Regional Congress 2011
Notes

Hints for Judging on any event: Look @ the preceding skill to get an idea on what to expect. As for vault, do check out the run and position of body on the board hit.

Vault: Factors for Optimal Performance:
Speed Use your strength Quickness Good Technique
Good Technique: if body is segmented in any part of the vault the results will be less than ideal

Be able to recognize cause and effect: poor run/ board hit: poor arrival position on vault
Cause and Effect is for all events: again look at the preceding skills as the cause and results of the next skill as the effect.

Strong run, low and quick hurdle to the board, hitting at the correct angle to get conversion to vertical lift so think of skipping stones at the lake.

Rise: Evaluate rise of the vault by watching the center of gravity (hips and torso) so this helps you differentiate vaults (pike ons) and also differentiate with size of the athlete.

Distance: Watch hand placement on the table

Dynamics: Ability to change momentum with a show of force and explosiveness. Not just a FAST vault but one with force and explosiveness.

Floor: Front with ½ or Barani: Well there is no 2 foot take off barani listed in the code so judge as a front with ½ and take appropriate deductions. Barani is a one foot take off.

New Change: remove "signaling" from general gymnast deduction (remove the wording) it is just coaching terms, speaking etc. If they choose to snap and clap, so be it. If they are walking through the compulsory routine on the side, that still remains as a deduction from a former technical session. (ask for explanation)

Line deductions: if a skill is performed outside the FX boundary, it will receive credit it it was initiated in bounds. If the skill was initiated out of bounds, then 0 credit
Coach on FX -.5 but do not deduct if doing a quick mat adjustment

Repetition of routines:
Music stops
Hand grip broken (you must be shown)
Power Failure
Bird on equipment
Coaches: train gymnast to stop immediately and request a repeat or let them finish and immediately request a repeat. No score is flashed so they must be quick in the request.

1. May repeat entire routine
2. May repeat from point of interruption, drop down, and no second warm up

Judge should talk with the adult (coach) to make sure of repeat and they must take the second score. Again a QUICK decision

No Repeats for:

Unfastening bandages (gymnast and coach responsibility)
Unfastening grips
Incorrect equipment settings
Playing wrong music: must train your gymnast to step off the floor if wrong music. Once she begins, she owns that music.
Failure to tighten equipment so if it drops down and is not a stripped piece, they do not repeat
Coaches responsibility to check everything!!! Coaches make the call to stop the routine

Athletes who finish a routine that will score lower than 1.0: Give them a 1.0 as lowest score unless it is a VOID routine situation

Professionalism: Still a problem

U-Tube
Facebook, Twitter
Chatrooms
Emails
Cell phones and Texting

Do not go into any of these sites and add comments etc. You may find yourself out of judging if you do
Meet Referees: Warn all workers at a meet, judges, timers, flashers etc. not to use cell phones or text on the floor. Must go off the floor
Remind judges to keep conference away from assistants

You can go to U-tube to practice judge but do not submit scores etc.
They are now looking at forbidding electronics on the floor due to flagrant disregard.
Emergencies: think of how it was handled before all the technology and handle it that way

Do NOT solicit meets: Do NOT ask for favors, tee shirts, special meals etc.

Complaints: If you have a complaint, go up the chain of command, do not call the National Office first, use the chain first.

Balance Beam Dance:

Watch for start and finish positions on jumps with turns. The straddle ¼ can be done either as a straddle jump with ¼ turn or ¼ turn to straddle jump.

Floor Exercise: Hint: Tourjete and switches with turns: which is which? Watch the lead leg as if it goes forward and doesnot come back, you have a tour move, if it goes forward and swings back then you have a switch move.

Turns: Hint: watch how quickly the back leg picks up[when watching turns, foot must be up by ¼. Also watch foot placement for turning foot if turned out or forward.
You can step out of a turn anywhere as long as the heel of the turn foot comes out at the correct spot for value.

Cat: make sure legs do come up
Turning jumps and leaps, if they overturn the first one, watch for ending of second leap/jump as it may end up underturned.

Bars: Hint: bar compression when you have hit HS
Uprise to HS, if not within 20* it is NOT a B uprise unless it has the broken shoulder angle, if a straight body, it is a 0 skill as a cast below 20*

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Reminder at L 7: all casts are expected to hit 20* for handstand other than the SR of 45*.
Also count your elements, if empty HS, there may not be enough elements.