

All Around News



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The Women's Technical Committee and the Junior Olympic Development Committee met jointly following Junior Olympic Nationals. This productive meeting spent a great deal of time working to improve and clarify rules for the future. Watch for the minutes from this joint meeting to be posted on the USAG website. Some highlights include:

GENERAL

- ◆ PREP Optional rules and regulations used by a specific state must be published and/or posted on the Internet. Especially for invitationals that may involve the participation of multiple states these rules must be available to all participants. The State Administrative Committee may choose to have sub-divisions of PREP Optional. The amount of Timed Warm-up allotted per athlete will depend upon whether the specific PREP optional division is comparable to compulsory or optional routines. The *2006-2007 Rules and Policies* will have a chart showing meet guidelines for both compulsory and optional.
- ◆ Effective August 1, 2006, Levels 1-3 will have an open warm-up of 15-30 minutes and a maximum of 30 second timed warm-up. The meet format must be published in the meet information. Considering the ages of the athletes at these levels, it is recommended that the session be no longer than 2½ hours in length, including warm-up time.
- ◆ The two committees discussed signals and verbal cues. If a gymnast is competing on an apparatus and the coach instructs her by giving specific information on what to do during the routine (for example – what comes next in the routine or to repeat a missed requirement), the deduction of 0.20 is taken from the average without warning.
- ◆ There has long been some question when a judge can make a change to a score if the judge finds they have made an error in calculation. While all judges hope they never make an error, the committees felt this issue must be addressed in order to be fair to all competitors. The decision was made that once the final average score is submitted to the scoring system, it may not be changed unless an inquiry is made within 5 minutes of the end of the rotation.
- ◆ An important clarification regarding “not landing on the feet first” on vault and on saltos on UB and BB dismount and saltos on Beam and Floor was issued: If the gymnast lands on her hands and soles of feet simultaneously, a deduction of 0.5 for the fall is applied. Value part is awarded.
- ◆ Judges are often put in an uncomfortable position of being presented with an inquiry at the end of a competition that is an attempt to raise a score for the purpose of qualifying. For qualification purposes to State or Regional meets, if an athlete's AA score is 0.10 or less than the qualifying score, the coach may submit an inquiry on the event that the gymnast received her lowest score. This process does not apply for mobility purposes, or if qualification to the state or regional meet is by percentage or designated number per age group. Score changes must be made for a valid reason.

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VAULT

- ◆ There was a great deal of discussion regarding the problem of vault competition running slow due to the allowance of three touch-warm-up vaults. While the committees did not take any action for change at this time, coaches are reminded that the touch warm-ups are not required to be in competition order, and that coaches are encouraged to work together to safely expedite the touch warm-up period.

UNEVEN BARS

- ◆ Level 8 bar clarifications that a single element cannot count for two Special Requirements: One element from Groups 3, 6, or 7 and the one flight. The routine must contain two different elements with minimum of B value to meet both Special Requirements. For example, If a Level 8 performs a clear hip circle (B), then performs another clear hip with a half turn that turns prior to 10° of vertical, the requirement of two B elements (one flight or turn, the other from Groups 3, 6 or 7) has been fulfilled.
- ◆ The dismount Special Requirement for Levels 8-10 on Uneven Bars is changed to read to “salto/hecht dismount”
- ◆ Uneven bars fall time is increased to 45 seconds.

BALANCE BEAM

- ◆ A ½ (180°) pivot turn following the Scale in the Level 5 beam routine is added. No change was made to compulsory beam times.
- ◆ The Beam Special Requirement of a Dance series is deleted. The new Special Requirement for beam will be “a leap or jump requiring a 180° split (cross or side).”
- ◆ A 0.20 compositional deduction on Beam for lack of a dance series with a minimum of two dance elements from groups 1, 2 or 3 is added.

FLOOR EXERCISE

- ◆ There is a change to the Special requirement on Page 234 of the JO Code of Points: B .#1 One Acrobatic series with two (2) saltos or two (2) directly connected saltos. Saltos may be the same or different. Example: Punch front layout with 1/1 twist (C), immediate front layout (B) or Front tuck, Round-off, flic-flac, 2/1 twist

Note: It is no longer required to have a three element acro series that contains two saltos.

OPTIONAL BEAM AND FLOOR

- ◆ There is finally a clarification on lack of variety in choice of elements on page 142 and 238 for overuse of same shape. The deduction will be applied 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 = 0.20

All judges and coaches should reference the full text of the minutes for specific wording as well as additional changes and clarifications to deductions and skill values.

A special thank you to NAWGJ for all of their help at Level 9/10 and Level 8 Regionals as well as at the Level 9 Eastern Championships with supplying the auxiliary judges. *Gwyned Bius* and *June Seymour* of Georgia NAWGJ coordinated volunteers at the Level 9/10 Regionals. *Mary Ann Wallace* worked with Alabama NAWGJ to provide volunteers for the Level 8 Regionals. *Sibby Lane* of the Tennessee NAWGJ coordinated volunteers for Level 9 Easterns. Thank you!



