

# ILLINOIS NAWGJ SEPTEMBER 2007

## IL-NAWGJ BOARD

Jeanne Johnson—State Judging Dir.  
708-246-4806  
ILSJD04@sbcglobal.net

Sandy Oldham—Admin. Asst.  
847-961-6476  
Sewoldh@sbcglobal.net

Cyndi Zimmerman—Treasurer  
630-355-1779  
Gymmom4@aol.com

Billie Stone—South Assigner  
309-807-5683  
cesbls5152@aol.com

Mary Lou Ackman—North Assigner  
630-497-0586  
mlouackman@yahoo.com

Betty Axelson-McClelland-  
N. Judges Cup  
847-382-7487  
Eggsymbetty@aol.com

Cathy Peebles—S. Judges Cup  
217-787-5451  
cathypeebles@insightbb.com

Kathie Gebhardt—Education  
815-578-4113  
Gymjudge59@aol.com

Debbie Pulley—Newsletter  
309-691-8603  
pr1celess@insightbb.com

**WEBSITE:** [ilnawgj.com](http://ilnawgj.com); [nawgj.org](http://nawgj.org);  
[Region5.com/Illinois](http://Region5.com/Illinois);  
[usa-gymnastics.org](http://usa-gymnastics.org);  
and [Region5.com](http://Region5.com)

Hilary Carlson-Test Administrator  
630-351-9704

2007-2008

## September Optional Clinic      **New Season** SOUTH JUDGES' CUP NORTH JUDGES' CUP HIGH TECH CAMP      FORWARD PROGRESS

All of a sudden everything is going on. Are you ready for it? Jump in and get involved! This will be our first big fall clinic in a long time. Sandy Oldham has been coordinating this clinic and working on it for months. Laurie Reid is the guest clinician. Laurie is on the National Junior Olympic Program Committee and is the Region 2 USAG Chair. There will be two days of clinic, meeting both days at Itasca Park District. Sunday afternoon will be at Aerial Gymnastics for work in the gym with gymnast demonstrators. Credit is awarded hourly with a maximum of 13 credits. Saturday lunch will be brought in. Check the web-site.

We have the South Cup and the North Cup fast approaching. As a NAWGJ member you need to be involved and we really do need you. As you know this is our only fundraiser. There are two opportunities to get involved and last, but certainly not least, there is always pre-meet work. I believe Cathy Peebles needs a raffle basket coordinator. The North Cup will be allowing Crystal Lake Gymnastics to do fundraising for Danielle Felde, a gymnast who was badly injured this summer. Illinois NAWGJ will also make a donation to the fund.

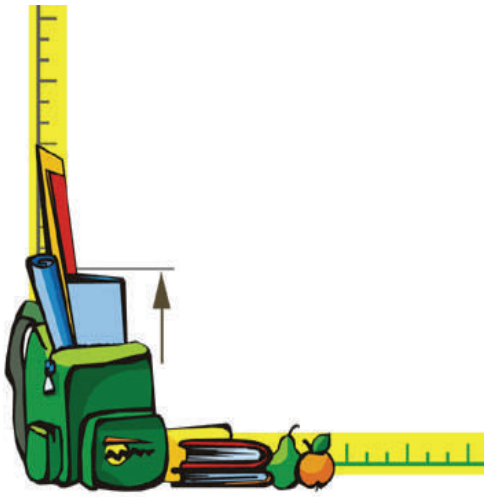
High Tech is the first weekend of October in Indianapolis. IGI is hosting Forward Progress the first weekend of November. These are excellent opportunities to see tons of gymnastics. It is great for fine-tuning your eye to angles, technique, and amplitude.

Here is a quick reference of names and e-mails for these upcoming events.

