

All Around News



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Many people in the gymnastics community, especially judges, do not understand the difference between USA Gymnastics and NAWGJ. In addition there is AAU, YMCA, etc. What is this alphabet soup?

USA Gymnastics (USAG)—USA Gymnastics is the National Governing Body representing the sport of gymnastics on the US Olympic Committee. USAG develops and runs gymnastics in the United States, from the Junior Olympic level to the Elite level, including the selecting of the USA National Teams. The volunteer committees of the Women's Program of USA Gymnastics produce the Rules and Policies governing competitions. USA Gymnastics working with the Women's Technical Committee has also taken over the certification of judges in the United States.

National Association of Women's Gymnastics Judges (NAWGJ)—NAWGJ is the support and service organization for judges in the United States. It provides professional development and education for judges. NAWGJ also serves as a contracting agent for judges for various organizations upon request and provides representation for judges on the various USAG committees in fee structure negotiations. In recent years, NAWGJ has become the primary contact for judges and the NCAA.

PETITION GUIDELINES

In order to petition to Level 9 or 10 Regional Championships, a completed petition form must be submitted to Marian Dykes. It is the coach's responsibility to get all information needed for the petition. The petition must be **RECEIVED** no later than the Wednesday following the state meet. Please call or fax Marian to notify her that a petition is coming. A check for the petition entry fee must accompany the petition form sent to Marian. If the petition is accepted, Marian will forward the check to the Meet Director.

In order to petition, the coach must:

- complete the petition form (enclosed in this newsletter)
- provide a photocopy of at least one pre-state meet score sheet from the current season or from Regionals, East/West or Nationals of 2006 at the level which the gymnast is petitioning indicating that she has achieved an All-Around score that is a minimum of 1.0 higher than the current regional qualifying score
- a physician's written verification of nature of injury or illness and release to return to gymnastics training
- a written request from the coach or parent
- a check for the entry fee

Qualification to Level 8 Regionals is by placement. Therefore, there are NO petitions to Level 8 Regionals.

MILEAGE RATE CHANGE

following USAG guidelines, the mileage rate used to reimburse judges for travel changed to \$.48 effective 1/1/07. The mileage rate changes automatically any time the IRS changes the mileage rate. The IRS determines the mileage rate using data compiled by the National Automobile Association on the average cost to operate a vehicle.

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Question of the day – Please clarify the compositional requirement for a forward circle or release element:

To be considered a Forward Circle element or Forward release element:

1. Both must go forward around an axis (either the bar or the breadth axis of the body).
2. Check the symbols.
 - a. Many forward circling elements have the small diagonal line at the beginning of the symbol to indicate “forward” Like the clear hip circle forward (Weiler kip), front stalder, pike sole circle forward, etc. Front giants & L-grip front giants have their own forward symbol-upside down U
 - b. Forward release elements are symbolized with a “front salto” symbol, like the Jaegers (on same bar or LB to HB) and Mixed-grip Deltchev (although the downswing is backward giant-the upswing is forward and the salto is forward)
3. Elements that ARE NOT considered forward:
 - a. Gienger/regular Deltchev -symbol & description indicates a backward salto
 - b. Chinese sit-up and other variations like toe-shoot, stalder shoot to HB all stem from a BACKWARD circle and never complete a forward 360° BA turn
 - c. Bail half-shoot over low bar, straddle back to handstand, are all initiated with a backward swing or circle.

In addition there are two compositional deductions referring to pirouettes:

1. Lack of balance between pirouettes and flights: for example a level 10 performs three good release elements but NEVER does any pirouetting in handstand.
2. Lack of elements with LA turn: Does not perform any element that has at least a ½ turn (not necessarily in a handstand position) The above example with three flights and no pirouettes MAY fulfill the LA turn requirement if one of the releases had a turn in it (bail ½, Gienger) If the flight elements were a Tkatchev, a Toe-shoot to HB and a Pak, then both deductions could be applied.

Region 8 USA Gymnastics 2007 Judges Information

In order to keep the Address Book current, you MUST return this form to be listed. We will NOT carry over any names from last year's Address Book.

Please fill in the below information, as you would like it printed in the State and Regional address books:

Name _____ Rating _____

Address _____

City: _____ State _____ Zip + 4 _____

Home Phone: (_____) _____ Work Phone: (_____) _____

Fax: (_____) _____ Cell Phone: (_____) _____

Email _____@_____

**I give my permission for the above information to be published in
Region 8 Address book and State Address list or book.**

Signature _____

Please mail to SJD or Fax SJD by **4/1/2007** or Fax to D. KORNEGAY (205) 951-0184 by **4/10/2007**
OR to **FILL OUT ONLINE** go to <http://www.region8gymnastics.org/pages/forms.html> by **4/10/07**

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Region 8 Verification of In-Gym Experience for 2008 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, 2007 to be eligible to judge any 2008 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 2008 in Region 8, a judge must have in gym experience. A judge must complete at least 9 hours of in gym experience between 6/2/06 and 6/1/07.

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 CPE credit - 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.