

All Around News



MARIAN DYKES
RTCC

TECH
NOTES
ICAL

4651 Buford Highway
Atlanta, GA 30341
Work 770-451-6910
Fax 770-457-0943
Home 404-325-3745
Cell 404-408-6699

Region 8 Again Performs New Skills at JO Nationals

Region 8 has a national reputation for new and original skills at the Junior Olympic level. Once again Region 8 had original skills performed at J.O. Nationals for the first time. Two gymnasts from Region 8 competed never before seen skills at Level 10 J.O. Nationals in May. Because of their originality, these skills have been added to the USA Gymnastics J.O. Supplement and will carry the name of the gymnast performing them.

North Florida Gymnastics **Beth Bronson** performed Bounce-back/Tanac 2/1 - from a cast, uprise or backswing, straddle cut to salto backward tucked or stretched with 2/1 twist or more on LB or HB. This bar skill will be called a **Bronson** with a "D" value. On balance beam, **Rheagan Courville** of *Elite Gymnastics* performed a split leap with leg change to cross split (over 180° split) and backward bending (arch) of upper body with head release (Switch-leg Yang Bo). This dynamic leap was awarded an "E" value.

Congratulations to these outstanding Region 8 gymnasts.

Region 8 Represented at Olympic Trials and 2004 Congress

Region 8 was well represented in Anaheim at the Olympic Trials and at the 2004 Congress.

At Olympic Trials, **Melanie Sinclair** of *Orlando Metro* in Florida was impressive. Melanie was accompanied by her coaches **Jeff Wood** and **Christy Bearenau**. The competition was judged by **Lucy Fox** of Region 8. In addition Lucy was honored as a member of the 1984 Olympic Team on their 20 year anniversary.

Several Congress lectures were presented by Region 8 representatives including **Paul Padron**, **Brad Harris**, **Chris Calvert** and **Marian Dykes**. In addition to presenting his own lecture, Paul Padron provided all of the hardware enabling the audience interactive participation in evaluating the videos at several lectures.

Deb Kornegay and **Kim Boyd** worked throughout the Congress on the administrative side helping the "Congress Team" manage sessions. Way to go Region 8!

Sanction Violations - What Do I Do?

What happens when there is a meet that breaks a rule listed in the Rules & Policies? Most Meet Directors would be surprised that rules violations are often reported in writing to the State or Regional Committee Chair even if the person reporting is not comfortable enough to list the problem on the sanction form. Every Meet Director must be familiar with the many meet rules and guidelines in the Rules and Polices. Here are several of the rules that are often seen broken:

- ◆ Number of gymnast in the session. There is no provision to allow more than the number of gymnast listed no matter what the circumstances.
- ◆ Athletes cannot be on the competitive floor for more than 5 hours. Be careful to design the meet schedule to allow for rotating, judging and even a stop in the meet due to an unexpected occurrence such as a lengthy fall, music breaking, etc.
- ◆ Meets should finish by 10:00 p.m. Be sure and allow time for march in and to march from event to event.
- ◆ Judges must have breaks. Your schedule should provide a minimum of 30 minutes after 3 1/2 - 4 hours of judging time and a minimum of 45 minutes after 7 hours of judging time.

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Gymnastics is such a close community, most professional members request that complaints they lodge be kept confidential. Every effort is made to make all levels of the investigation confidential. With this in mind, all sanction violations are taken very seriously. A list of penalties for sanction violations can be found in the *Rules and Policies*.

Meet Directors are encouraged to read their *Rules and Policies* and be familiar with it. This book was designed with the combined efforts of many experienced coaches and judges. The rules listed in the R&P will help make your meet a fantastic experience for all.

As a coach or judge, please report any sanction violation to **RACC, Debby Kornegay**, or your **SACC**, by e-mail or mail. Addresses for e-mail and mail are available on the back page of this newsletter.

As a meet director, please be reminded that Sanction Rules are in effect for the safety of our athletes and any violations could result in warnings, fines, revoking of current sanction or denying sanction for future events.

Technical Notes

The Region 8 USAG Committee will continue to make regional assignments in the summer. The USAG Region 8 Committee at their summer meeting made assignments for both 2005 regional championships. These assignments can be found in the minutes in this newsletter as well as on my web page.

In gym experience cards for regionals 2006 have already been sent. These cards were sent to all Level 10 and higher judges that submit a regional availability for 2005. These cards can be completed using in gym experiences from June 16, 2004 - June 1, 2005. This June 1 due date is a date received. Please be sure you meet this firm deadline. Any Level 10 or higher judge must complete this card to be eligible for consideration by the Region 8 Board for assignment to a regional meet in 2006. If you did not receive a card, you may print one from my web site or contact Marian Dykes.

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, 2005. Many questions continue to arise regarding regional assignments. The following items may help clarify this procedure.

