

All Around News



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Many of you are sending contracts, in-gym forms and availability, by e-mail. This is great. I am all for fast transmission and definitely want to save the trees. Several items that will help if you use e-mail as your preferred method of delivery:

- Include your name on the file as part of the title on the file you are sending
- Please sign your correspondence with both your first and last name. You may think you are the only Beatrice in Region 8, but there could be several. A last name is a big help.

The *Women's Technical Committee*, the *Junior Olympic Development Committee*, and the *Women's Administrative Committee* met following Junior Olympic Nationals as a joint group as well as in separate meetings. These productive meetings spent a great deal of time working to improve and clarify rules for the future. Watch for the minutes from all of these meetings to be posted on the USAG website. Some highlights include:

- ✓ USA Gymnastics is in the final stages of a fee increase for judges. Indications are that this pay increase will take effect August 1, 2007.
- ✓ If a gymnast arrives late to a competition due to circumstances out of her control (traffic delay, weather-related), every effort should be made to allow the athlete to compete. She should be provided a safe and effective warm-up without upsetting the flow of the ongoing event. Provided that she has arrived for her designated session/age group, her scores will be valid for all individual and team rankings.
- ✓ Any time a 2.00 deduction for performing an unallowable element is taken at Level 7 or 8, it should be reflected in the Start Value.
- ✓ Regarding the open stretch warm-up period - An additional clarification be added to the R & P on page 41 in regards to what is allowed during the open stretch:
 - ❖ Add "*Line drills on Floor involving simple elements are allowed; however, tumbling on the diagonal is not allowed.*"
 - ❖ Coaches and gymnasts are reminded to be polite – space must be shared. The open stretch period allows walkovers and other lower level acro skills; line drills, however, NO diagonal tumbling is allowed.
- ✓ The timed warm-up period for all formats of Level 7 competition is 1.5 minutes per gymnast.
- ✓ At Level 9 Eastern/Western and JO National Championships, competitors MUST wear their number unless performing a back spin on beam or floor, in which case the coach must show the number to the judges. If the gymnast refuses to wear the number, a warning would be issued and if she fails to wear it at any other events, a deduction for inappropriate attire would be applied. At any other meets at which numbers are provided, they may be worn or displayed.

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☑ In the *JO Code of Point* (various pages), the deduction for “Insufficient exactness of tuck, pike and stretch” will be separated into two deductions; one for “Insufficient exactness of tuck or pike” and another for “Insufficient exactness of stretch”. Two bullets will be added under the deduction for “Insufficient exactness of stretch”

- Insufficient exactness of tuck or pike Up to 0.20 (UB, BB, & FX) Up to 0.30 (Vault)
- Insufficient exactness of stretch position
 - Arch Up to 0.20 (UB, BB, & FX) Up to 0.30 (Vault)
 - Pike Up to 0.20 (UB, BB, & FX) Up to 0.30 (Vault)

☑ A technique page with illustrations and deductions of specific elements will be added to the JO Code.

- **Ring leap**
 - Insufficient arch position 0.10
 - Foot or back leg to shoulder height 0.10
 - No head release: credit split leap
- **Sheep/Ring jump**
 - Insufficient arch position 0.10
 - Foot or back leg to shoulder height 0.10
 - No head release: credit lesser value element

☑ Recommendation to allow a Chief Judge to change a score after submission to the scoring system if a neutral deduction (such as out of bounds or overtime) was inadvertently not applied. This change must occur prior to the end of the rotation. The coach must be notified of the score change and if possible, the new score should be displayed to the public.

☑ Level 3 vault mats will change to allow the mat stack “*waist high ± up to 8*” of skill cushion

☑ If a Yurchenko hand placement mat slips on the runway, it is NOT considered equipment failure or personal equipment. It is the coaches' responsibility to make sure the mat is placed properly and the Velcro is secure. The tape measure is also part of the coaches' responsibility. If the gymnast runs over or touches the hand placement mat, it is not considered part of the apparatus.

☑ The following vault is added to the vault charts:

- **#4.102 Round-off, flic-flac on -repulsion with ½ twist**
 - Level 8 9.10
 - Level 9/10 8.70

☑ Many twisting vaults will go down approximately -0.20 at Level 9 & 10

☑ **Compulsory Level 5 and 6** Counterswing deductions the wording is changed in the Level 5 and 6 Compulsory Bars penalties to read:

- Failure to show a straight line from hands to hips with chest in a hollow position Up to 0.20
- Failure to show a rounded hip angle with the feet below the hips during any phase of the counterswing
 - Hips extended in line with the feet at horizontal 0.20
 - Body arched (flaired) with the feet higher than the hips 0.30