Sandy Oldham	Fall Clinic	<a href="mailto:sewoldh@sbcglobal.net">sewoldh@sbcglobal.net</a>
Cathy Peebles	South Cup	<a href="mailto:cathypeebles@insightbb.com">cathypeebles@insightbb.com</a>
Betty Axelson	North Cup	<a href="mailto:baxelson@maine207.org">baxelson@maine207.org</a>
	Or call her cell	847.312.6476
Kathie Gebhardt	Education	<a href="mailto:gymjudge59@aol.com">gymjudge59@aol.com</a>

Thank you,  
Jeanne





## TSUK DE JOUR:

\*Good luck to Kathy Elg on her up coming wedding .

\*Congrats to Deb Hugelier - she is going to be a grandma.

\*Congrats to Debbie Pulley - her daughter is getting married June '08 and she is going to be a grandma (her son & daughter -in-law are expecting their 1st in April).

\*Congrats to Sarah Oberhauser - she is engaged and getting married in 2008.

\*Congrats to Carrie Marquardt - she is expecting her 1st child in November.

As you know there are many heavy weekends this year. I have tried to move everyone around as to make it convenient for traveling and save expenses for the gym owners. I am still looking for several judges for the weekend of Oct 28th only in the North. All other weekends are being assigned as we speak, including fitting in the YMCA meets from Rockford and Fox Valley. Billie and I will have the meets at least through the beginning of January assigned in the next two weeks. You do NOT have to send your contract back to the meet directors any longer, as it is too confusing when things get changed or cancelled. There were a few meets added to the schedule, so if you are assigned to something that was not on the schedule, do not be surprised. The Wilmette meet in January was registered on the wrong date and should be Jan 13th not the 12th. If you are a L5-8 judge and signed up for one day a weekend and were not assigned, the reason would be because of levels required for meets that weekend. Please understand. If you test or change your email address or phone number, please make sure you tell Billie and myself, as we have no other way of finding out, unless you tell us. Please find directions to the gym locations online at the Illinois USAG website as follows: <http://www.region5.com/illinois/> Judges: we have several new judges, please help them out at meets, telling them how to sign the sanction, figure out their mileage and fees, etc. If you are assigned as meet referee, we will be reporting back to the IL-NAWGJ Board the numbers/levels of the gymnasts judged. We will get back to you on this procedure. Please be patient, there is a lot of info to compile and assign. Thank you.

Mary Lou Ackman, North & Billie Stone, South Assigners

## DATES TO REMEMBER:

Sept. 21-23—Region 5 Congress in Indianapolis, IN

Sept. 29th & 30th – Illinois NAWGJ Clinic- Testing TBA in conjunction with Sept. Clinic (please check website for more information).

Oct. 6th & 7th—South Judges' Cup @ Midstate

Oct. 27-28- NAWGJ clinic @ Hamlin Univ.; co-sponsored by NCAA

Nov. 2-4—Region V Forward Progress Camp @ IGI (Fri. 8 to 4; Sat. 12 to 8; Sun. 8 to 2).

Nov. 9, 10, & 11—North Judges' Cup @ UIC

Judges Training- Level 5/6, 7/8

Oct 14, 2007 10:00-4:30

6 Hours CPE Credit

Emphasis on Basic Rules for these levels,  
Judging Technique And prep for testing

Practice judging will be available for current rated judges

Test Given Sat Oct 20-KCD-sign up at  
USAG-gymnastics.org/women/judging

\$20 Clinic fee

but can work Judges Cup to Have this fee covered

Check to and Course at:

Carole Liedtke

**3100 Elder Park Rd. LaGrange, Ky 40031**  
**171 North - Exit 18-Turn Right-Left on Elder Park**  
**Phone 502 2411444 6454367**  
**Email carolereg5@aol.com**  
**Send registration by Sept 26**

