members and \$35.00 for non-
members. (Same fee for 1 or both days)
Award Luncheon is included on Sunday
Afternoon. The schedule is on the web.**

Updates and Information...



A Word on Active Status Cards....

Karen Stump, Active Status Coordinator

Hi! It's almost the end of the year, and you know what that means..... time to turn in your 2003 Active Status Card!

(By Dec. 31st) A couple of things that would be helpful:

1. Make sure your card is **completely filled out** with current address, rating, etc. and that you have complete and correct information on both parts one and two. Remember that you need to have at least 4 clinic credits and can only have a maximum of 3 practice credits and 3 volunteer credits. If you have, or are planning on testing up to level 9 or higher at the December clinic or elsewhere by the end of the year, you will also need to fill out the practice judging section, otherwise you can leave that blank. Be sure to ask the meet referee to sign your card at meets or the clinician at clinics, or, have a board member sign it. You cannot sign your own cards.
2. Make 2 photo-copies of your completed card. Keep one for yourself. Include the other one with the original card when you send it to me.

Send to:

Karen Stump
Active Status Coordinator
1002 Running Stag Way
Paso Robles, CA 93446
(805) 237-8171
(805) 610-7270 cell
skestump@charter.net

I'm expecting to receive some extra cards from JCI soon so, if you are in need of one for this year, please call or email me and let me know. Also, don't hesitate to email or call if you have questions about how to fill out your card.

Judge's Training

Laurie Russi, Trainer

I would like to thank everyone that attended the fall clinics, but I would especially like to thank the clinicians who took time out of their busy lives to put together training material as well as facilitate the clinics. Some of the clinics were a big success; others only had a few people attend. So, I am looking to you, my judging friends, to let me know what you want for training. Please send me an email at laurie@russi.org and give me any suggestions.



Instead of holding training sessions for all levels at the same time, I am thinking of offering training for compulsories in the spring with a test in May/June. Then focus on optional training in the fall with a test in

December. Please let me know what you think of this plan. I will send out new training dates for the spring soon.

Once again, thank you to all the clinicians for their efforts.

Assigning Notes

Everyone should have received their Spring judging availability by now. If you haven't already done so, please take a minute to fill yours out and get it back to PJ. Keep in mind that the schedule is kept current on our website. www.nawgj-nca.org. Please let PJ know if there is anything else you'd like to see on the website or electronic schedule (pjslater@sbcglobal.net).

Anyone eligible to judge college should have received the college availability either electronically from Kat or in the mail from PJ. Please fill them out and send them back to Kat Sgamba.

“Kid in the Candy Store”: Behind the Scenes at the 2003 World Championships

By Toni Cupal

For me, “kid in the candy store” just about sums up my two week volunteer experience at Worlds. I loved it. I saw an overwhelming amount of amazing gymnastics, made many great new friends from around the world, got up close and personal with the coaches from just about every country, watched the judges sweat at close range, and even got to tell Alexi Nemov where to stand (“Right over here, Alexi... let me show you... thank you so much...” sigh...)

Along with Jennifer Shipman, Donna Smith and Carrie Minshall, I was lucky enough to be assigned to the great job of TV spotter. Our duty was to sit on the floor next to the judges and be the eyes and ears of the TV producers in the truck.. They were creating a live feed for the entire world, but not producing any commentary. This meant we didn't even need to analyze the gymnastics, we just let them know who was coming up and explained any delays. This gave us time to watch a lot of gymnastics and practice judging execution along with the “B” panel judges. During the men's events, I was on pommel horse twice and, believe it or not, I learned to really appreciate the event. I saw a pretty much flawless exercise by China's Xiao Qin and I was hooked. I was also quite amused by the fact that the judge next to me never wrote down a single thing during the routines. He would just punch in his deduction total at the end after keeping track of it in his head. Amazing! This was not the case on the women's side where the judges seemed a bit obsessed by their shorthand and several could be seen looking down many times during an exercise.



While not “spotting” I was supposed to help with production. At first I didn't really know what this meant, but pretty soon I figured out that the best thing to do was just to be available and jump quickly when someone needed help. We all tried hard to help Linda Barclay, head honcho, and Patty Shipman, person in charge of delegate relations and Linda's right hand woman, as much as we could. I arrived just in time for podium training and those first five days of training and preliminaries were intense. We basically worked from

7am until 11pm+ everyday. People like Patty, Laurie Skelton and Penny Moyce arrived a week before I did and kept up this schedule for ten days or more. Amazing. I actually started feeling a little sick after five days and had to be sure to get some extra sleep one night to recover. Things definitely got easier after preliminaries were complete. We didn't have to be at the gym until the afternoon, so we could enjoy an evening stop at the “hotel bar/meeting place” and still get enough sleep to feel good the next day.

The various jobs I got to do (with partners Jen, Laurie and Carrie) included

- keeping all the teams moving quickly enough during floor podium training,
- working with each delegation to properly identify their designated coaches – this involved a lot of hand waving, list reading and eventual placement of stickers on the coaches badges,
- sorting and resorting all the flags of the world at least four times – we got to do this with big flags and little flags,
- placing and removing judges names tags, flags, and water bottles for each session (MUCH harder done than said),
- talking/hand waving with all the coaches to determine vault numbers that their gymnasts were going to perform,
- and tracking down and lining up medal winners for the medal ceremony.

To me, it was all incredible and gave me MUCH more appreciation of everything that goes into running an event like this. The amazing thing was that this was just the tip of the iceberg. Ask Patty if you really want the gory details. There is a lot to do.

As far as lasting memories, of course the American victories were unforgettable. In the end, however, my favorite memory was when I was watching Zhang Nan as she waited to salute the judges on floor. I was sitting just below her, beside the podium, and she caught my eye as I looked at her. She stared at me with such a calm intensity that I finally had to concede the stare down and look away. What presence!! If I'd been judging she'd have had her 10 even with the fall. Watch out if she hits in Athens. I wonder if they need any trained gofers in Greece?!

Calendar of Upcoming Events

Month	Date	Event
December	5-7	NAWGJ NorCal December Clinic-information inside
	13	National Judges Cup Qualifier (L7), San Jose State
	14	Optional Level Critique Meet (L8-10), San Jose State
	20	Nevada Optional Clinic-Las Vegas <i>contact Kathy Lopes for more information</i>
January	9-11	National Judge's Cup Seattle Washington
February	16	President's Day
March	13-14	Level 9/10 State Championships Cal West
	20-21	Level 7 State Championships Byers Sacramento
	27-28	Level 8 State Championships CCGI
April	2-4	Level 9/10 Regionals Sacramento California
	11	Easter
	16-18	Level 8 Regionals Las Vegas Nevada
	23-25	Level 9 Westerns Seattle Washington
May	30-2	Level 10 National Championships Orlando Florida



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We're on the Web!

www.nawgj-ncal.org