

## **NAWGJ VERMONT JANUARY 2009**

**HAPPY NEW YEAR:** *Welcome to a New Year. So far, the season is off to a good start with a great body of judges, gymnasts and coaches. Here are just a few reminders and some changes too.*

**GREEN MOUNTAIN INVITATIONAL:** *This is our fund raiser for both NAWGJ- Vt and USAG-Vt. So it is important that everyone do their share. Judges, arrive with some time to spare, be prepared for your event and bring a dish. I am providing the paper products and a hearty, stew/soup. If anyone knows what they plan to supply, let me know and I will put it out so others can adjust. Saturday is three sessions beginning with march in at 10:55. Sunday is two sessions with march in at 8:30. I ask that the judges help tear down their events and help pull the equipment to the door. This will be a help to the club/clubs assigned to tear down and load the truck. For those who have assisted with this in the past, it really helps. So, judges, it is also a costume affair, Welcome to the Jungle. Reminder that jeans are not appropriate costume attire, so summing up: bring a dish, be prepared and Sunday help take down. If you can arrive early to help set up on Saturday, that would also be helpful. ( There are no substitute judges and I do not have a cell phone, if you are deathly ill, contact another judge to replace yourself) This is a volunteer weekend. A clinic/meeting will be held in between sessions. **Bring your completed CPE forms for Marylou.***

*Coaches/Clubs: Since judges provide the hospitality and will help tear down, I hope you all have your workers to load the truck and can also help Jill with providing items for the snack table.*

**Range of Scores:** *The range of scores for compulsories and college has not changed:*

*9.5-10 = .2*

*9.0-9.475 = .3*

*8.0-8.975 = .5*

*Below 8.0 = 1.0*

**Optionals:** *Yes, this has changed to reflect that Special Requirements are .5 and may make a difference in the range depending on the judges point of view.*

*9.5-10.0 = .2*

*9.0-9.475 = .5*

*8.0-8.975 = .7*

*Below 8.0 = 1.0*

*This is also applicable for high school when judging together.*

**MILEAGE FEES:** Effective now, mileage rates for USA meets are now .55 cents per mile. All other rules apply (car pool do not deduct 30 miles etc. and so on)

**OLD INFORMATION: 6 WAYS TO GET A VOID ON VAULT:**

*Sometimes it helps to have occasional reminders as the last year of the cycle rolls around. I myself often find myself reviewing to make sure I am up to date. This is old from the beginning of the cycle and we have not had any problems but I thought a reminder for coaches as well as judges always helps*

1. Void: Safety collar required for roundoff entry vaults. If you do not use the safety collar= void (also must be a manufactured one)
2. Touch or run into the board or vault on an attempt to go over= void
3. No hand contact =void
4. Failure to land on feet first on the landing mat (this can be tricky on front/front vaults judging which hit first, the butt or butt and feet etc.) looking for feet to hit first or =void
5. Landing on top of the vault table
6. Spotting the vault

*These rules are for optional vaulting.*

*Reminder: manufactured mat prior to the vaulting board.*

**REVIEW CLINICAL UPDATE NEWSLETTER 2008 FROM SEPTEMBER.**

*Good Luck to all and all USA meets have been assigned. I just sent contracts out for the CVG I LOVE VT meet. If your club has not received contracts back from judges, let me know, if you have not received any contracts, perhaps, you have not sent the request for judges form to the SJD with the fee. Email, and I will be glad to follow up.*

***Have a great and prosperous New Year!!!***

***Gymnastically Yours,***

***Gail McGann, SJD  
Vermont***