1. Your USAG Region 8 Board will make Junior Olympic regional assignments. Please remember the requirement for **IN GYM EXPERIENCE**. Please remember that an Active Status must be on file with JCI.
2. Please remember your **IN GYM EXPERIENCE** must be at the level of meet you wish to qualify for assignment to. For example, to satisfy the requirement for Level 9/10 regionals, **IN GYM EXPERIENCE** must be at Level 10 or higher.
3. Your USAG Region 8 Board will make recommendations from Region 8 for Level 10 J.O. Nationals and Level 9 J.O. Easterns. If a judge does not satisfy the current elite active-status requirements as well as work at one of the Region 8 training camps, they will drop to the bottom of the rotation for Level 10 Nationals and Level 9 Easterns and will therefore be ineligible for the year.

Clarifications for the 2004-05 season include the following:

- ♦ **COMPULSORY** - If a JO athlete omits a major element in a compulsory exercise and then performs it later (out of order) or at the completion of the routine, the deduction for deliberate omission will be applied. The element is not be evaluated, except in the case of a fall, for which a 0.50 deduction will be applied.
- ♦ **FOR INJURY PETITIONS PROCEDURES** - If a gymnast completes all four events at the qualifying meet, she is not eligible to petition and advance to the next competition.
- ♦ **TIMED WARM-UPS** - When using a modified warm-up procedure, an adult monitor (not the judges) must be assigned to regulate the number of athletes on the floor at onetime and to keep track of the competitive order.
- ♦ **CELL PHONES USAGE** - All individuals involved in the competition "field of play" are required to either turn off their cell phone or set it at vibrate mode during competition. Any calls should be made outside the field of play. This applies to coaches, judges, volunteers and athletes.
- ♦ **EMERGENCY CANCELLATION BY A JUDGE** - As a professional courtesy, if a judge has to come off a meet due to personal emergency and he/she has an airline ticket, he/she should work with

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the airlines to try to recoup the airfare either through a refund or paying a change fee to use the ticket for themselves at a later date. If any money is recouped, the Meet Director should be refunded.

Please visit www.usa-gymnastics.org and checkout, "What's New for the Women's Jr. Olympic Program in 2004-2005," Connie Maloney, USA Gymnastics Women's Jr. Olympic Program Manager for all 2004-05 changes.

All judges will be required to recertify in 2005. In June of 2005, new compulsory routines as well as new Optional rules for the next cycle will be presented at the Master Compulsory Workshops and Technical Symposiums. **The present Compulsory rating is valid through December 31, 2005.** All judges will be required to re-certify for the new Compulsories (for the 2006-2013 cycle) by passing a written exam. Optional judges will also be required to recertify by passing an exam. The following schedule has been announced:

2005 BREVET/NATIONAL/LEVEL 10 RECERTIFICATION COURSES

Brevet Courses:	January 15-22	Intercontinental Course	Osaka, Japan
	February 2-5	Continental Brevet Course	Indianapolis, IN
	February 6-9	USAG Brevet Course	Indianapolis, IN

Level 10 Re-certification Courses: (Held a Level 10 rating in 2 cycles 1997-2001 & 2001-2005)

June 4-5	at Technical Symposium	Louisville, KY
June 11-12	at Technical Symposium	Reno, NV
July 14-17	at NAWGJ Symposium	Portland, OR
August 11-13	at National Congress	Indianapolis, IN

National Courses:

1st course-for current National-rated officials	August 14-17 -	Indianapolis, IN
2nd course-first time invitees	August 18-21	Indianapolis, IN

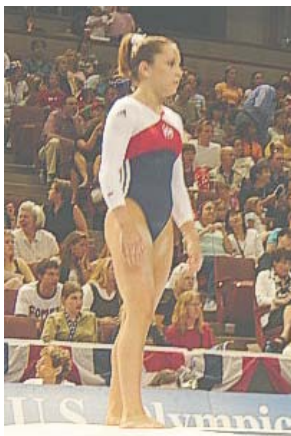
(Held a Level 10 rating since at least Dec. 31, 1997)

EXAMS for Level 5-10:

The first exam to recertify will be at the NAWGJ National Symposium in Portland, Oregon July 13-17, 2005. Please contact your SJD for a list of testing opportunities in your state.

The question and answers section of my web page continues to be a great resource of information for frequently asked questions. A big thank you to **Ceal and Mark Wutka** who continue to do a wonderful job hosting my web site. You can access my Web Page at

<http://www.wutka.com/marian> or the Region 8 Web Page at <http://www.region8gymnastics.org>



*Congratulations to
Region 8 Olympians*

Carly Patterson & Mohini Bhardwaj

Photographs taken at Olympic Trials, courtesy of Deb Kornegay

