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Please contact me at lisakboylan@gmail.com if you find any errors!

There are so many changes coming up this year and next. Where do you find the most up-to-date information and how in the world to organize all of it! Here are some links you may find helpful.

From the USAG website

Compulsory test: The latest information shared by Connie Maloney (as of July 25th) indicated that the online test for the compulsory program will be available on the USAG website by mid-August. Cost of the exam is \$25.00. Once you are registered, you may take the exam at any time. You will find the link on the USAG website: Women – Judges - Judges Accreditation/Master Test Schedule.

There will be 50 questions – 10 general, and then 10 questions on each event. Each event will have 5 questions on Level 4 and 5 questions on Level 5. Each question is 2 points; passing score is 70%. There will be a 60-minute time limit which begins once you click the start button. You will be able to go back to review/change answers. Test results will be sent by the USAG office several days following completion of the exam.

“Important notice regarding Women's Artistic Judges' Accreditation for the 2021-29 Development Program Compulsories”

<https://usagym.org/pages/post.html?PostID=26455>

Compulsory Book Replacement Pages (available for both the full and mini-sized books):

<https://usagym.org/pages/women/events/devcompulsories/>

NOTE: Depending on when you receive(d) your book, the replacement pages may have already been inserted so you will not need to print the new pages. Each page should have a 'revised date' at the bottom for comparison.

The minutes of the various committees will have lots of valuable information regarding the compulsory and optional programs. They can be found grouped at this link:

<https://www.usagym.org/pages/women/minutes/>

or you can go directly to the individual committees . . .

Technical Committee: <https://www.usagym.org/pages/women/minutes/ntc.html>

Development Program Committee: <https://www.usagym.org/pages/women/minutes/ndpc.html>

Xcel Committee Minutes: <https://www.usagym.org/pages/women/minutes/nxc.html>

Personally, I find it helpful to print these out and highlight those items which are of importance. You can notate changes in the appropriate code/documents. Or. . . save them to your computer to easily search for information.

TOOLS FOR STUDYING AND JUDGING NAWGJ Website

LOTS of fantastic options. Please remember that these are being created by your fellow judges from across the country and there may be errors. Use with caution as you study and judge. If you do find an error, please let the creator know (their email is usually listed). Also, pay attention to dates!

<https://nawgj.org/judging-aids/study-helps/>

Click on 'Select Files' and several articles will be available.

Keep scrolling down the page and you will find 'Practice Written Tests' with 'Compulsory Practice Tests' below that heading. One of the tests has an online version (Briana Hetrick) which gives you feedback re: questions you missed and correct answers.

Keep scrolling and you will find 'Practice Judging.' Under this heading, there are a couple of options for online flashcards. I followed the instructions for the *Flashcards Deluxe* on my Android phone and did not have to pay anything for that version.

If you continue down the page, the final heading is 'Online Study Aids.' Again, you will find the *Flashcards Deluxe* information but further down, you will also find the Quizlet Project.

I can only suggest that you continue to check this page for additional resources as they are submitted by your fellow judges. Different strokes for different folks . . . you may not find all of these helpful because of the way you study and prepare for tests but my guess is that you are likely to find some of the resources helpful.

Preparing for the test

In the 'Penalties' section of the Compulsory Book, study the following pages:

Pen-7 – Pen-9	Level 4 & 5 Vault
Pen-10 – Pen-17	General Faults & Penalties
Pen-22 – Pen-28	Level 4 & 5 Bars
Pen-33 – Pen-37	Level 4 & 5 Beam
Pen-42 – Pen-45	Level 4 & 5 Floor

The details of each routine can be found in the appropriate section of the book and should be studied as well. I would suggest having these pages easily accessible during the taking of the test.

Focus on the changes!

