



Test Prep – New Judges

Compulsory



Welcome!

- ▶ On behalf of NAWGJ So Cal....

A horizontal, irregular pink brushstroke with a textured, painterly appearance, serving as a background for the text.

**WE'RE SO HAPPY
YOU'RE HERE!**



Before we get started...

Safety

Purpose and Objectives

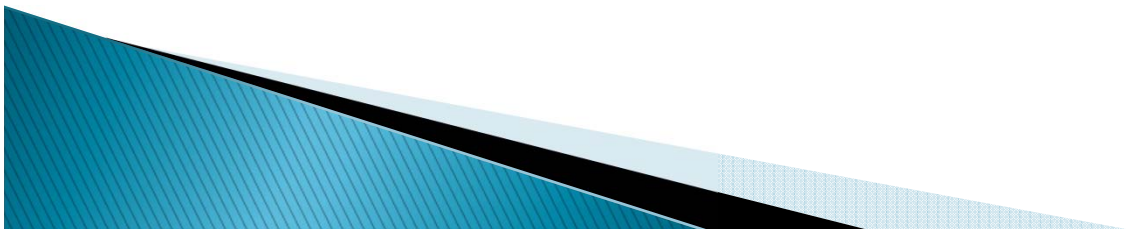
Agenda

Code of Conduct

Expectations

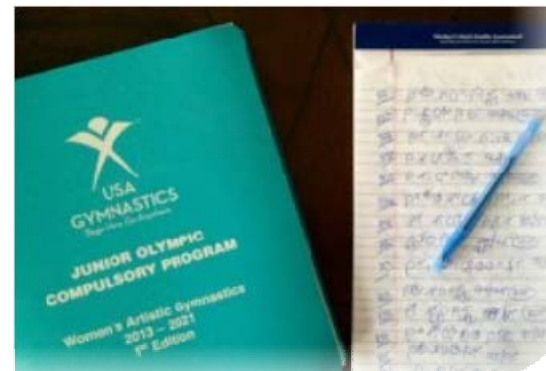
Roles and Responsibilities

Let's Get Started!



Reasons to Become a Judge

- ▶ I love gymnastics!
- ▶ I was a gymnast, and I always wanted to judge
- ▶ Want to stay involved with the sport
- ▶ My child is a gymnast
- ▶ The extra money sounds good!
- ▶ I am a student and I really need the money!



Am I here for the right reason?

- ▶ Any of the reasons on the previous slide are valid, provided at all times you demonstrate....

PROFESSIONALISM



What does Professionalism mean?

- ▶ Memberships, background, and Safety
 - To judge you must join the following professional organizations (renewed each year):
 - NAWGJ – National Association of Women’s gymnastics judges
 - USAG – USA Gymnastics
 - In addition:
 - USAG Gymnastics Background Check (2 years)
 - USAG Safety Certification (4 years)
 - USAG Safe Sport