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- Failure to maintain hollow body position until feet pass the low bar in the downward-forward swing of the tap swing forward (early tap) Up to 0.20
 - The text will also be changed to reflect these deductions.
 - Bar Skills Value Changes Raise the value of the following elements from D to E:
 - #3.401 2nd illustration (Khorkina) to 3.501
 - #6.405 back stalder with flight and ½ turn to hang on HB to #6.505
 - #7.410 Maloney ½ to #7.510
 - The ideal position of straddle backs and overshoot ½ (B version)
 - Straddle back (B) look for flight (distance of hips from bar) to finish in an extended position from shoulder to hips, but it acceptable to maintain a pike in the hips.
 - Overshoot ½ not to handstand (B)- Element should catch in an extended body position at horizontal (shoulders to feet) or above for no amplitude deduction.
 - On uneven bars, If there is an intentional early termination to a bar exercise with control without executing a dismount element, apply deductions for:
 - Failure to perform a dismount
 - For failure to fulfill the dismount Special Requirement
 - Do not take 0.50 for a fall
 - Bar dismounts off the feet are not allowed and will not receive Value-part credit.
 - Gymnast attempts a Squat on, falls backward, but continues the exercise with a glide kip, do not consider it a fall. Use any applicable execution deductions.
 - Gymnast falls from the bar, re-mounts a with a glide kip, stops in front support to crawl up to stand on LB; take 0.10 for uncharacteristic element, plus 0.10 for lack of continuity.
- ☑ Special Requirement change for Level 7 bars
- Remove the special requirement of a bar change
 - New Special Requirement: an “A” Cast (21°-45°)
- ☑ Level 4, 5, 6 compulsory Balance Beam time will increase by 5 seconds:
- Level 4: from :50 to :55
 - Level 5: from 1:05 to 1:10
 - Level 6: from 1:10 to 1:15
- ☑ Warm-up following a fall from the beam - Clarification: If elements are performed on the mat after a fall before remounting, take a deduction for additional warm-up. No warning is required.
- ☑ On balance beam - Level 7's will be allowed to perform a # 2.305 switch-leg leap (C) on Beam for B value-part credit.
- ☑ Balance Beam New Values
- Value of #9.106 Back salto with ½ twist dismount will change from A to B. New number is #9.205.
 - Double Back dismount = “E” • (old number #8.407 new number #8.507)

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- Balance Beam New Skill/ New Values
 - #8.304 Back salto stretched with step-out and #8.305 gainer back salto stretched with step-out raised from C to D value (new numbers #8.404 and 8.405 respectively), making them eligible to receive +0.1 for difficulty value at Level 10.
 - The Back salto stretched with step-out and gainer back salto stretched with step-out will be considered as “C” value when awarding Connection Value at Level 10. D/E Difficulty Value will still be given.
 - Balance Beam Acro Series
 - For Level 10 Special Acro Series Requirement: Special Requirement credit may be awarded for any E-acro element in connection with an “A” element from Group 7 (Walkover/Cartwheels).
 - Connecting elements in an Acro series: The landing leg or the free leg must be the take-off leg for the next element. If both feet land at the same time, the take-off must be a jump from two feet.
 - The following is an example of an acro series that is considered NON-CONNECTABLE, regardless of how quickly they are performed:
 - Back Walkover (or back handspring step-out) to Round-off (or cartwheel):
 - In this example, the first element lands on one foot, then the second foot is placed on the beam behind in a lunge; the gymnast then leans forward to initiate a Round-off (or cartwheel).
 - Note: The only way these two elements could connect legitimately is by landing the first element on one leg and swinging the other leg forward to step into the Round-off (or cartwheel); that would mean performing the two skills on opposite legs. Of course, the gymnast could do a Right BWO and switch legs to land on the Left foot so that she could then step forward on the Right leg to initiate a Right Round-off (or cartwheel).
 - Use of a Handstand element in Level 7 Acro series - in order to allow a handstand step-down to be used as the first element in an acro series at Level 7, the following criteria must be met:
 - The handstand must achieve vertical
 - The handstand must be held for 2 seconds in order to receive “A” value part.
 - If one or both of the criteria are not fulfilled, no Value Part credit and no series credit is awarded.
 - On floor exercise the “kickover front salto to sit” is not considered a salto, and if performed at the end of the exercise, would not affect the awarding of the Dismount Special Requirement.
- 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 for these championship meets hosted in Region 8. **Mary Thacker**, *Mississippi NAWGJ State Judging Director* coordinated volunteers at the Level 9/10 Regionals. **North Carolina NAWGJ** did a wonderful job of not only hosting Level 8 regionals but manning all of the volunteer positions. **Mark Robbins** worked with *Florida NAWGJ* to coordinate volunteers for Level 9 Easterns. Thank you!