I attended both the National Compulsory Workshop in June and a Virtual Judging Clinic on July 25th. Connie Maloney emphasized the following **and suggested that these might be found on the test!**

NOTE: Changes are **blue** text. I have only noted the pages as found in the Penalties section (PEN-#) off to the right. These deductions will also be found in the pages specific to each Level and event. If you want to highlight these changes for studying, be sure to do it in both places ☐

GENERAL DEDUCTIONS

All of these deductions indicate a maximum that can be taken on non-major elements throughout the exercise (not per occurrence)
(Pen-12)

CHANGE IN DEDUCTION – **Up to 0.30** (*was up to 0.40*) - Incorrect position of head, arms, legs or feet (Text errors) (Pen-12)

CHANGE IN WORDING – up to 0.30 – (footwork errors)

Incorrect foot form flexed, sickled, **failure to show lock position when designated**, failure to step toe-ball-heel or to show turn-out in foot positions. (Pen-12)

CHANGES IN PRESCRIBED TEXT

NEW WORDING – 0.10 – Changing, reversing, **adding**, or omitting a small part (Pen-10)

SPECIFIC EXECUTION

NEW – **Max 0.05** – Taking additional running steps into forward tumbling pass (not applied to front salto tucked); includes aerials (Pen-11)

GONE – up to 0.10 – Lack of coordination on connections

L4/5 VAULT

GENERAL FAULTS

NEW – No deduction for coach standing between board and vault table (Pen-7)

NEW – VOID – Use of alternative springboard (trampoline-like or junior board) (Pen-7)

SUPPORT PHASE

NEW – up to 0.10 – Staggered/alternate hand placement (Pen-8)

UNEVEN BARS

SPECIFIC EXECUTION

NEW – Up to 0.10 – Hesitation during jump to high bar (Pen-11)

NEW WORDING – 0.30 – ‘Grasp of bar apparatus to avoid a fall’ replaces ‘Using supplementary support to regain position’ (Pen-11)

LEVEL 4 – BACK HIP CIRCLE (Pen-23)

ADDED DEDUCTION – up to 0.10 – Failure to maintain neutral head position

LEVEL 4 – CAST TO HORIZONTAL (Pen-22)

CHANGE IN DEDUCTION BREAKDOWN – up to 0.30 – Insufficient amplitude

- 0.05 - 0.15 1° to 44° below horizontal
- 0.20 at 45° below horizontal
- 0.25 - 0.30 46° or more below horizontal

LEVEL 5 – CAST TO ABOVE HORIZONTAL (ALSO CLEAR HIP/STALDER/BACK SOLE CIRCLE) (Pen-25 / 26)

CHANGE IN DEDUCTION BREAKDOWN – up to 0.30 – Insufficient amplitude

- No deduction above horizontal
- 0.05 at horizontal
- 0.10 - 0.15 1° to 44° below horizontal
- 0.20 at 45° below horizontal
- 0.25 - 0.30 46° or more below horizontal

LEVEL 4/5 – COUNTERSWINGS (Pen-23 / 27)

NEW WORDING – 0.30 – Body arching or hips opening to an extended position with the feet over low bar during counterswing (applies when it occurs on backward-upward swing; no deduction for hips opening/arch over low bar on the Tap Swings forward)

LEVEL 5 – FLYAWAY DISMOUNT (Pen-28)

CHANGE IN DEDUCTION BREAKDOWN – up to 0.30 – Insufficient height of salto

- No deduction at high bar (HB) level or above
- 0.05 - 0.15 1° to 44° below level of HB
- 0.20 at 45° below level of HB
- 0.25 - 0.30 Greater than 45° below level of HB

BEAM/FLOOR

SPECIFIC EXECUTION

NOTE: No more levering into tumbling or kick to enter tumbling

NEW – 0.05 – Failure to mark the passé position in relevé at completion of turns (not listed with specific element) (Pen-11)

NEW – 0.05 – Failure to keep ears covered by arms when moving in and out of slow acro elements (cartwheels, handstands, etc.) (no lever requirement) (Pen-11)

- NEW** – each 0.20 – Support of one leg against side surface of beam to maintain balance (Pen-12)
- ADDED WORDING** – up to 0.20 – Insufficient split ‘when required (Dance/non-flight acro elements)’ (Pen-12)
- CHANGE IN DEDUCTION** – up to 0.20 (was up to 0.10) Uneven leg separation in leaps/jumps (Pen-12)
- NEW WORDING** – 0.30 – Use of supplemental support (Pen-12)
- Foot on mat/board upon completion of mount
 - Feet contacting mt in cross straddle sit during exercise
 - Feet/leg using uprights for support