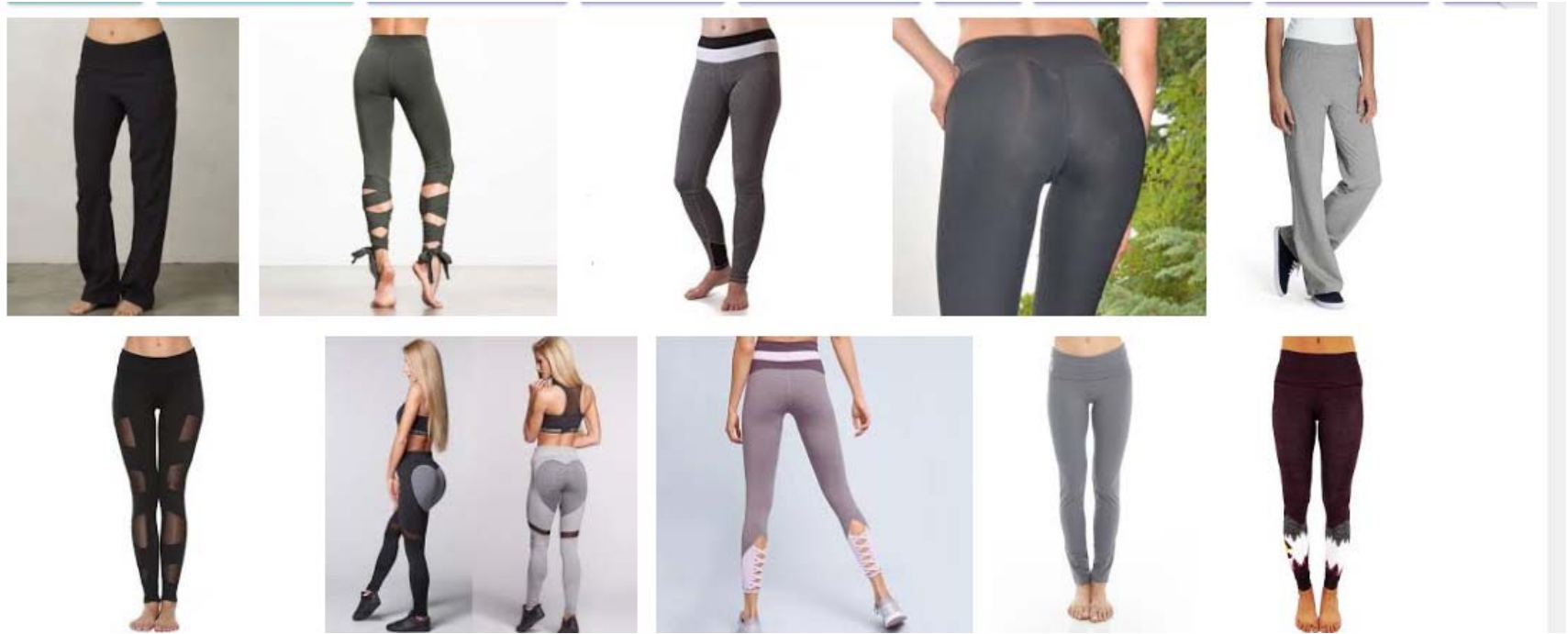


Professionalism – on the job!

- ▶ Accept and honor your assignments
 - When you are assigned it is a contract
- ▶ Be rested and prepared
 - Bag, books, paper, pens, cheat sheets, chair pad, etc.
- ▶ Know your stuff!
 - You will know what event you are judging ahead of time
- ▶ Dress the part – Look Professional (Hint – the attention is on the athletes – not us!)
 - Navy suit or slacks and Jacket
 - Skirt is OK, but please not short!!
 - Shoes that work in a gym (no sharp heels)
- ▶ Do not solicit your own assignments
- ▶ No Cell Phone use while on the floor
- ▶ Minimize cost to the meet director
 - e.g. carpooling
- ▶ Be cordial to all personnel at the competition
 - Act as if you are their guest – “please”, “thank you”, clean up after yourself
- ▶ Show respect to hosts, helpers, athletes, coaches and your **CHIEF JUDGE!**
 - *(Hint – she’s been doing this a lot longer than you have)*

Uniform – Just Say No to

► *Yoga Pants!*



Uniform – Just Say No to

▶ *Dockers!*



Uniform – Just Say No to

► *Blue Jeans!*



Uniform – Just Say No to

► *Sloppy!*



Uniform – Just Say No to

- ▶ *Short! And Heels!*



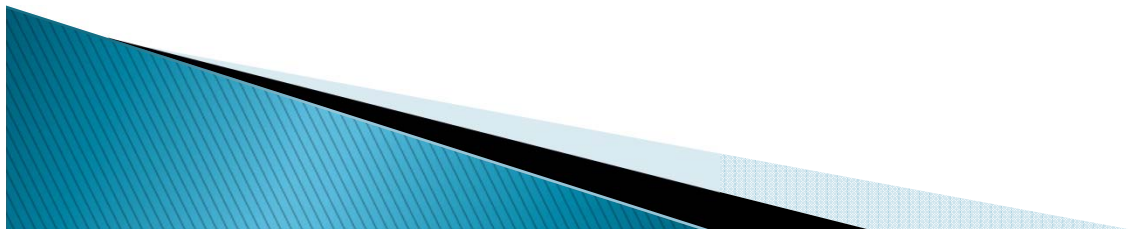
Uniform – Just Say No to

- ▶ *Over accessorizing and Glamour!*



Uniform – Just YES to

► *Neat and Professional*



Uniform – Just YES to

► *More examples!*





Uniform – Just YES to


► *Office Lands' End!*

LANDS' END
BUSINESS OUTFITTERS
National Association of Womens
Gymnastic's Judges

[NAWGJ Land's End Uniform Store](#)

 [Instructions for ordering a jacket](#)

 [Instructions for ordering a skirt](#)

 [Instructions for ordering pants](#)

Link for ordering:

http://www.nawgj.org/ordering_a_uniform.php

.. And More

- ▶ WEAR ONE HAT!
- ▶ ARE YOU A COACH OR A JUDGE
- ▶ YOU CAN BE AFFILIATED BUT...
 - IF YOU CARE WHO WINS, YOU SHOULD NOT BE JUDGING THE MEET
 - BE CAREFUL WITH INTERACTIONS ON THE FLOOR WITH AFFILIATED COACHES OR ATHLETES
- ▶ **FOCUS ONLY ON YOUR ASSIGNED EVENT!**
- ▶ **DO NOT SPEAK OR ANSWER FOR THE CHIEF JUDGE RELATED TO ANY EVALUATION**



Will I like judging?

► The Facts:

- Low pay (at the start as level 4/5)
- Long Hours
- You are committing to the day you are assigned without a guarantee of a certain finish time (Hint – Do not buy Theatre tickets!)
- Lots of sitting
- Giving up Saturday, Sunday, or entire weekend

► The Fun:

- Judges do love gymnastics!
- We are lots of fun!
- Great Food and hospitality
- You will meet lots of people who love what you love
- The pay gets better
- You see AMAZING gymnastics
- You see amazingly CUTE gymnasts
- You have the best seat in the house!

