

Hi all,

Due to the fact that there is still some confusion/questions concerning jumps on beam and a Strug/Leap 1/1 on floor, I have been asked to repeat some clarifications that appeared in a newsletter a year ago. I have also repeated attaching the two short videos. In addition, I have attached a new document concerning split positions that, hopefully, will further clarify how/when to award credit.

Balance Beam

Jumps landing in side – Many gymnasts this year are trying to receive higher value credit by performing the new jumps that have been included in our rulebook that land sideways. Some are great and some are iffy at best.

Helpful Hint: The value of 90° pike and 180° split (fwd/bwd split) jumps have not changed - (S). The value of straddle pike and 180° side split (straddle) jumps have not changed - (HS). If any of the above **SHOWS** the SHAPE WHILE FACING **SIDEWAYS** the value is increased one level to a HS or AHS **IF** criteria is met.

Awarding jumps landing in side that do not meet criteria – Often times it is difficult to make a fast decision in a meet situation as to what credit should be awarded when a jump does **not** meet criteria.

Following are some of my own recommendations.....

Pike Jumps – If there is so little pike that it doesn't even meet the minimum criteria, award as a M straight jump.

Split Jumps – If split is not at least 135° award a M split jump; if not at least 90° award a M straight jump.

Side Split Jumps – If split is not at least 135° award a S side split jump; if not at least 90° award a M straight jump.

Straddle Pike Jumps – If enough pike but not enough split, could award a S pike jump. If enough split but not enough pike could award as a side split. If not enough pike or split could award as a M straight jump.

Ring Jumps – If there is a head release but leg is not head height for an AHS, can give credit for a S at waist high.

If there is **no** head release, give credit for a M stag/double stag/straight jump or S split jump if enough split.

Deductions – If awarding “iffy” elements, be sure to take appropriate deductions if warranted. Up to .2 is taken for insufficient split or pike, in addition to execution errors such as lack of height, bent legs/feet, balance errors, etc.

(1/31/23)

Floor Exercise

Strug vs Leap Full – Attached is a video of each. Notice the difference – in an AHS tour jete ½ (Strug) the first leg swings forward prior to the first ½ turn, in a HS leap full there is no swing of the leg forward but rather the knee leads with a slight bend immediately initiating the first ½ turn.

(1/31/23)

Note

When elements are performed correctly according to the required technique they are easy to recognize and there is no doubt as to the appropriate value. When a gymnast performs an element that has not been perfected and is “iffy” as far as what credit should be awarded, judges must make an immediate decision. Please be diligent and consistent when awarding credit and give credit only when deserved. If “iffy”, deductions should be taken if credit is given. If requirements are clearly not met do not give credit. Coaches truly are aware of the deficiencies of their athletes and should not assume credit will be given. Allowing the performance of questionable elements is a chance they take as to whether or not credit will be awarded. Gymnasts that continue to receive credit when not deserved will not strive to improve. We as judges do them a disservice when awarding credit that isn't deserved.

All that being said.....I am a firm believer of giving the benefit of the doubt to the gymnast. If an element is debatable or you are undecided – award to the benefit of the gymnast. (1/31/23)

General

Jewelry – Jewelry appliques are not allowed on a gymnast’s face. See page 12, 3.3.8 Situation B – A gymnast is wearing (d) jewelry applique on the gymnast’s face. The judge takes a 0.2 deduction for improper uniform. Ruling: (d) correct

Sectionals / State

Assignments have been finalized for the WIAA tournament, **Congratulations** to all those assigned to both sectionals and state. We will again be having our Judge’s Party/Hospitality room after the Friday session at State. Location TBA – we are hoping for a conference room at the Mead. Due to the fact that judge’s will be receiving dinner during the meet, we will just be asking that judge’s bring snacks and their own beverage this year rather than offering pizza and salad. All judges in attendance (judges/workers/spectators) are invited to join us. More info later.

Reminders/ Misc

Please be sure to check that all your meets have been entered on the website and watch for an announcement on the WHSGA website to be able to vote for end of season awards. (www.whsga.org) Nominations closed on 2/1 and I believe voting begins 2/12 and ends 2/15. There is also information on that website concerning the banquet on Thursday, February 29 prior to State. The location has been changed to the Mead and you can RSVP on the website if you plan to attend.

That’s all for now.

Jan Adkins

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