

UNOFFICIAL NOTES FROM NAWGJ REGIONAL DIRECTOR'S MEETING

Newsletter, October 1976

I. Old Business

NAWGJ now has a tax exempt number: 51-0178 999. Our status as a non-profit organization was filed under 501 C6. Due to our new status, quarterly reports must be filled. They are due November 1, February 1, May 1, and August 1; and are to be sent to the National Treasurer.

II. Constitution Changes

A. Page 8, Article 9, Section 1 cz under Treasurer; strick the statement "the Treasurer shall disperse..." and insert "75% of these funds in the following manner; 50% State, 25% Regional." The check shall be sent directly to the judging directors involved.

B. Page 9, Article 9, Section 2 f and Page 10, Article 9, Section 3 g - add the statement "They must also file with the National Treasurer on a quarterly basis an accounting of all monies received and dispersed. This must be filed before dipersement of dues percentage is received from the national treasury."

C. Page 6, Article 5, Section 2 c - change dates to read February 1, May 1, August 1, November 1.

III. Treasurer's Report

Dues will be voted on at the next meeting. The following is recommended:

National, Regional, State	\$15.00
Associate, Apprentice	\$10.00

The national Treasurer needs an operating cost estimate to be gathered by the Regional Judging Directors and presented at the next meeting.

Each State Judging Director should send one copy of the membership application to her Regional Judging Director, one copy to the National Secretary, and one copy with the check to the National Treasurer. The fourth copy is hers to keep. Checks should be sent to Betty Sroufe as soon as they are received by the State Judging Directors.

An anniversary renewal date was suggested. It is as follows:

Region I	- September
Region II, III, and IV	- October
Region V	- November
Region VI	- December
Region VII and VIII	- January

Regional Judging Directors should hold all receipts that are sent to them by their State Judging Directors.

The uniform was introduced. The color is "Association Blue". The jacket cost is \$55. The pants and skirt are \$22.50.

IV. Secretary's Report

The minutes from Boone were accepted.

The National Secretary shall send out membership cards.

There is to be a new application form which may be ordered from Joanne Aschenbremner by the Regional Judging Director.

Joanne will run off an addendum to the membership list. All Regional Judging Directors should make sure that she has the proper information.

Stationary was discussed. The decision was made to order high quality paper and lower quality envelopes.

The new applications are to be sent to the following people by color code.

Golden	- State Judging Director
Pink	- Regional Judging Director
Yellow	- National Treasurer
White	- National Secretary

A possible project for the Regional Judging Directors to make money would be a uniform scarf for their region.

The newsletter should be sent to the National Director, the National Secretary, and the National Treasurer. It should include the following:

1. Technical information from USGF (State whether it is official or unofficial).
2. New ratings received
3. Testing dates
4. Clinic dates
5. Upcoming "important" meets
6. Upcoming "important" meet results
7. New members
8. When renewals are due for individuals
9. Elections of officers
10. NAWGJ items for sale
11. Publications available - USGF
12. State Chairman for USGF
13. Communications from Regional Judging Director
14. Financial report

The new USGF address is :

PO 12713
4545 E. 5th St.
Tucson, Arizona 85711

Phone : 602 - 795 - 2920

State Judging Directors should know their responsibilities.

1. Dissemination of information
2. Offer clinics and workshops
3. Offer tests

V. Constitutional Changes

Page 9, Section 3 d "to be mailed a minimum of four times per year; February, May, August, November."

VI. Topics Brought Up For Discussion At Congress Meeting

A. Clarification of Judge's fees

1. "What is a session?"
2. "What is a day?"
3. Meet Referee's compensation.
4. Head Judge's compensation

VII. 1977 National Symposium

The Maryland State Judging Director offered to host the National Symposium next year during the third week in August.

Meeting called to close

NOTES FROM RULES INTERPRETATION SESSION
WITH SHARON VALLEY, SHARON WEBER, AND GAIL DAVIS

Class II and below - Handstand on, $\frac{1}{2}$ turn off; or $\frac{1}{2}$ turn on, handspring off 9.4
At an open optional meet, the Referee will decide whether it is acceptable.

