

All Around News

REGIONAL

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TECHNICAL NOTES

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Coaches and judges should review all rules for the 2003-2004 competitive season. There are several rules changes. Make sure that these changes have been taken into account for all of your athletes' routines. In addition there are two equipment changes I would like to remind you of.

- A board used to mount Bars or Beam may be placed on the competition landing mat(s) (1 or 2 10/12 cm mats or one 20 cm for Jr. Olympic; 20 cm for Elite/Pre-Elite) or on the supplemental matting of 5-10 cm (sting mat or 4" throw mat type skill cushions.) The reference for this can be found on page 71 of the 2003-2004 Women's Program Rules and Policies.
- Whenever additional matting is placed on the Floor Exercise area and covers any portion of the boundary line(s), the mat must be marked clearly with tape or chalk to indicate the actual boundary line(s). Failure to mark the mat will result in a 0.10 neutral deduction taken from the average by the Chief Judge. The reference for this can be found on page 125 of the third edition, revised September 2003 of the Technical Handbook for Coaches and Judges.

There has been some confusion on uneven bars skill #3.201 and #3.301 — underswing on LB release and counter movement forward in flight to hang on HB. This skill was discussed in Auburn, AL at the Level 9, 10, Elite Training Camp. I have checked with Cheryl Hamilton, WTC Chair and feel I have a final answer. I have found that there are two completely different updates floating around. After much research, I have found that one version is not correct. Skill #3.201 is with a 1/2 turn only.

Therefore the big question becomes what do you do with an underswing on LB release and counter movement forward in flight to hang on HB — (the description for #3.301) with very poor execution. The answer is that with or without good execution, the skill would receive a "C" and execution is taken based on what you see. The skill will always be awarded a "C". The execution amount will be based on what you see as a judge.

The question and answers section of my web page is a great resource for rules clarifications. If you cannot find the answer to your question check the Q&A section of my Web Page. If the answer is not already there, submit a question and check back for the answer. You can access my Web Page at <http://www.wutka.com/marian> or through the link on the Region 8 Web Page at <http://www.region8gymnastics.org> A big thank you to Ceal and Mark Wutka who continue to do a wonderful job hosting my web site.

Availability forms for Regional Championships are in this newsletter. You will not receive an individual mailing. Completed forms must be returned to Marian Dykes by **June 1, 2004**.

In closing, I would like to share how proud and grateful I feel for having Wilma Guy as my friend and mentor. Wilma was such a special lady with a gift for bringing people together and getting them involved. I will truly miss her.