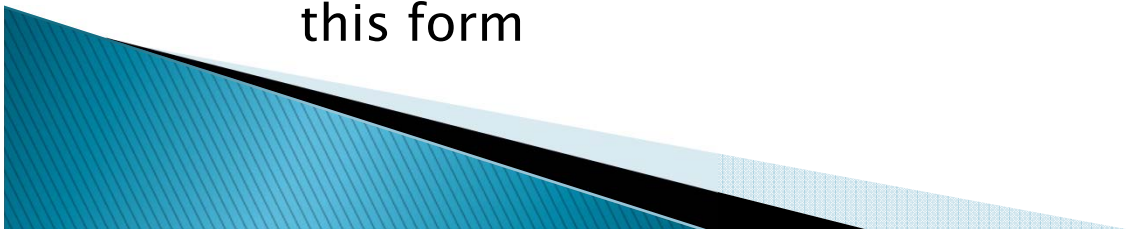


...And maybe meet Bart and Nadia



What if I am not sure?

- ▶ We've got you covered:
 - There is some out of pocket cost to get started:
 - Books, apps, flip charts, etc.
 - Test Fees
 - Memberships (yearly)
 - Safety and Background
 - Uniform
 - Your Time!
 - To reward your efforts, NAWGJ will reimburse you up to \$150 once you pass the Level 4/5 exam and join NAWGJ
 - NAWGJ Membership costs approximately \$75/year
 - USAG and NAWGJ memberships run July – July
 - You have one year from your successful test date to submit this form



New Judge Path..

- ▶ Spend time here with me..... Thank you!
- ▶ Study and Pass the darn test!
- ▶ Do a minimum of two practice judging experiences. More about this later...
 - Self-Assess – Am I confident? Can I come up with a score quickly? Am I putting the kids in the right order? Maybe I need more practice....
- ▶ Join NAWGJ and USAG
- ▶ Complete assigning availability (Gym JAS)
- ▶ Review Assignments and sign contract
- ▶ Start Judging!



Practice Judging

▶ Why is it necessary?

- Size of meets
- Quality of gymnastics in So Cal
- Knowing how it all works together
 - Athletes
 - Parents
 - Meet Director
 - Others
 - You!

▶ Best way to learn

- You can sit on the floor with the panel and test your knowledge with no pressure



Conferences

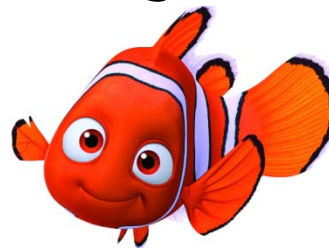
- ▶ Your Chief Judge may conference with you because:
 - You are out of range
 - You are not out of range but the average is not in line with the level of competition
 - You have an inquiry to answer
- ▶ Chief judge will lead the conference
 - She talks first
 - Listen to her question and provide that answer
 - Do not recite all of your deductions from start to finish
- ▶ You and your chief judge are a team
 - It's not personal! It's about the Athlete



The Fishbowl.. You never know who is looking your way...



- ▶ We have many observers while we are working
 - Our assistants (likely parents and teammates)
 - Coaches and athletes
 - Parents
- ▶ Be aware of your behavior on the floor
 - No catty comments
 - Smile at the athletes
- ▶ Competing athletes
 - The athlete who just competed and her team mates are focused on you
 - Be careful laughing, frowning etc – she could think the joke is on her!





“Can you just tell me her major deductions?”

- ▶ Rules and Policies require that both coaches and judges avoid conversations during the meet regarding the evaluation of the exercises

IV. Duties of Meet Officials

A. GENERAL DUTIES OF ALL OFFICIALS

1. Individual judges shall perform their function as a judge of the Meet according to the USA Gymnastics Rules and Policies, membership policies and the USA Gymnastics Code of Ethics.
2. Individual judges shall be limited to judging, evaluating and scoring the competition.

7. Judges are not allowed to act in a dual capacity (i.e., Coach/judge, parent/judge, Meet Director/judge).
8. Must act in a professional manner.
 - a. Must not leave their seat during competition without permission of Meet Referee or Chief Judge.
 - b. Must remain at his/her event station until the entire competition for that session has completed.
 - c. Must avoid conversations with coaches regarding the evaluation of the exercises.
 - d. Must be willing to compromise when the two counting scores are out of range.

IV. Coaches' Specific Responsibilities

All Coaches are obligated to:

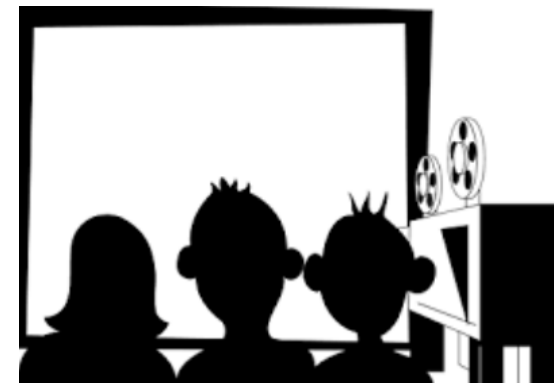
- A. Maintain a USA Gymnastics Professional or Jr. Professional (if 16-17 years old) membership.