Name

Address

City

State

Zip

Phone (AC) Home

Cell

Current judges rating

Plan to take test? Level? \_\_\_\_\_

USAG Pro number

Email

Plan to work Judges Cup? Send no money but check here \_\_\_\_\_

Bring a sack lunch- drinks and snacks provided

**USA Gymnastics Judge's Compensation Package for Women's Artistic Gymnastics - August '07**

Rate	30.45	28.35	26.25	23.1	18.9	16.8	14.7
Hours	Brevet	Natl	10	9	5,6,7,8	7,8	5,6
2	\$80.90	\$56.70	\$52.50	\$46.20	\$37.80	\$33.60	\$29.40
2.5	\$76.13	\$70.88	\$65.63	\$57.75	\$47.25	\$42.00	\$36.75
3	\$91.35	\$85.05	\$78.75	\$69.30	\$56.70	\$50.40	\$44.10
3.5	\$106.58	\$99.23	\$91.88	\$80.85	\$66.15	\$58.80	\$51.45
4	\$121.80	\$113.40	\$105.00	\$92.40	\$75.60	\$67.20	\$58.80
4.5	\$137.03	\$127.58	\$118.13	\$103.95	\$85.05	\$75.60	\$66.15
5	\$152.25	\$141.75	\$131.25	\$115.50	\$94.50	\$84.00	\$73.50
5.5	\$167.48	\$155.93	\$144.38	\$127.05	\$103.95	\$92.40	\$80.85
6	\$182.70	\$170.10	\$157.50	\$138.60	\$113.40	\$100.80	\$88.20
6.5	\$197.93	\$184.28	\$170.83	\$150.15	\$122.85	\$109.20	\$95.55
7	\$213.15	\$198.45	\$183.75	\$161.70	\$132.30	\$117.60	\$102.90
7.5	\$228.38	\$212.63	\$196.88	\$173.25	\$141.75	\$128.00	\$110.25
8	\$243.60	\$226.80	\$210.00	\$184.80	\$151.20	\$134.40	\$117.60
8.5	\$258.83	\$240.98	\$223.13	\$196.35	\$160.65	\$142.80	\$124.95
9	\$274.05	\$255.15	\$236.25	\$207.90	\$170.10	\$151.20	\$132.30
9.5	\$289.28	\$269.33	\$249.38	\$219.45	\$179.55	\$159.60	\$139.65

Judging Time	Break Time
2	0
3	1
4	1 1/2
5	2
6	2 1/2
7	3
8	3 1/2
9	4

Per Diem	
15	3-7 1/2 Hours (report time to last competitor) or under 3 hours but 100 miles or more round trip
30	8 Hours or more
40	maximum per day with overnight stay

Mileage Carpool  
Without Carpool

Mileage is paid at 48 cents per mile round trip (no mileage for less than 30 miles round trip)  
Mileage is paid at 48 cents per mile - round trip minus 30 miles

miles	fee	miles	fee	miles	fee	miles	fee
1	0.48	26	12.48	51	24.48	76	36.48
2	0.96	27	12.96	52	24.96	77	36.96
3	1.44	28	13.44	53	25.44	78	37.44
4	1.92	29	13.92	54	25.92	79	37.92
5	2.4	30	14.4	55	26.4	80	38.4
6	2.88	31	14.88	56	26.88	81	38.88
7	3.36	32	15.36	57	27.36	82	39.36
8	3.84	33	15.84	58	27.84	83	39.84
9	4.32	34	16.32	59	28.32	84	40.32
10	4.8	35	16.8	60	28.8	85	40.8
11	5.28	36	17.28	61	29.28	86	41.28
12	5.76	37	17.76	62	29.76	87	41.76
13	6.24	38	18.24	63	30.24	88	42.24
14	6.72	39	18.72	64	30.72	89	42.72
15	7.2	40	19.2	65	31.2	90	43.2
16	7.68	41	19.68	66	31.68	91	43.68
17	8.16	42	20.16	67	32.16	92	44.16
18	8.64	43	20.64	68	32.64	93	44.64
19	9.12	44	21.12	69	33.12	94	45.12
20	9.6	45	21.6	70	33.6	95	45.6
21	10.08	46	22.08	71	34.08	96	46.08
22	10.56	47	22.56	72	34.56	97	46.56
23	11.04	48	23.04	73	35.04	98	47.04
24	11.52	49	23.52	74	35.52	99	47.52
25	12	50	24	75	36	100	48

For over 100 miles add \$48.00 to the amount over 100 miles (for over 200 miles add \$96.00 to the amount over 200 miles etc.)

