

## **You Know You've Been Judging A Long Time If You Remember.....by Hilray Carlson 4/2020**

- Value Raising
- COV, DOV, CRV, CRV
- Deductions for
  - Walking under the bar after saluting
  - More than 2 members of the same team using the same mount or dismount or the same vault
  - Double bouncing on the board
  - Coaches touching the bars
- Unevens weren't really uneven or couldn't be adjusted
- Reuther Boards
- Leotards without blink
- Hair and faces without glitter
- Life before scrunchies
- Yamis
- Rosin
- DGWS and USGF
- Polyester Association blue Judging Uniforms
- "Spinning Wheel"
- Footies
- Spending so much time discussing body wave techniques in compulsories
- Floor routines on wood floors
- Wooden Beams
- When getting to add a panel mat was exciting
- Even better – a wrestling mat!
- Compulsory tests that asked whether the palm was facing up, down, or sideways on the final pose
- Chicago Navy Pier meets still competing at 3 am
- Gymnasts competing compulsories in the morning and optionals in the afternoon
- Scales and birds' nests on bars
- Women competing rings
- When rules and values changed weekly
- Equipment without springs
- Eiche Turner meets where coaches, judges, and parents all drank during the meet
- Leotards with zippers
- Leotards with zippers dressed up with zig zag rick racking
- Horsehair mats
- Swedish box, Swedish boom, swinging rings
- Medium and Superior skills
- Warped plywood for a springboard
- Breaking wood rails on bars
- Wrap eagle to HB, to front hip circle LB
- Turner meet included Track & Field, Trampoline, & Parallel Bars plus regular events for all around
- Judging the Junior division during the day, & competing Senior division at night
- When age determined the height of the beam and vault during competition
- Measuring vault boards and marking them before every meet
- Taking the pommels off the horse to vault
- Stopping judging on beam when time was called
- Timing of the beam routine started when the gymnast touched the beam
- Virtuosity (Weren't we all virtuous?)
- ASCAP Feet
- FX music was live piano