N. Direct any inquiries regarding apparatus, judging or meet schedules through the Meet Referee or Meet Director.

1. Refrain from approaching a judge directly.
2. Instruct their gymnasts and parents to discuss any concerns they may have with the coach.

Table Manners

- ▶ Please watch the following YouTube Video
 - It takes about 20 minutes and covers many important NAWGJ Canons regarding professionalism in a humorous way



CRITICAL THINKING

BIZARRO

By DAN PIRARO



Deductions!



Which deductions do I need to know?



- ▶ *All of them!*
- ▶ You should study to get 100%
- ▶ If you do this, you will pass the test easily
- ▶ 50 multiple choice questions (level 4/5 only)
 - Must take a 50-question multiple choice written exam and achieve a minimum score of 70%. (10 questions on General Info, 10 on Vault, and 5 questions on UB, BB & FX for each of the two levels)
 - **You need 35 questions correct**
 - 4–5 “questions” per question
 - That makes 120 things to know!

**TO SAVE TIME
LET'S JUST ASSUME
I KNOW EVERYTHING**

Tips to memorize the deductions

- ▶ Group them
 - Small, medium, large
 - Use your knowledge and background
- ▶ Use the commonality in the descriptions as “memory joggers”
 - Vertical
 - Simultaneous
 - Coordination
 - Failure to ...
 - Insufficient
- ▶ Some of them you have to plain old memorize



Example – The “.05” deductions

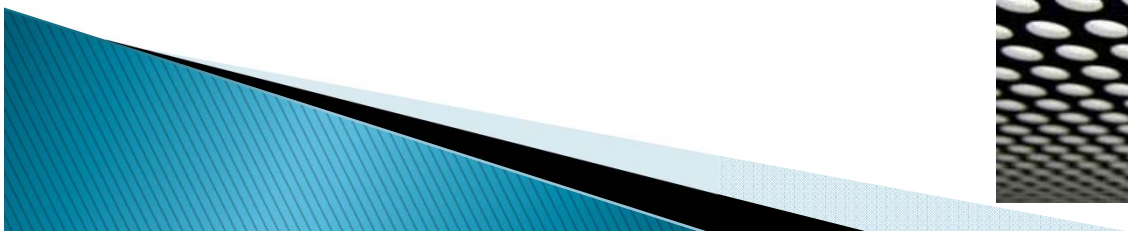
- ▶ The book says:
 - BB–*Ronde to Jambe to Arabesque* – *Fail to pause in arabesque*
 - BB–*Level 4 Straight leg leap* – *Fail to pause in low arabesque on landing*
 - BB–*Level 5 Sissone* – *Fail to pause in low arabesque on landing*
 - FX–*Level 4 Flic-Flac to Two Feet* – *Fail to pause in a controlled "stick"*
 - FX–*Level 5 Back Salto Tuck* – *Fail to pause in a controlled "stick"*
 - All–*Each 0.05 Failure to mark the passé position in relevé at completion of turn*
 - UB, BM, FX–*Foot form on major elements*
 - *UB–Squat on – Insufficient back swing of legs into squat on*



Do you see a pattern?

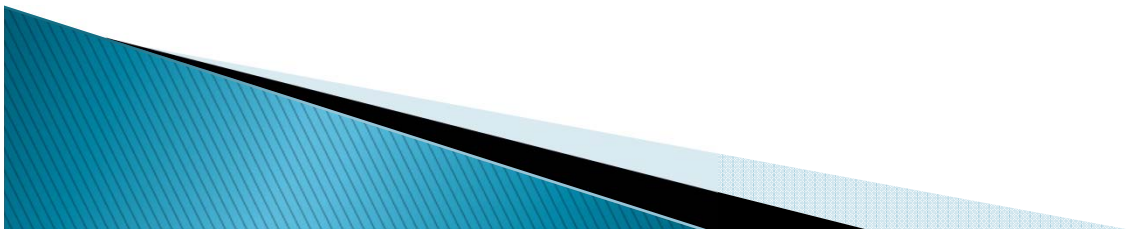
- ▶ “Fail to Pause..”
- ▶ “Fail to Mark the passé..”
- ▶ “Controlled Stick..”
- ▶ Insufficient back swing of legs to squat on
 - Specific to bars
 - Doesn't fit this rule but....
 - It's the same deduction for optional so learn it now!