By Brenda E.

*JO Updates for Judges & Coaches – Effective August 1, 2007*

**General Information**

***Chg wording for “Insufficient exactness of tuck, pike and stretched position” to***

Insufficient exactness of tuck or pike position

>0.20 (UB, BB, FX)

>0.30 (Vault)

Insufficient exactness of stretch position

Arch >0.20 (UB, BB, FX) >0.30 (Vault)

Pike (135° – 179°) >0.20 (UB, BB, FX) >0.30 (Vault)

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

***Change of Score after submission by Judge***

Chief Judge CAN 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.

***Flashing of Start Values***

Start Values are required to be either flashed or written on the competitor’s card at all Level 7 and above competitions.

If 2.00 deduction is taken for an “unallowable” element at Level 7 & 8, it must be reflected in the Start Value.

***Attire Deductions Clarification***

If underwear is visible due to the cut of the leotard, warn the coach of the

Athlete. If they do not correct it, take a deduction on the subsequent event. Underwear, including sports bras, should not be intentionally visible throughout the entire routine. However, if briefs or bra straps show due to activity, do not take the deduction. Judges need to use **common sense**.

***Equipment Failure***

The Yurchenko hand placement mat and the safety zone mat are NOT considered part of the vault apparatus. If a Yurchenko hand placement mat slips on the runway, it is NOT considered apparatus or personal equipment failure. 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 (or the safety zone mat), with or without executing a vault, this should be considered one of the three vault approaches/attempts allowed. Do not void the vault.

***Matting***

The upright of the vault table and any weights placed on the vault base for stability must be padded.

For Round-off entry vaults, the Safety zone mat must fit snugly around the board so there is no space between the board and the safety zone.

20 cm mats are allowed but NOT required for competition.

#### ***H. Late arrival of athletes to competitions***

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.

#### ***I. Open Stretch Warm-Up Period***

Line drills on Floor involving simple elements are allowed, however, tumbling on the diagonal is NOT allowed during open stretch.

### ***Compulsories***

#### **Vault**

**Level 3** – Height requirement for matting at Level 3 is to “waist high, plus or minus up to 8” of skill cushion” (*NOTE: this requirement refers to the USAG Level 3 vault NOT the Louisiana Level 3’s using the Level 4 vault.*)

**Level 4** – Although the run is evaluated, if the gymnast falls on the runway during the approach, it will be considered a balk (one of three approaches to complete two vaults) It will NOT be considered a fall or a void vault.

#### **Bars**

##### **Levels 5 & 6 Counterswing Deductions**

>**0.20** Failure to show straight line from hands to hips with chest in hollow position (delete “with rounded hip angle”)

Failure to show a rounded hip angle with the feet below the hips during the counterswing (upswing):

**0.20** Hips extended in line with the feet at horizontal

**0.30** Body arched (flaired) with the feet higher than the hips

>**0.20** Failure to maintain hollow body position until feet pass the low bar in the downward-forward swing of the tap swing forward (early tap)

#### **Beam**

##### **Time for Levels 4-6 Beam Routines increased by 5 seconds**

Level 4: Warning 45 seconds Time 55 seconds

Level 5: Warning 1:00 Time 1:10

Level 6: Warning 1:05 Time 1:15

##### **Heel Snap Turns**

If the heel snap turn is performed on the correct foot but turns in the wrong direction, apply the deduction for reversing a major element. This element is a 0.40 element, so deduct **0.20**.