FLOOR

LEVEL 4/5 – FRONT HANDSPRINGS

- NEW** – Up to 0.10 – Alternate/staggered hand placement (Pen-42 / 44)
- NEW** – No Deduction (was 0.60) – Performing a fast front walkover (Pen-42 / 44)

AMPLITUDE

- ADDED WORDING** – up to 0.20 – Insufficient quickness off hands in flight elements with hand support (**NOT applied to Front Handsprings on FX**) (Pen-13)
- NEW** – up to 0.20 each – Insufficient height of aerials and backward acro flight with hand support (Pen-13)

RHYTHM/DYNAMICS

- Concentration pause deductions changed to match Optionals: (Pen-13)
- Each 0.10 – Beam – 2 seconds; Floor – 2 seconds or more
 - Each 0.20 – Beam – more than 2 seconds
- NEW – BIG CHANGE!! – NO DEDUCTION!** (was up to 0.20) – Lack of continuity/tempo between major elements in a directly connected dance series on Beam (Pen-13)
- NEW – BIG CHANGE!! – 0.05** (was 0.20) – Broken series of dance major elements on Beam. If gymnast falls between elements, deduct 0.05 plus 0.5 for the fall. (Pen-13)
- NEW** – Added explanation of when a dance series is broken to match Optionals (Pen-13)
- NEW** – Up to 0.20 – Insufficient dynamics – consider: (Pen-13)
- Energy maintained throughout the exercise
 - Makes difficult look effortless

LANDING

- NEW WORDING** – up to 0.10 – Arm swing(s) on landing “to maintain balance” (Pen-14)
- NEW** – Up to 0.10 – Deviation from straight direction on landing (Pen-14)

ADDED WORDING – up to 0.20 – Additional trunk movements to maintain balance/control upon landing of UB/BB dismounts and Floor Acro elements (apply to stuck landing with trunk movement to avoid steps)
(Pen-14)

NEW – Up to 0.20 – Incorrect body posture on landing of elements and dismount (Pen-14)

ADDED WORDING – up to 0.30 – Squat on landing (hips even with or lower than the knees) Lands acro element in squat position, then falls: up to 0.30 + 0.50 for fall = max. total 0.80
(Pen-14)

SPOTTING DEDUCTIONS TAKEN BY EACH JUDGE

Up to value of element + 0.50 for spot (Pen-15)

ADDED DEDUCTIONS:

- 0.50 – Additional deduction for fall after assistance by coach
- 0.50 – Coach catches falling gymnast; only deduct for fall

CHIEF JUDGE DEDUCTIONS

NEW WORDING – each time 0.10 – Failure to present before and after the exercise (Pen-15)

- Must present to the Chief Judge before exercise
- Must present at end of exercise but NOT required to specifically face a judge when presenting

NEW WORDING – 0.20 (after warning) – Technical verbal cues by coach or teammate(s) to own gymnast. Cues must be heard by judge (Pen-15)

NEW WORDING – 0.20 (after warning) – Failure to observe specified warm-up time (Pen-15)

- Taken from event score
- Applies only to practice of an element(s)
- Gives examples of when to take

NEW – 0.20 – Unsportsmanlike conduct of gymnast (Pen-16)

NEW – 0.20 – Excessive use of magnesia (chalk) or incorrect use of tape (Pen-16)

NEW – 0.30 – (Pen-16)

- Use of unauthorized or additional mats
- Use of unauthorized springboard
- Use of springboard or mount mat/block on unauthorized surface
- Use of hand placement mat for vault

NEW – 0.30 – Using incorrect apparatus specifications including incorrect spring configurations (Pen-16)

SOME LITTLE HELPS

Scales

Level 1 – mark at 30°

Level 2 – hold 1 second at 30°

Level 3 – hold 1 second at 45°

Level 4 – hold 1 second at horizontal

Level 5 – hold 1 second above horizontal

Leaps

Level 3 – 90°

Level 4 – 120° (pause)

Level 5 – 150°

Recording Beam/Floor Routines

P – posture

F – footwork

Q – quality of movement (artistry)

R – rhythm

T or t – text errors

.05 - .50 – execution errors (bent legs, balance errors, lack of split, falls, etc.)