WE NEED TO LOOK FOR PATTERNS AND CONSISTENCIES



Let's talk deductions

- ▶ Errors are small, medium and large
 - .05–1 is small
 - .2–3 is medium to large
 - .5 is a fall!
- ▶ Typical SMALL errors
 - Foot form in major elements
 - Pausing, Marking, sticking
 - Small hop on landing
 - Fail to land on both feet **simultaneously**
 - Failure to takeoff from both feet **simultaneously**
 - Failure to **close** legs in glides, handstands
 - Failure to rebound immediately after tumbling
 - Lack of **coordination** on connections



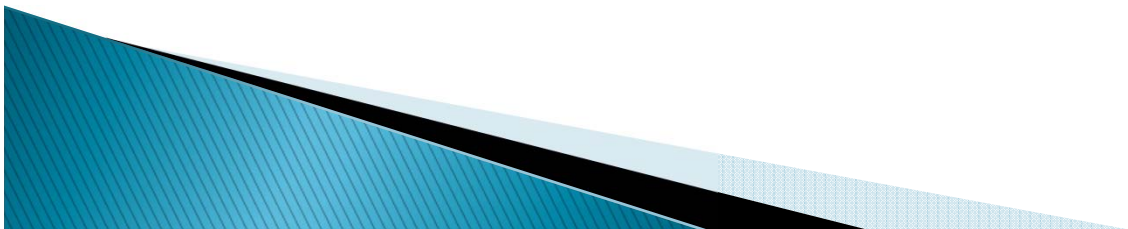
Typical Medium Errors – .2

- ▶ Some medium errors:
 - **Insufficient** height of leaps and jumps
 - Failure to achieve required split position
 - **Insufficient** tuck shape
 - **Insufficient** open from tuck shape prior to landing
 - **Insufficient** split
 - **Insufficient** extension of glide



Typical Medium to Large Errors – .3

- ▶ Bent Arms
- ▶ Bent Legs
- ▶ Failure to attain Vertical
- ▶ Adding extra element
- ▶ Extra Swing on Bars
- ▶ Extra Kickup to Handstand
- ▶ Insufficient height on Saltos (UB, FX)
- ▶ Grasp beam to avoid a fall



Remember – Deductions increase as severity of errors increases

Execution, Rhythm, and Landing Deductions	0.05 (ea. time)	0.10	Up To 0.10	Up To 0.20	Up To 0.30	0.30	0.50
Incorrect foot form (flexed, sickled fee) on major elements	x						
Concentration pause (more than 2 sec.)		x					
Uneven Leg separation in leaps/jumps			x				
Slight hop or small adjustment of feet			x				
Leg separations				x			
Insufficient Split				x			
Bent arms & legs					x		
Extra kick up to handstand					x		
Balance errors					x		
Additional movement to maintain balance					x		
Movement lacking artistry of presentation					x		
Squat upon landing					x		
Grasping beam to avoid fall						x	
Stop between elements in acro (tumbling) series on floor						x	
Fall on or off the apparatus							x

Note that **Falling** carries the highest penalty

Vault is a little different...

- ▶ Deductions on vault for body, feet and arms are more severe than on the other events. For example:
 - Foot form – ut 0.10
 - Pike – ut .5
 - Arch – ut .3
 - Bent arms in support – ut .5
- ▶ Vault scores must have parity with other events which have longer routines with many elements
 - The vault is over very quickly!
- ▶ We judge all phases of the vault, so deductions can multiply if the athlete has the same error throughout the vault.



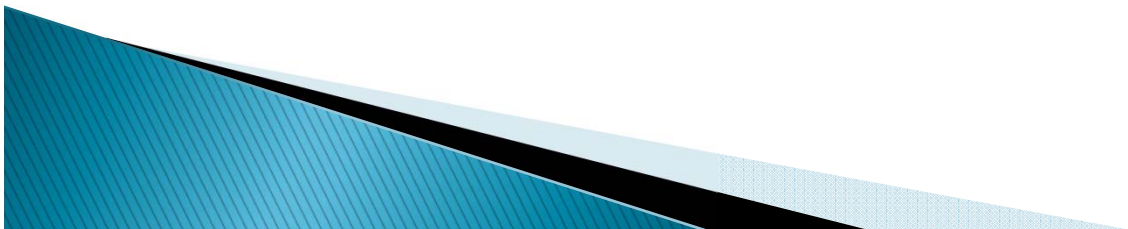
What about the Outlier deductions?

- ▶ .4
 - Hardly any!!
 - Text – incorrect position of head, arms, legs, feet
 - Changing .4 element
 - perform backward roll instead of back roll extension
- ▶ .6
 - Changing .6 element
 - hips touch as upswing finishes (clear hip circle – L5 bars)
 - Front Limber/Front walkover – L4 or L5 front Hdsprng on FX
- ▶ Chief Judge
 - Apparatus specs – flat .3
 - Gymnast behavior/attire – flat .2
 - Gymnast begins without signal – .5
- ▶ Feet on vault up to .1
 - .05 on major elements all other events



What about “up to” and “flat”?