Value of non-listed vaults :

	Layout	Horizontal	Bent Hip
Squat	8.0	6.0	4.5
Straddle	8.5	6.5	5.0
Stoop	8.5	6.5	5.0

Line of the body in a Layout should be hands, shoulders, hips, feet.
If there is a slight pike, the deduction would be .5 as long as this line is followed: hands, shoulders, feet. If the feet drop below the horizontal level, a layout cannot be awarded.

Landing on the floor out of balance category should be eliminated as a deduction.
There is no longer a specific vaulting breakdown.

Steps on landing - .2 one step - .1

Bars

Straight arms are necessary in hip circles and kips. There must be a good swing on hip circles. In the power hip circles, arms should be straight in and straight out with a slight bend in the middle. Look for amplitude on casts and $\frac{1}{2}$ turns. Connecting movements should have value to augment composition.

Superior Elements

1. Swing to handstand
2. Release of grips 1 to $1\frac{1}{2}$ longitude twist
3. All uprisers
4. Elements with flight over the high bar regrasping to low bar (straddle back, drop kip)
5. Free hip circle to hang
6. Free flight element into hock swing without grip
7. Eagle - flies high and back, feet should be elevated on the catch. When in doubt, award difficulty and deduct for amplitude
8. Straddle cut catch
9. All hechts within the routine
10. Free hip to straddle - should almost be handstand position to receive superior
11. Sole circle, $\frac{1}{2}$ turn, eagle
12. Jump over high bar, $\frac{1}{2}$ turn, eagle catch
13. Jump over low bar, $\frac{1}{2}$ turn, to glide
14. Flyaway off high bar with back somi done above low bar level
15. Flyaway off low bar with $\frac{1}{2}$ twist, minimum level at low bar

Medium Elements

1. Mount - jump catch high bar, kip to high bar
2. All reverse kips
3. Sole circle, $\frac{1}{2}$ turn dismount off either bar
4. Flyaway off low bar with no twist

For clarification of elements write:

Joanne Pascole
204 S. Annin
Fullerton, Calif. 92631

Floor Exercise

Simple series - same element repeated without being considered repetitious.

Compound - different elements repeated. No matter how many superiors it contains, it should receive only two superior credits.

Basic Movements - 1. Chainne, 2. Back Walkover, 3. Front Walkover, 4. Cartwheels

Medium movements

1. Handstand roll to another element
2. Dive Cartwheels
3. Back Walkover with a medium element
4. Walkover variations

Dale Flanss

Concentration on Floor Exercise and Beam is in body waves. A sequential pattern should be evident.

Backward Body Wave - begins at the toes, to ankles, to thighs, to hips, through the body pushing forward.

Forward Body Wave - Start at the top, stomach contraction from ankles.

Practice against the wall to feel the sequential action.

Side Body Wave - Start at the side away from the direction of the wave, arms follow body wave. Start the wave in the lower body.

Rotational Body Wave - Start high, contract sidebend, then arch, then sidebend. The more body parts involved, the better.

Notes From Jim Fontaine's Vaulting Presentation

Technique is a method of attempting an element. Technique varies with the individual gymnast.

Judge the results of technique rather than the technique itself.

When judging a vault, consider these points:

Preflight - form and body position

Repulsion - support, body position, and push-off

Post-flight - form and body position

Landing

Hecht Vault

Preflight - slight pike, come in at about 30° with no arch. Feet should be above the horizontal.

The board should be further away from the horse than normal (ie. as for a handspring); 50% further away than for a Yamashita.

Afterflight should be long.

Handspring

Approach should be higher than Yami by 5° - 10° . If the preflight is higher, the afterflight should be shorter.

Yamashita

Preflight 60° - 85° would be good. Too high into horse, there would be no afterflight. Afterflight should be long.

Check repulsion carefully, does the body lift. Be sure to consider the size of the gymnast.

1/2 On - 1/4 Off

Preflight has the same range as the Handspring. The push-off is before the twist begins. The second half should be completed before the body reaches the horizontal.

When you judge this, it is easy to tell whether they are changing direction or continuing in the same direction by this rule:

If you see stomach, stomach on the turn, they are changing the direction of the twist.

If you see stomach - back, or back - stomach, they are continuing in the same direction.

Tsukarhara's

Preflight is low. Gymnast should land with her head above the level of the horse.

Notes From Michelle Pond and Paul Hunt on Tumbling

Power and speed are important in tumbling.

