

FL NAWGJ News



JULY 2021

Celebrating FL NAWGJ Judges

Vinnie Silber



I'm sad to announce that Vinnie will be retiring from judging at the end of this month. His friendship, kindness and help with our media projects will be sincerely missed. Thank you for all the good times!

HAPPY BIRTHDAY - HOPE YOUR DAY IS FABULOUS

Alexa TinsleyJuly 3
Karen Coursen.....July 11
Kevn McNamaraJuly 11

Denise WeaverJuly 23
Jeanette Ciesla.....July 27
Shannon LongJuly 29



Getting Ready For The New Compulsories



Questions from the recent Largo Clinic.

Answers in **RED** from Tom Koll.

Thank you to Cookie for compiling the information and sharing.

1. Level 2 Vault: do the entire hand need to be beyond the tape line before applying the deduction or is the deduction taken if any part of the hand is beyond the tape line? **The way the deduction is written, I would assume the deduction is only applied if the hand is BEYOND the tape line, so if any part is still on the line, you are ok.**
2. Level 3 Vault: does the deduction for arm swing(s) to maintain balance only apply if there is a stuck landing? **My opinion, YES.**
3. Level 3 Vault: Is there a maximum height for the mat stack? **NO**
4. Level 3 Vault: Can a panel mat be placed on top of the mat stack for Level 3? **YES**
5. Level 3 Vault: The vault is void if the gymnast does not achieve vertical and returns to the board/floor or lands between the board and hand placement. What would the deduction be if she does attain vertical and then falls back to the board/floor? **VOID**
6. Level 3 Bars: On the Front Hip Circle, Cast Return to Support, what should the gymnast do if she muscles up on the FHC and has to stop. We believe you said we would take .20 for failure to execute a small cast immediately after the FHC rather than an extra swing because she lost the opportunity to cast. However, if she did repeat the cast to front support, what is the deduction? Would she be better off (in terms of deductions) to not repeat the cast to front support and proceed to the cast squat on dismount? **She does an extra cast...No deduction (unless poor execution, then deduct for execution) The answer to your second question....this is a coaching decision based upon how the gymnast generally performs the skill (whether to risk doing it again and possibly receiving execution errors, or not).**
7. Level 1 and 2 Beam: Do the gymnast's feet have to be together in the pike stand? Can they be staggered? Can they be apart? Is there a deduction if they are apart? **It does not say in the text, so the foot placement is optional.**
8. Level 5 Beam: If the gymnast has to take extra steps to get to the end of the beam for her dismount, is there a deduction? If so, what is the deduction? **I am not quite sure. I think I would consider them small errors...not exactly balance, but definitely an error. Regardless, very small deductions.**
9. Level 3 Floor: What is the deduction if the gymnast turns the wrong way? Is this a change of element? **I assume you mean doing an outward turn instead of an inward turn as they are allowed to reverse the turn.....Deduction....Changing of a major element....0.40 (value of the skill)**
10. Turns on Floor: What would be the appropriate deduction for winding up for the turn in such a way that the body is out of alignment? **Posture and text errors.**

More - Getting Ready For The New Compulsories

Here are some additional answers and clarifications taken from the Reno Virtual Workshop a few weeks ago.....

L2 Vault: minimum of 16" mat stack – no maximum

Bars: stop and legs go backward into squat on.....extra swing...? NO, it's always been evaluated this way.

L3 UB: must use double bar this year (no single rail) – this is not in the compulsory book, but will be in the updated R&P.

L3 UB: -.50 deduction for stopping between 2 Back Hip Circles

L3UB: does not extend the legs prior to jumping off in the dismount is up to -.20

L3 UB: crawls up on bar (no squat on) and then jumps off, take .20 for the dismount

L3 UB: arms must be straight at the completion of the Pullover

L3 UB: if did Pushaway dismount, take -1.20 for omitting the correct dismount

L3 UB: if does immediate squat on (doesn't go back to bar), no deduction for control, still take -.50 as in the book.

L4 UB: NO straddle casts

L5 UB: Tap Swings – what is the determining factor for the straddle (straddle or leg separation)? No deduction for leg separation regardless of how much straddle there is. Don't make up extra deductions. No deduction for insufficient straddle.

L5 UB: OK to add a back hip circle after the long hang kip with NO deduction, but can always take execution errors if it is poorly executed.

L5 UB: sole circle option – can stay tucked throughout. Can also stay tucked into jump to HB

Beam: breaking the series is .05 – examples:

- ** leap – shuffle feet – jump, take .05 broken series
- ** leap – fall – jump, take .50 for the fall + .05 broken series
- ** leap – fall – leap – jump (connected), take .50 for the fall only
- ** leap – fall and no jump, take .80 for jump omission + .50 fall

L3-5 BB: slow acro (cartwheel, HS, etc.) – no kick, but can adjust forward a little and be OK

L4 BB: there is a "lock" standing up from the squat turn that allows for the feet to be slightly separated. Do not take a deduction for this.

L4 FX: backwalkover - leg not continuous is up to .10 (no pause or stop of any kind). No leg lift is also up to .10

L5 FX: no split requirement for the front aerial or side aerial

L5 FX: no more straight legs going into the back extension – should bend knees and tuck.

Additional steps, doesn't matter any more how many steps they take – deduction is .05 for any number of steps beyond the written description.

FX: all horizontal kicks into acro skills are gone and not in the text. If done, they would be a text error.

Final pose – can hands touch the floor? Yes (arms are optional), be careful it doesn't look like a fall (-.50)

Cannot arm circle into backward roll/extension. Arms should be left up or it's a text error.

There could be some errors in the pictures and/or video (such as focus). Always refer to the written text.

Reminders

July 15-18..... Region 8 Congress in New Orleans, LA

July 23..... Olympics – Opening Ceremony from Japan

July 25..... Virtual Judges' Clinic – Flipping Education (CPE - 8 hrs)

July 31 Deadline to register for the FL NAWGJ Compulsory Clinic
w/ Linda Thorberg in Melbourne next month (CPE - 8 hrs)

Copy and paste the following links into your browser.

- ❖ FL testing opportunity - you can sign up for Optional (Levels 7/8, 9 & 10) testing here: https://usagym.org/pages/women/pages/judging_accreditation.html
- ❖ Register for the Melbourne Clinic here: <https://nawgjflorida.org>

Update your personal information, memberships and availability in GymJas

Send your National/Brevet Eligibility to Evelyn & Susan.

Compulsory testing info should be coming out from USAG in a few weeks.

HAPPY

