

SJD's & SAC's,

Please forward to your membership.

Thank you!  
Marilyn

# National Association of Women's Gymnastics Judges

## R3 RTCC Newsletter January 2023



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Region 3 RTCC  
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### REGION 3

Welcome everyone to an exciting 2023 season. Happy New Year! Wishing you all a healthy, prosperous and amazing 2023!

I know you are all preparing for your first meets and so wanted to address a few items.

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### NEW MILEAGE RATE

IRS business standard mileage rate is 65.5 cents per mile (a 3 cent increase from the 62.5 cents rate from mid-2022).

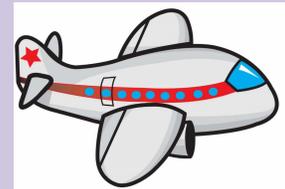


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### REQUESTING A SINGLE HOTEL ROOM?

**Request for single room lodging** when the Meet Director is offering only double-occupancy rooms on page 45:

- \* The current standard CONUS lodging rate for 2023 is \$98.00 per night.
- \* Example: Room rate is \$150 (not including tax/fees). The difference between the CONUS rate (\$98) and room rate (\$150) is \$52, which would be the financial responsibility of the judge. The Meet Director is responsible for the \$98 CONUS rate plus any taxes/fees).



To be clear, the entire country is using this standard CONUS rate of \$98/night; it has nothing to do with where you live.

**2023 Easterns and Westerns hotel booking links are now LIVE!**

Easterns: <http://www.usagymeastern.com/info/>  
Westerns: <http://www.usagymwestern.com/info/>

### 2024 Westerns

- The bidding process is officially open for 2024 Westerns. The bid form found **HERE**. <https://usagym.org/pages/home/pages/forms.html#womens>

- Bids for 2024 events are due to Christy Naik **February 15th, 2023**. A decision will be made, and the host will be announced at the 2023 events (pending any unforeseen issues).

2023 Nastia Liukin Cup series: website: <https://www.nastialiukincup.com/>

- Event information for all 20 qualifiers for the 2023 installment is **HERE**.  
<https://www.nastialiukincup.com/invitationals/>

## REGIONAL ,WESTERNS, NATIONALS MEET DATES AND SITES:

Please Volunteer if possible at these amazing meets.

2023			
March	24-26	Last weekend for Level 9/10 State Championships	Various Sites
April	13-16	Level 9/10 Regional Championships	Topeka, KS
April	21-23	Level 8 Regionals	Oklahoma City, OK
April	28-30	Level 7 Regional Championships/Level 6 All Star Session	Little Rock, AR
April	28-30	Xcel Gold Regional Championships	Spring, TX
May	5-7	Level 9 Western Championships	Boise, ID
May	5-7	Xcel Platinum & Diamond Regional Championships	Aurora, CO
May	12-14	DP Level 10 National Championships	Oklahoma City, OK

## 2023 JUDGES EDUCATION

**NAWGJ EDUCATION:** <https://nawgj.org/education/> Take advantage of NAWGJ educational clinics, scored routines, GTC for Opt, Comp.

Take advantage of Practice judging, use scored routines for preparation: <https://nawgj.org/video-projects/>

### Updated National and Brevet course forms

[National form](#)

[Brevet form](#)

### National Congress:

<https://usagym.org/pages/membership/pages/index.html>

### Regional Congress

<https://www.usagymrc.com/>

# 2023 Region 3 Training Camps

Early Bird Registration Feb.1st - March 31st  
Regular Registration opens April 1st  
Judges on site for questions  
Watch for more info to purchase Region 3 Camp Leotard

**REGISTER AT**  
**WWW.REG3.COM/CAMPS**

**24-25  
JUNE**

Athletes who have previously  
competed L6-10 in Region 3

SCHEDULE AVAILABLE  
THE WEEK OF MAY 30TH

DP Camp at Texas Dreams in Coppell, TX  
Approximately 6 hours of instruction

Early Bird \$165/After 3/31/23 \$185 Registration Closes May 27th.