Gymnast should give on the landing without allowing body line to break.

To convert direction of tumbling, keep feet under you - then take it up.

Three types of Back Somis:

1. Lift somi - should be high
2. Whip back - like flic flac without hands, power building
3. Bounding somi - more give in the landing in the legs

Full Twist - they should pike slightly for safety so that they may see their own landing.

Notes From Bar Session With Rod Hill

Class I - should have no stop in "V" - correct shoulder position; shoulder and arms should be in line with the weight forward.

United States Gymnastics Federation

Region 7 Chairman

Ruth Ann McBride • 7901 Van Gogh Court • Potomac, Maryland 20854



ADVANCED ROUTINE BULLETIN CLAIPIFICATION AS APPROVED BY AUDREY SCHWEYER

Coaches and judges should be aware that stylization to the individual needs and strengths is increasing in compulsory work. Flexibility in movement within a position is allowable (any degree of amplitude without changing text requirements is acceptable).

Example: 'arm lateral' - a flexible girl could float the arm through horizontal to slightly above for emphases or rhythm.

SPECIFICS IN ADVANCE FLOOR EX:

- I Body may be slightly twisted in direction of front leg. Front leg bends, but finishes straight with arms overhead - contraction starts at ankles and moves sequentially up the body. -page 40.
- II Bent free leg is parallel to floor throughout the turn; finish in control with leg still parallel.
- II-3 Third step presents into the tumbling pass, accent on chest list, not on back leg. Back leg is free and obliquely low.
- III-1 Hurdle into round-off European-Style, straight-leg hurdle.
- III-1 Mounter-biggest stress area is on pre-flight, as the greatest deductions in the text refer to that area. Attempt maximum pre-flight with slight pike. Second half should have some semblance of flight with a 'walk out'.
- V-1 & 2 In our region there will be three acceptable variations:
 - a) keep second foot behind first
 - b) keep second foot at or beside first
 - c) let the second foot step in front of the firstAll three variations need a slight hopping action.
Develop - front leg may be obliquely low or as high as horizontal but not above horizontal.
- VII-5 Turn is off of the front foot, feet meet at the height of the turn.
- VIII-1 Turn is not a camel turn, chest may be at 45° angle or higher (not lower) leg is at horizontal throughout.
- VIII-3 & 4 Tour jete without complete split before landing is not a change of element, but a deduction in amplitude technique of execution.
- IX-3 Back tinsica may finish
 - a) With back foot in scale behind with a held position, then place foot on floor and turn immediately
 - b) With back toe on floor and hold then rock back and turn from the ball of the foot.Back tinsica goes along the side line, not on the diagonal into the corner.
- XI Hurdle into round-off European-style, straight-leg hurdle.

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- 2 -

XI-2 Either both arms down after walkover or one arm only down

XI-3 Tinsica - 1/8 turn at shoulder and hip. Return body to forward after first foot contacts the floor.

BEAM

I-1 Mount-back leg extends backward, straight; swings thru down, straight. The bend is then completed by the time the foot touches the beam.

III-2 Body may follow arm for amplitude.

IX-4 Cartwheel ending; second arm may not raise off the beam above horizontal; then moves down and to low. Cartwheel to pose should be continuous.

Dear USGF Member:

I do have revised Elite Beam text, Free Ex text and music; if you would like a copy drop me a line and I will send them out . . . still unofficial.

Ruth Ann McBride

For those of you who did not attend the Regional Retreat at Downingtown, once you got past the front desk it was very worthwhile. Mr. Mas Watanabe was fantastic. We all enjoyed his lectures.

Also enclosed are the notes on the Advanced Compulsory Clinic.

Further, Mrs. Schweyer announced that in order for a gymnast to compete in the 1st Elite Regional Qualifying meet, she must have received an All-Around score of 70.00 in a sanctioned Class I or Elite Competition in the 1975-76 season. The Parkettes are hosting their meet on November 13 and 14. If you have any additional questions, please contact Bill Strauss.

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Mrs. Ruth Ann McBride, Executive Director / Phone 301 424-8545

Mr. Gary Anderson - Competitive Head Coach

If you know of a gymnastic coach or teacher who is looking for employment, the MarVaTeens have an opening on our staff for an additional full-time person.