- ▶ You will see that some deductions say “up to” and some do not
 - Up to .2 (e.g. Insufficient split)
 - .2 (e.g. squat on bars – **alternate foot placement**)
- ▶ Usually for deductions where the fault is obvious
 - Landing with the feet together
 - Immediately rebounding out of front handspring
- ▶ On your test you will need to know the difference depending on the question:
 - “Which of the following is correct..”
 - “Which of the following is incorrect...”
- ▶ The distinction will not matter for “Total Maximum Deduction” type questions



How much can I really take?

- ▶ All routines start from 10.0
- ▶ Each level and event has specific skills the gymnast must perform as written
 - These have specific values: .2, .4, .6
- ▶ On bars, everything has a value
- ▶ On Beam and floor, the rest of the routine is connections and dance
- ▶ *Everything is judged, but how well the required skills were completed is most important!*



Things that are True

- ▶ As you become familiar with the routines, the order of skills, and deductions, you will find that certain things are true....
- ▶ Add your own “truths” to the following lists as you learn the rules.



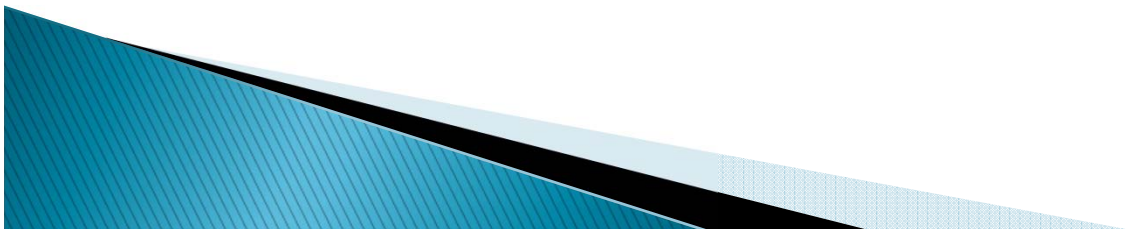
“Things that are True” – Vault

- ▶ Three D’s are all up to 0.3
 - Dynamics
 - Direction
 - Distance
- ▶ Foot Form is Up to 0.1 on vault only
- ▶ Vault is the only event with an “up to 1.0” deduction
 - Angle of repulsion
- ▶ Vault is the only event with an “up to .5” deduction
 - Height



“Things that are True” – Bars

- ▶ All kips are .6
- ▶ All back hip circles are .4
- ▶ All Casts are .4
- ▶ All dismounts are .6
- ▶ The only .2 element is the Squat on/Pike on



“Things that are True” – Beam

- ▶ All split leaps are worth .6
- ▶ All turns are worth .4
- ▶ All scales are worth .4
- ▶ The leap always comes after the scale
- ▶ All Mounts are worth .2
- ▶ All Dismounts are worth .6



“Things that are True” – Floor

- ▶ All split leaps are worth .6
- ▶ All turns are worth .4
- ▶ All Backhandsprings are .6
 - Exception –Level 5 backhandspring
- ▶ All split requirements are the same between beam and floor



General Faults and Penalties

► General and Specific:

It is intended that all elements and connections be performed with maximum amplitude and execution and in the order as written in the text. Any departures from the correct technique or performance are to be penalized according to the following Table for General Faults and Penalties. Also, refer to each event for Specific Penalties for each Level. Always apply these General Penalties whenever a Specific Penalty is not indicated.

Deduct all execution and/or amplitude errors leading to a fall. Do NOT deduct for BALANCE errors leading to a fall. The total execution and/or amplitude deductions taken on a major element MAY NOT exceed the value of the element plus 0.50.

Deductions for FALLS, EXTRA SWINGS, and lack of continuity in required series due to a fall are taken in addition to the execution and/or amplitude deductions. General deductions apply in addition to or in the absence of specific deductions.

- Note – Incomplete Element
 - Up to the value of the element

Points of Emphasis

- ▶ Points of emphasis help you find the appropriate general penalty to apply
- ▶ From the same page:

Points of Emphasis Explanation:

For judging purposes, "Points of Emphasis" notes throughout the text refer to the general penalties listed. This is an important aspect in the judgment of the routine.

For example, if the "Points of Emphasis" stresses "straight arms and legs" this refers to the "up to 0.30" each deduction for bent arms or bent legs. Similarly, if the "Points of Emphasis" includes a straight hollow-body position, this would refer to the "up to 0.20" deduction for incorrect body alignment, position or posture on major elements.

ALL ROUTINES MAY BE REVERSED IN THEIR ENTIRETY; HOWEVER, NO SINGLE ELEMENT MAY BE REVERSED UNLESS OTHERWISE STATED.

And at the bottom:

- ▶ Changes in Prescribed Text
- ▶ You must commit these to memory!