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CONTINUING PROFESSIONAL EDUCATION (CPE) REQUIREMENTS FOR JUDGES

The first year of this new cycle is rapidly coming to an end. This means it is time for a few free weekends at home with family and friends as well as it is time to file your judging accreditation annual Continuing Professional Education (CPE) record. The form to complete can be found at:

<http://www.usa-gymnastics.org/women/judging/AnnualCPERecord.pdf>

The number of CPE hours required is based on the rating a judge holds on August 1st of the accreditation year. This is an important new clarification. Therefore if a judge was not rated on August 1, 2005 they do not have to turn in CPE hours for the year August 1, 2005 – July 31, 2006. If a judge moves up to a higher rating, they will only need to complete CPE hours for the rating they held when the year began.

The chart on the form lists the actual requirements for each level. There is also a list on the CPE form of items that a judge can use to fulfill the requirements. This fiscal year runs from June 1, 2005 – July 31, 2006.

The USAG WTC recently decided that CPE hours earned in June or July can always count toward the year ending July 31st or they can count toward the coming year. This is very helpful when deciding which clinics to attend. Basically a judge can use the hours where the hours are needed. A judge can even take some hours from a clinic and count them for 2005-2006 and take different hours from the same clinic and count them toward 2006-2007. The same hours cannot be counted towards two different years.

Please remember you must retain the certificates documenting your CPE hours. The USA Gymnastics office will audit a sampling of judges throughout the country each year, so be prepared. While these certificates are not required to be sent along with your judging accreditation annual Continuing Professional Education (CPE) form, check with your SJD to be sure if your state has additional reporting guidelines.

The form must be completed and mailed by June 30th to the CPE Coordinator for your state. Be sure to file in a timely manner in order to maintain your slot for assigning. Happy summer.

NEW SKILLS PERFORMED AT JUNIOR OLYMPIC NATIONALS BY REGION 8 ATHLETES

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. Several Region 8 gymnasts competed a never before seen skill at Level 10 J.O. Nationals in May. Because of the originality, these skills have been added to the USA Gymnastics J.O. Supplement and will carry the name of the gymnast performing them.



Karli Jones of *Carolina Gymnastics* performed a clear hip to handstand on the high bar, to reverse hecht in pike position (Piked Hindorff) on uneven bars (Jones). The skill was awarded an “E” value.



Brandi George of *Orlando Metro* performed two original skills that will both be named for her. Both skills are on balance beam:

- From stand on one leg, swing through front aerial (George) awarded a “D” value.
- From stand on one leg, swing through side salto (George) awarded a “D” value.



Christi Fortunato of *Hayden's International Gymnastics* performed a Flic-flac with $\frac{1}{4}$ twist to side handstand to immediate 1/1 pirouette (must be continuous)-lower to optional end position, to front support (Fortunato) awarded a “D” value.

Congratulations to these outstanding gymnasts and their coaches.

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Region 8 Verification of In-Gym Experience for 2007 Regionals

Name: _____ Rating: _____
 Address: _____ City: _____ State: _____ Zip: _____
 Phone: (H) _____ (W) _____ Email: _____ @ _____

DATE OF VISIT	HOURS IN GYM	GYM CLUB	LEVEL OF GYMNASTS	COACH'S SIGNATURE
TOTAL				

You must have this card completely filled out with at least 9 hours of in-gym experience, signed and returned to Marian Dykes, 4651 Buford Highway, Atlanta, Ga 30341. Completed cards **must be received by June 1, 2006** to be eligible to judge any 2007 Region 8 Regional Competition. Fax - (770) 457-0943. You will receive confirmation of receipt within ten days.

In order to be eligible to judge a regional meet in 2007 in Region 8, a judge must have in gym experience. A judge must complete at least 9 hours of in gym experience between 6/2/05 and 6/1/06.

Each experience must be a minimum of 2 hours. The level of gymnasts must be equal to or greater than the level of meet the judge wishes to be considered for. (i.e. Level 9 & 10 Regionals = in gym experience with Level 10 or Elite. Level 8 Regionals = in gym experience with Level 8, 9, 10 or Elite, etc.) Training sessions at a meet may not be used.

A maximum of 3 hours may be completed in a college setting.

A maximum of 3 hours may be from a Regional or National JO or Elite Training Camp. (A training camp may only count for either in gym experience or clinic experience - not both.)

This experience must be an interactive experience; it is not sufficient to sit in the stands and watch workout. Judges must call ahead to schedule gym time. The judge's activities should be under the supervision of the gym's coach.

The judge should keep in mind that the gym club you are visiting is a business. The judges should remain professional and cordial at all times.