**15-16  
JULY**

Athletes who have previously  
competed L6-10 in Region 3

SCHEDULE AVAILABLE  
THE WEEK OF JUNE 19TH

DP Camp at CGI in Aurora, CO  
Approximately 6 hours of instruction

Early Bird \$165/After 3/31/23 \$185 Registration Closes June 16th.

**5-6  
AUG**

Athletes who have previously  
competed Xcel Gold-Sapphire in Region 3

SCHEDULE AVAILABLE  
THE WEEK OF JULY 10TH

Xcel Camp at Incline in Littleton, CO  
Approximately 4.5 hours of instruction

Early Bird \$145/After 3/31/23 \$165 Registration Closes July 7th.

Support Region 3 and further athlete development by  
participating in these fun and educational camps!

CAMP UPDATES @  
[WWW.REG3.COM/CAMPS](http://WWW.REG3.COM/CAMPS)

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## NAWGJ National Symposium 2023

July 13-15, 2023

at the Amway Grand Plaza in Grand Rapids, Michigan.

Mark your Calendar.... You don't want to miss the next NAWGJ National Symposium.

All are invited to join us

- 2023 Symposium Home Page <https://www.nawgj-symposium.com/>
- Registration - Early Bird Special! <https://www.nawgj-symposium.com/event-details/nawgj-national-symposium-2023>
- Hotel Rooms - Ready to Book!  
<https://book.passkey.com/event/50369936/owner/2529966/home>
- 2023 NAWGJ Helping Hands Symposium Grant Form  
[https://docs.google.com/forms/d/e/1FAIpQLScSSemt70aXT\\_kJv\\_VdfIXIWScl2YOM0cQzb5fUqkGXRkcEw/viewform?vc=0&c=0&w=1&flr=0](https://docs.google.com/forms/d/e/1FAIpQLScSSemt70aXT_kJv_VdfIXIWScl2YOM0cQzb5fUqkGXRkcEw/viewform?vc=0&c=0&w=1&flr=0)

**REVIEW ALL CHANGES in  
your UPDATED DEV COP:**



**\*New and/or changed Value Parts** for all events as UB Group 3,6,7 VP to reverse, L, or mixed L grip-some skills that were ok for L8 UB last year - are now D's - EXAMPLE: L 8 UB Clear hip to Reverse grip is now a "D"- check out all those that have

changed

**\*Restricted Elements:** Level 6 & 7 is any 'attempted' restricted element - even if attempt is incomplete is 0.5 off SV

L 8 & 9 is any Restricted element with Value Part has 0.5 off SV

**\*New Level 9 Bonus Principles:** UB- First restricted or allowable UB "D/E" element receiving VP credit receives +0.10 "D/E" Bonus

BB & FX first acro "D/E" successfully completed receives +0.1 bonus (No bonus for Dance "D/E"s)

**\*Element Specific Technique** - clarified and/or new

**\*Equipment Failure:** Continue judging from Point of Interruption

**\*Procedures for Music Failure & Timing of Routine.** To retime a floor routine that was deducted for being overtime, coach must have a video.

**\*Timing of Falls:** If an injury occurs, fall time begins after medical assessment is complete.

### **Exercise Without A Dismount 0.3 Deduction Summarization:**

**Apply 0.3 DEDUCTIONS off SV = (Rule of Thumb -When Skill Has 'NO VP' apply 0.3 off SV)**

-No dismount attempted

-Early termination of routine

-Dismount is a restricted element for that level

-Fall on Salto Dismount w/out initiating salto

-Coach spots gymnast **during last salto element** on FX –No SR (-0.5). deduct 0.3 for Dsmt.

### **Exceptions to 'NO VP' (these are NOT a 0.3 Deduction off SV):**

-Failure to land on bottom of feet first on dismount – no 0.3 dismt (but salto was initiated)

-A dismount with a spot (dismount has no VP) – no 0.3 ded. for UB & BB but do deduct 0.3 for FX last salto;

-Dismount element not listed in the code

- Dsmt VP w/ hand support instead of Salto or Aerial (missing SR off SV - no 0.3 for no dismount)

(Coach spots gymnast *upon landing dismount*, award VP & SR; **do not** deduct 0.3 from SV)

### **VAULT:**

Coaches must now display or verbally announce the vault **NUMBER** to the judges. We are hoping that all Meet Refs will go to meets with an extra copy of

the vault charts in the (somewhat likely) event that all the coaches will not have one with them.