CHANGES IN PRESCRIBED TEXT	
<u>0.10</u>	*Changing, reversing or omitting a small part
<u>0.30</u>	*Changing, reversing or omitting a series of connections
<u>0.30</u>	Reversing the order of the two elements in any of the directly connected dance series in Balance Beam or Floor Exercise
Value of the element	*Changing a major element
Double the value of the element	*Substituting or omitting a major element
Half the value of the element	Reversing a major element (if not allowed to be reversed)
Up to the value of the element	Incomplete major element
Each <u>0.30</u>	Adding an extra element
Up to 0.40	Incorrect position of head, arms, legs, or feet (text errors) (Deduct in general - not each time- according to small, medium & large errors)
No penalty	Repetition of a missed element (start judging again at the point of interruption)
Up to the value of the element	Major element performed with additional turn
* Changing = performing a variation of the element prescribed. * Substituting = performing a totally different element than the element prescribed. * Omitting = leaving the element out completely. Omitted elements may not be performed later in the exercise (out of order) or after the last element in the exercise.	
Note: Any step designated as "not in relevé" may be performed in relevé without penalty.	

Typical Test Question – Vault

- ▶ Which of the following errors receives the **GREATEST MAXIMUM** deduction?
 - a. Taking 4 full steps after landing
 - b. Deep squat on landing
 - c. Extra arm swing to maintain balance
 - d. **Falling** against apparatus



Typical Test Question – General

- ▶ Which of the following deductions is **CORRECT**?
 - a. Incorrect foot form on major elements Up to 0.10
 - b. Failure to lever in and out of elements when required Up to 0.20 each
 - c. Failure to perform $\frac{1}{2}$ and $1/1$ turns on 1 foot in high releve 0.05
 - d. **Insufficient hip rise on salto/aerial** elements Up to 0.30



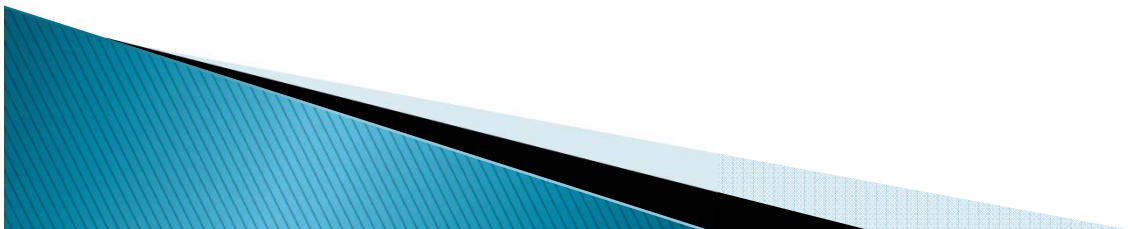
Typical Test Question – General

- ▶ What is the **TOTAL MAXIMUM** deduction for the following errors?
 - Incorrect position of arms, head, or feet throughout the exercise
 - Incorrect position (alignment) in arabesque position on balance beam
 - Overtime on balance beam
 - a. 0.40
 - b. 0.50
 - c. **0.60**
 - d. 0.70



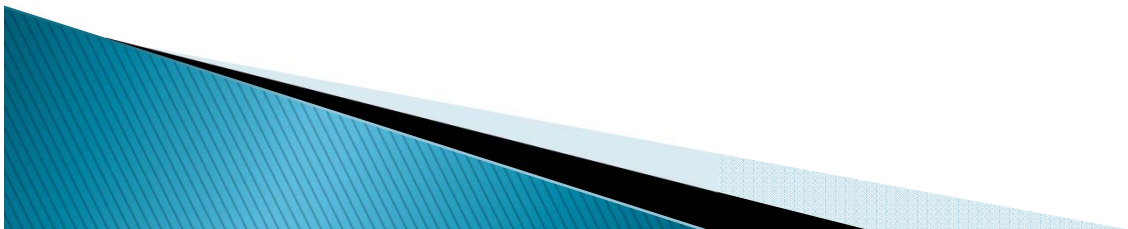
Typical Test Question – General

- ▶ Which of the following deductions is correct?
 - a. Bent arms or legs on uneven bars Up to 0.20 each
 - b. Incorrect body alignment, position, or posture on major elements Up to 0.30
 - c. Insufficient hip rise (height) on leaps and jumps Up to 0.30
 - d. **Extra** kick to handstand 0.30



Typical Sequence Question

- ▶ Which of the following is the correct sequence of elements for Level 4 bars?
 - a. Kip – cast to horizontal – cast squat on – long hang kip
 - b. Cast squat on – underswing – counterswing
 - c. Glide kip mount – front hip circle – cast squat on – jump to long hang kip
 - d. Long hang kip – front hip circle – cast to horizontal – underswing, counterswing



Typical Question – Floor

- ▶ Which statement is **INCORRECT** for Level 5 Floor?
 - a. The front handspring step-out is a 0.60 element
 - b. The minimum requirement for the straddle jump is 120 degrees
 - c. Bending arms in the back extension roll is up to 0.30
 - d. The flic-flac is a 0.40 element



Typical “Range” question

- ▶ The two counting scores must be “in range”
 - “The range is determined by the average score”
- ▶ **Step 1** – determine the average score of the two middle scores
 - Cross out the high and the low score if shown four scores
- ▶ **Step 2** – Check where the average score falls in the chart below, on the left
- ▶ **Step 3** – Answer the question – “Are these scores in Range” or “what is the allowable range for this average”
 - How far apart are the two scores?
 - If it is more than the number shown on the right, they are “not in range”

