

FL NAWGJ News



October 2022



Celebrating FL NAWGJ Judges

A big THANK YOU to the 63 volunteer judges that participated in the 2022 Aloha Judges Cup! In addition to our 63 volunteers, we had 7 new judges who gained some real-world / real-score experience practice judging on Saturday. We also had 14 judges who tested with Susan Monahan on Saturday, many of whom stayed after their test to volunteer.

I would also like to thank the judges who are coaches and/or gym owners who supported us by registering their athletes in the meet. FL NAWGJ gets paid per gymnast, so the success of our fundraiser depends on the number of athletes that participate. If your club did not attend this year, I hope that you will add the 2023 Aloha Judges Cup Invite to your calendar next year because your support for FL NAWGJ means everything.

Finally, I would like to thank Tim Keckler, Janine Olasso and the entire Lightning City Gymnastics staff for the collaboration and support of Florida NAWGJ. This event would not be possible without them.

Sincerely,

Patricia Lydon
FL NAWGJ Judges Cup Coordinator
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Save the Date

2023 Aloha Invitational/NAWGJ Judges Cup
September 16-17, 2023
Wiregrass Ranch Sports Campus

Happy Birthday!!

Pavlina Gyumshiva.....October 2
Susan Pusateri.....October 3
Mark Robbins.....October 7
Lexi Burns.....October 16

Brittney FerrettiOctober 17
Faith WillisOctober 17
Debbie Hyde.....October 28

Congratulations!!

A few more judges have taken, passed and upgraded their rating since the last newsletter. Congrats to you and enjoy the pay raise!



NAME	OLD RATING	NEW RATING
Richardson, Tabatha	9	10
Santiago, Martha	9	10
Teribery, Kayla	9	10



Contributed by
Amy Diuguid.



Thanks for sharing!!

You may have heard about changes in TOPs Testing. The Physical Abilities Testing will all be done by Zoom. Athletes that pass Physical Abilities Testing can then compete in designated invitationals to perform TOPs Testing Skills. Links to these "routines" are on the right and on the USAG website.

To be eligible to judge TOPs Testing judges must be Level 10, National, or Brevet **AND** must participate in a TOPs Testing Webinar. The Webinar should be available 11/10/22. It will also be recorded. Judges will register for webinar the same way they registered to test this Summer. There is no fee for the Webinar and there is no test. ~ Deb Kornegay ~

8 Year Olds

- Vault: [PDF](#) | [Video](#)
- Uneven Bars: [PDF](#) | [Video](#)
- Balance Beam: [PDF](#) | [Video](#)
- Floor Exercise: [PDF](#) | [Video](#)

9-10 Year Olds

- Vault: [PDF](#) | [Video #1](#) | [Video #2](#)
- Uneven Bars: [PDF](#) | [Video](#)
- Balance Beam: [PDF](#) | [Video](#)
- Floor Exercise: [PDF](#) | [Video](#)

Check Your U110: U.S. Center for SafeSport Expiration Date: If your [U110 training](#) is currently expired or will expire on December 31, 2022, renew NOW to ensure your membership is active through July 31, 2023.

FYI – some FL judges have their U110 expiring in December. Please check to see if its' you!



Xcel Sapphire - Frequently Asked Questions

Q: What is Xcel Sapphire?

A: An extension to the existing Xcel program that will offer athletes an opportunity to grow in the sport, to get rewarded for their abilities that are superior to the current Diamond Division, and to continue to train and compete all through high school in a fun and safe environment

Q: What Regions are participating in the Pilot Program for 2022-23?

A: Regions 3, 6, 7, and 8

Q: What happens after the Pilot Year?

A: Following the Pilot Year, both the National Xcel and Technical Committees will assess the program at their annual meetings in May. At that time the committees may make determination on next steps for the Division. At this point, it is not possible to predict the outcome following the Pilot year which could include formal roll out of the Division nationally, extending the Pilot program, or a determination not to move forward with this Division. Those decisions would also ultimately need approval from USA Gymnastics leadership.

Q: How can I find the Rules for Xcel Sapphire?

A: The rules posted on the USA Gymnastics website within the Xcel Page. You may quickly access the rules by clicking this link: [sapphire_pilot_rules.pdf \(usagym.org\)](https://www.usagym.org/xcel/sapphire-pilot-rules.pdf)

Q: Which meets may host a Sapphire Division session or competition?

A: Any meet located within the Pilot Regions (3,6,7,8) may have a Sapphire session/s at their meet. Any meets outside of the Pilot Region (1,2,4,5) may not have a Sapphire session at their meet.

Q: What rating does a judge need to judge Sapphire?

A: A judge needs a minimum of a Level 9 Rating or have an Xcel Only (XR) rating which is available to retired Development Program Level 9/10 judges. Xcel Only rated judges must complete the J110 Course (which is presently being updated to reflect the new code) and complete the Application. Refer to the Xcel Sapphire rules for further information.

Q: Where can someone judge a Sapphire division?

A: Meets within the pilot regions (3,6,7,8) may host a Sapphire Division. Any judge assigned to the meet that also has the minimum rating may judge that session, regardless of where they are from (either in the Pilot or outside the Pilot region). Refer to the Xcel Sapphire rules for further information.

Xcel - NEW

- Cross Handstands and Side Handstands are considered different elements for all divisions.
- It is now allowed to have a 10° variance from vertical on Handstands
- A flat 0.10 deduction for Handstands within 1-10° from vertical

Xcel - CLARIFICATION

A HOLD is NOT required for "A" Handstands. Any "B" element or higher would require a 2-second hold if specified for the element within the Table of Elements.



Calendar & Reminders

- October 1 Deadline to take Optional exams for Spring 2023 meet assignments
- October 1-2 Celebrate America Meet, Genie's Gymnastics, Wellington
- October 1-2 Rocktober Fest, Legacy Gymnastics, Lake Mary
- October 8-9 Swinging Safari, TBT, Bradenton
- October 8-9 Our Planet Invite, DGA Tampa, Wesley Chapel
- October 14-16 Regional 8-10 Training Camp, GGA/Atlanta, www.region8gymnastics.org
- October 15-16 Pretty In Pink Meet, Starlight Gymnastics, Jacksonville
- October 15-16 TF AAU – Fall 2nd Qualifier: Fit Club, Orange City & Horizon, Port Charlotte
- October 21-23 Fall Gasparilla, Lightning City, Wesley Chapel
- October 22-23 Gold Rush Invite, Gold Coast, Lantana
- October 22-23 Canopy Roads Invite, Trousdell, Tallahassee
- October 28-30 Fright Invite, USA Competitions, Coral Springs
- October 28-30 Teddy Bear Invite, Sun Country Gymnastics, Alachua

October 31... Happy Halloween



Mark Your Calendar Upcoming Events in 2022

- ❖ November 20, 2022 – South FL Brush Up Clinic
- ❖ November 24, 2022 – Happy Thanksgiving
- ❖ December 2-4, 2022 – Level 1, 2 & 5 State Championships
- ❖ December 3, 2022 – Orlando Brush Up Clinic
- ❖ December 5, 2022 – Tampa Brush Up Clinic
- ❖ December 9-11, 2022 – Level 3 & 4 State Championships
- ❖ December 11, 2022 – Ft Myers Brush Up Clinic