#### **Floor**

##### **Change the following elements:**

*Level 1* .....Replace the bridge with a Crab stand

*Level 2* .....Replace the arch back with a Hinge back

*Level 3*.....Replace the backbend from a stand, kick-over with a push up to bridge, kick-over

*Revised text and illustrations will be posted on the USAG web site.*

## Optionals

### Vault

Add the following vault to the Level 9/10 and Level 8 Vault charts:

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

Change the following vaults to these values

1.101	Handspring	8.60
1.102	Handspring – ½ off	8.70
1.103	Yamashita	8.60
1.104	Yamashita – ½ off	8.70
1.105	¼ or ½ on – ¾ or ½ off	8.70
1.106	½ - ½ on – nothing off	6.80
1.201	Handspring – 1/1 twist off	9.00
1.204	Yamashita – 1/1 twist off	9.00
1.205	¼ - ½ on – 1 ¼ - ½ off	8.90
1.207	1/1 twist on – Handspring/Yamashita	9.00
1.208	1/1 twist on – ½ twist off	9.30

### Bars

#### New Element

- 8.402 “D” Dismount: Underswing with ½ turn to salto backward tucked with ½ twist (Comaneci ½ dismount) (Hava)

#### Element Value Changes

- 3.501 “E” Clear hip circle through handstand on Low Bar with ½ turn in flight to hang on High Bar (Korkina) {was 2<sup>nd</sup> illustration of 3.401}
- 7.505 “E” Back staldler on Low Bar with flight and ½ turn to hang on High Bar {was 6.405}
- 7.510 “E” Pike sole circle backward through handstand with flight and ½ turn to hang on High Bar (Byhovsky) {was 7.410}

#### Technical Requirements for Overshoot ½ turn & “B” Counterswing to straddle back

- 4.204 “B” Long swing forward with ½ turn and flight over LB to hang on LB *should catch in a extended body position (shoulders to feet) at horizontal or above for no amplitude deduction.*
- 2.205 “B” Counterswing backward in straddle or pike with flight over LB to hand on LB *should show flight (distance of hips from bar) and the element should finish in an extended body position from shoulder to hips, but it is acceptable to maintain a pike in the hips.*

## Dismounts

If there is an intentional early termination to a bar exercise without executing a dismount element (gymnast swings and jumps off, for example), the deductions to be applied for failure to perform a dismount (0.30) and for failure to fulfill the dismount SR (0.50) would be taken. Do not take 0.50 for a fall. Therefore:

If a gymnast performs a dismount element without a hecht or salto:

Deduct 0.50 for missing the dismount SR

Do NOT deduct 0.30 for no dismount

If a gymnast makes no attempt to perform a dismount or performs a dismount element of no value, deduct:

0.50 for missing the dismount SR (due to no VP awarded)

0.30 for no dismount

Do not take 0.50 for a fall

Dismounts from the feet are not allowed and will not receive VP credit.

## Fall Clarification

Gymnast attempts a Squad on, falls backward, but stays on the bars and continues the exercise with a glide kip – do not consider it a fall. Use any applicable execution deductions, such as bent legs, arms, touch of floor with feet, etc.

After a fall from the bars, the routine resumes when the gymnast performs an element that is listed in the JO Code of Points.

If a gymnast falls from the bar, re-mounts with a glide kip, stops in front support to crawl up to stand on LB – take **0.10** for uncharacteristic element + **0.10** for lack of continuity

*Note: A Pull Over on the LB is not a Code element but a Long Hang Pull Over following a cast is an element.*

## Level 7 Bars

Replace the Level 7 Bar Special Requirement of “One Bar Change” with a requirement to perform an “A” level cast (21° - 45°)

## Compositional Deduction Clarification – Forward Circle or Release Elements – Levels 9/10

*To be considered a Forward Circle Element or Forward Release element:*

Both must move forward around an axis (either around the bar or breath axis of the body).

When in doubt, check the symbols:

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 stalker, pike sole circle forward, etc. Front giants & L-grip front giants have their own forward symbol – an upside-down U)

Forward release elements are symbolized with a “front salto” symbol like the #5.505 Jaegers (on same bar or LB to HB), #5.504 mixed-grip Deltchev (although the downswing is a backward giant, the upswing is a forward swing and the salto is forward), and #5.303  $\frac{3}{4}$  forward giant swing on HB to release and staddle flight backward over LB to hang on LB.