**BEAM: (May use mount for bonus connection)**

**FLOOR: L 7 FX SR 1 & 2: Min. of two Acro Passes**

If have all of the three bullets of 2 Special Requirements - No deduction

Missing 1 of the 3 bullets - deduct 0.50

Missing 2 of the 3 bullets - deduct 1.0

EX: 2 pass routine that fulfills SR 1 & 2: RO, Flip Flop Back tuck, 2nd pass- Punch front layout to two feet

**FX ACRO Pass L 7:** Regarding the acro pass definition, based on the requirements of the level, anything without a salto is not an acro pass for Level 7.

If the gymnast does only 1 acro pass with all three of the bullets, they would then have to have a minus 0.50 for not having Min of 2 acro passes

EX: Front tuck, RO, Back salto LO to two feet



## BE PREPARED FOR XCEL

All of our athletes deserve the same attention!

### REVIEW THESE CHANGES in your UPDATED XCEL COP:

<https://usagym.org/pages/women/pages/xcel.html>

XCEL Code of Points - December 2022 Update

**Division Special Requirements: review changes**

#### **Xcel Sapphire Rules:**

[https://usagym.org/PDFs/Women/xcel/sapphire\\_pilot\\_rules.pdf](https://usagym.org/PDFs/Women/xcel/sapphire_pilot_rules.pdf)

#### **Vault:**

Xcel is also using the same method of announcing the vault number at all sanctioned meets so please inform your SJD's so all MR are prepared

#### **2022-2023 Xcel and DEV Optional: Major Differences**

<https://txnawgj.org/documents/2022.23%20Xcel%20vs%20DEV.pdf>

### **J110 Xcel Bronze/Silver/Gold Judges' Course**

**USA Gymnastics | 2021-26 Xcel Bronze/Silver/Gold Judges' Course**

**WJX1 Xcel Bronze/Silver/Gold Judging Exam:** Must have completed the J110 Xcel Bronze, Silver, Gold Judges' Course.

Xcel Code of Points  
FLOOR EXERCISE

## II. CLARIFICATIONS REGARDING CONNECTIONS

## A. Acro Pass

1. An Acro Pass is defined as an Approach (usually, but not required, to be initiated by a step, hurdle or run) resulting in the performance of one or more acro elements (with or without hand support). An Acro Pass with two or more elements must be directly connected. An Acro Pass with two or more saltos may be directly or indirectly connected with flight elements with hand-support.
2. Acro Pass broken and not eligible to fulfill SR, if any one of the following occur:
  - a. Stop between elements.
  - b. Loss of Balance, causing a Stop between elements.
  - c. Repositioning of Support Leg.
  - d. Extra Step / Hop / Jump between elements.
  - e. Performing a kick between the elements will break the series if the leg swing forward is higher than 45°.
3. Bronze / Silver Divisions:
  - a. Exception: Round-off rebound, Backward Roll is an allowable Acro connection.

## B. Dance Element performed within Acro Pass:

1. Will break direct connection.
2. No Special Requirement awarded.
3. Example: Bronze Division: Round-off, Tuck Jump, Backward Roll
  - a. Tuck Jump breaks Acro Pass.
  - b. No Special Requirement #1 awarded.

## C. Saltos for: (Platinum SR #1 &amp; SR #2) – (Diamond SR #2)

1. Acro Flight elements (without hand support) not considered Saltos:
  - a. Aerials
  - b. Salto-like elements landing in sitting, prone or split-sit position.
2. No Special Requirement awarded.