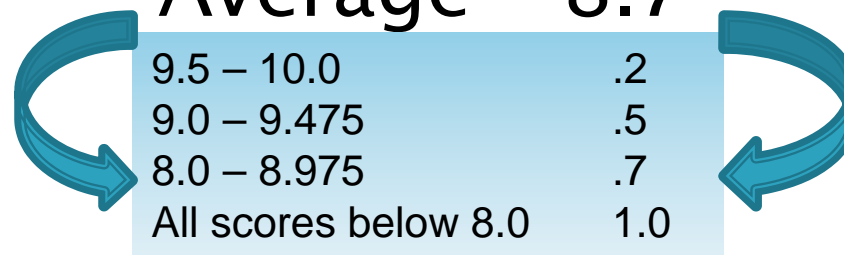
9.5 – 10.0	.2
9.0 – 9.475	.5
8.0 – 8.975	.7
All scores below 8.0	1.0

Range Question

- ▶ What is the allowable range for the following scores?
 - 8.5, 8.9, 9.5, 8.2
- ▶ Drop the high and the low (8.2 and 9.5)
- ▶ Average the remaining scores
 - 8.5 and 8.9

Average – 8.7

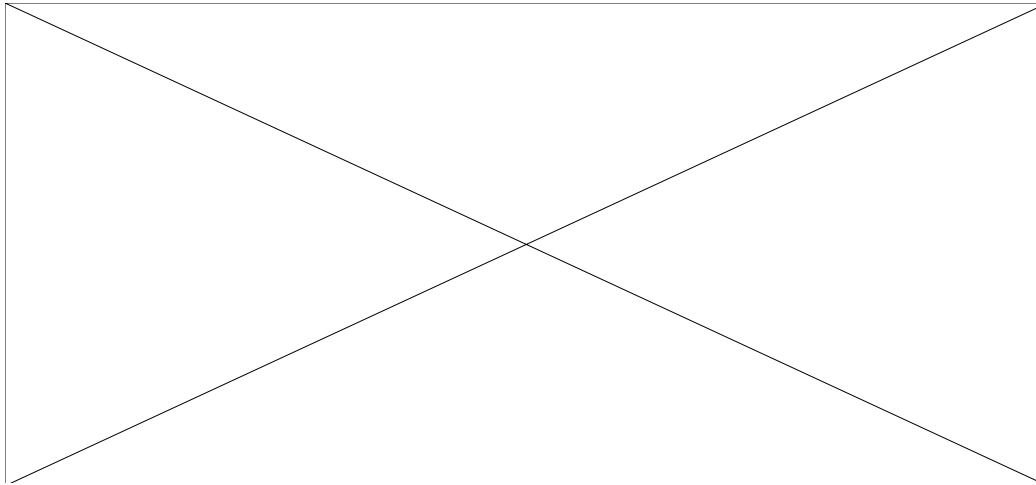
9.5 – 10.0	.2
9.0 – 9.475	.5
8.0 – 8.975	.7
All scores below 8.0	1.0



- ▶ Are the two scores “in Range”?
 - Yes – they are only .4 tenths apart!
 - Scores within this range “may be” .7 tenths apart



Let's try it!



**Table at right shows possible Deductions and final score. There are other possible deductions In this routine not listed here

Skills	Deductions	Notes
Mount		
Cartwheel	0.10 – 0.25	Kick into cartwheel not to horizontal (.05); No Levers (.10); Cartwheel not thru vertical (.05); Balance error (.10)
Ronde de Jambe to Arabesque		
Scale	0.05 – 0.10	Not held for 1 sec.
Straight Leg Leap	0.10 – 0.20	Balance error after landing (.10); Height of leap (.05); No pause in arabesque (.05)
Cross Handstand	0.10	Kick into handstand not to horizontal (.05); No Levers (.10); Feet did not close (.05)
Split Jump	0.15 – 0.25	Pivot turn prior to jump not sharp (.05); Balance error (.10)
Stretch Jump	0.10	Rhythm broken (.05); No connection (.05)
½ Turn in Fwd. Passé	0.05 – 0.15	Incorrect foot position (.05); Control of turn (.10)
Dismount	0.10 – 0.15	No Level (.10) Not to vertical (.05); Not held for 1 second (.05)
TOTAL DEDUCTIONS	0.90 – 1.10	
FINAL SCORE	10.0 (SV) – 0.90 / 1.10 (Deductions) = 8.90 - 9.10	

Path to Success



- ☑ Know all element values and element sequences
- ☑ Know all general and specific deductions
- ☑ Know all Chief Judge and Neutral deductions
- ☑ Know the allowable range of scores and how scores are calculated
- ☑ Know all deductions for Changes in Prescribed Text
- ☑ Create a “Scratch Paper” in 8 minutes or less





May I be excused? My brain is full.