## Elements that ARE NOT considered forward:

► Gienger/regular Deltchev – symbol & description indicates backward salto

- ▶ Clear underswing on LB, release and counter-movement forward in flight to hang on HB and other variations (like toe-shoot, stalder shoot to HB) all stem from a BACKWARD circle and never complete a forward 360° BA turn
- ▶ Long swing forward with flight and ½ turn over LB and straddle back to handstand type elements are all initiated with a backward swing or circle.

## **Balance Beam**

### **New Elements**

- |       |     |   |
|-------|-----|---|
| 7.503 | “E” | Switch Leg Side Aerial (takes off and lands on same leg) (Baudhuin)   |
| 8.304 | “C” | Back salto stretched to swing down to cross straddle sit (arms swing up above head to set for back salto stretched, then arms pull down to the front of the thighs and return again to high position to reach for the beam for the swing down phase) (Pearce) |

### **Element Value Changes**

- |       |     |  |
|-------|-----|--|
| 8.404 | “D” | Back salto stretched with step out <i>{was 8.304 “C”}</i>        |
| 8.405 | “D” | Gainer Back salto stretched with step out <i>{was 8.305 “C”}</i> |
| 9.206 | “B” | Back salto with ½ twist Dismount <i>{was 9.106 “A”}</i>          |
| 9.507 | “E” | Double Back Dismount <i>{was 9.407 “D”}</i>                      |

### **Additive Value**

Back salto stretched with step-out and Gainer back salto stretched with step-out will be considered a “C” value when awarding Connective Value at Level 10.  
 “D” Difficulty Value bonus of 0.10 will still be given.

### **Acro Series Clarifications**

#### ***All Levels***

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.

Non-Connectable series regardless of how quickly it is 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).

#### ***Level 10 Acro Series Special Requirement***

Any “E” acro flight element in direct connection with an “A” acro element (non-flight) from Group 7 (Walkover/Cartwheels) WILL receive Special Requirement credit.

#### ***Levels 8, 9, 10 Acro Series Special Requirement***

Flight element MAY be from the Roll category (ex. Dive Forward Roll)

***Level 7 Beam Acro Series Special Requirement***

Use of Handstand element in Level 7 Acro series – In order to allow a HS 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 AND BE HELD FOR 2 SECONDS TO RECEIVE “A” VALUE PART. BOTH criteria must be met or no Value Part credit and no Series credit are awarded.***

***Level 7’s MAY perform a Switch-leg Leap for “B” Value part credit.***

***Warm-Up following a Fall from Beam***

If an element is performed on the mat after a fall before remounting, a deduction for additional warm-up will be applied. No warning is required.

**Floor Exercise**

***Clarification:***

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.

A Double Stag Jump with 1/1 turn must be submitted to the RTCC for evaluation to be given Value Part.

***Level 7 Floor***

Special Requirement of 2 Forward acro elements directly connected indicated FORWARD acro elements ONLY (side aerials or side saltos may NOT be considered).

Congrats to Teresa Millmore who got the "Rookie Coach of the Year" award at the Region 5 Banquet in Indianapolis last weekend. Way to go Teresa!

Our NEW ethics person (appointed by the nawgj board) is Mary Kraus.

Shraron Sargent has a new email address—please make note of this!  
[sandtsarge@comcast.net](mailto:sandtsarge@comcast.net)

The pro benefits will be out this week. Everyone will receive \$40.00 per session worked.

Thanks Cyndi

## **JUDGES" CUP DONATIONS**

**If you are going to attend the Sept. 29/30 clinic, this is a perfect time to donate pop, water, or sports drinks for the North Judges' Cup meet. Any quantity you are able to donate will be GREATLY APPRECIATED! Please tell Jeanne Johnson or Betty Axelson-McClelland at one of the breaks during the weekend that you brought a donation. We will just transfer what you brought from your car to ours and store it until November. Please keep in mind that UIUC requests PEPSI products over Coke Products.**

**THANKS SO MUCH FOR YOUR GENEROSITY!!!**