## D. Dance Passage

1. Elements may be directly or indirectly connected.
2. Indirect connection allows running Steps / Small Hops / Skips / Chassés / Assemblés / Turns on one (1) or two (2) feet between dance elements.
3. No pauses or stops allowed within Dance Passage; Plié allowed provided no pause or stop.
  - a. Example: using lunge preparation with a pause prior to Turn on one (1) foot; Dance Passage broken.
4. Split Leap requiring designated Split requirement may be Cross (Front-to-Back) or Side (Split / Straddle).
  - a. Cross-position, Leap must be completed with forward leg extended.
  - b. In a Dance Passage of (2) two Leaps, SR met when at least one (1) Leap finishes with front leg extended.
  - c. Rear Leg in Stag position with front leg extended, SR awarded.
  - d. Stride Leap forward with change of legs to Wolf position, no SR awarded.
5. Group 1 (Leaps / Jumps / Hops) in Dance Passage:
  - a. May land on one (1) or two (2) feet on first, second, or last element.
  - b. Rebounding out of Leap / Jump is allowed and does not constitute a pause or stop.
6. Second / Last element may also land in prone or split position.
7. Acrobatic elements or Restricted Dance elements:
  - a. May not be performed between elements in Dance Passage (SR#3)
  - b. Will break the Dance Passage
  - c. Example:
    - 1) Switch Leap + Flic-Flac + Straddle Jump
      - Flic-Flac breaks Dance Passage.
      - No SR #3 awarded.
    - 2) Gold Division: Switch Leap + Switch-Side Leap + Straddle Jump
      - Switch-Side Leap is Restricted "C" element
      - Dance Passage broken.

Revised December 2022

FLOOR EXERCISE - 20

- 4) Vertical Handstands: Handstands that are within 10° of Vertical will receive SR credit and a 0.10 deduction applied for amplitude.
  - Clarification: The 0.10 deduction for vertical skills on beam is ONLY applied to the element that is being used to fulfill a special requirement. It is not applied to every attempted handstand on beam.

cast within 10° of the requirement will receive VP/SR credit.

- 1) A 0.10 deduction will be applied for amplitude for 1-10° below the requirement.
  - Clarification: The 0.10 angle deduction for cast/skill angles on bars is ONLY applied to the element that is being used to fulfill a special requirement. It is not applied to every attempted cast/skill on bars.

## JUDGE'S JUDGING RUBRIC FOR 2024 STATE & ABOVE SELECTION

Please keep a detailed spreadsheet of your own so that you have a current record. This was used and a great help in the 2023 assignments.

Rubric was developed to track meet assignments/sessions of judges to submit with Regional availability forms that are to be completed yearly. The Rubric lists the strongly recommended criteria (what counts) toward the assigning of judges to state and higher meets. Points are credit-based in the different categories such as the number of sessions at each level that you judged, educational opportunities you took part in, live or virtual in gym practice judging, and any volunteer positions you held or assisted at.

Regional Championship judges selection rubric 2023/24 \_\_\_\_\_ Xcel \_\_\_\_\_ Optionals

NAWGJ-SJD Rate	SAC or RAC Rating based on Professionalism 1.Is prepared, punctual, knowledgeable	Number of sessions judged in '21-'22 (not including postseason meets) of highest level applying for.	Education Opportunity Completed/Clinics: State=1 Regional=3 National=5 10 pts. max	Optional In-Gym / Critiques 5-10 times=10 3-4 times=8 1-2 times=5 Opt. Coach =10 Comp. Coach=5 10 pts. max	Volunteer: USAG/NAWGJ State, Regional, Nat'l Boards: 5 pts Region 3 Camps: 3pts Reg/Nat Meets: 3 pts. State Meets:2 pts. Clinician: 2 pts. Practice Judging with same or higher Rated judge: 2pts. 10 pts. max	Total: NAWGJ 10 pts. Professionalism 50 pts # Sessions 10 pts Ed/Clinic 10 pts . In-Gym 10 pts. Volunteer 10 pts.	Affil.	NCAA
Professionalism	2.Consistent application of rules 3.Demonstrates impartiality 4.Interacts well with all 5.Professional presentation on and off the floor; (5) willingness to help out at last minute (5) 10 pts. ea	8 - >10 = 10 pts. 4 - 7 = 5 pts. 1 - 3 = 3 pts.						
35-40 = 5 pts								
25-34 = 4 pts								
15-24 = 3 pt								
5-14 = 2 pt								
1-4 = 1 pt								
10 pts. max	50 pts. max	10 pts. max	10 pts. max	10 pts. max	10 pts. max	100 pts max	Yes/No	Yes/No

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