



## WAG bulletin 2008 – Number One

Hello everyone

The new WAG Sport Development Committee (SDC) has been established and in place for a couple of months. We are slowly coming to terms with the large number of items that need to be addressed.

We have already had feedback that you would like more WAG specific communication. This is the first Newsletter for 2008. Each newsletter will be numbered and all should be circulated as widely as possible please.

### WAG Sport Development Committee (SDC) Roles

Chairperson	Shirley Baker	<a href="mailto:shirley.baker@aon.co.nz">shirley.baker@aon.co.nz</a>
Events & Tours	Jacqui Godfrey	<a href="mailto:JacquiG@Jacs.co.nz">JacquiG@Jacs.co.nz</a>
Programme Advisors	Howard Hill Svetlana Sazonova	<a href="mailto:howardhill@xtra.co.nz">howardhill@xtra.co.nz</a> <a href="mailto:sssv76@mail.ru">sssv76@mail.ru</a>
Coaching Advisor	Clare Adams	<a href="mailto:cadams@sbhs.school.nz">cadams@sbhs.school.nz</a>
Judging Advisor - Education	Lynne Silcock	<a href="mailto:l.silcock@paradise.net.nz">l.silcock@paradise.net.nz</a>
Judging Advisor Technical/Succession	Michelle Woolf	<a href="mailto:michelle@huttvalleygymsports.co.nz">michelle@huttvalleygymsports.co.nz</a>
Athlete's Rep	Rachel Stewart	<a href="mailto:lil_swifty_jnr@hotmail.com">lil_swifty_jnr@hotmail.com</a>
Executive Officer	tba	

Please feel free to contact the relevant member of the SDC directly if you have any issues or queries.

### Competition Format for Junior Nationals

The competition format for Junior gymnasts at nationals will be slightly different this year. All gymnasts will compete in the Team Competition on day 1. The top thirty two (32) gymnasts, regardless of region or province (from day 1) will compete on day 2 in the Individual All Around finals.

We believe that a team event on day 1 will offer less pressure for young gymnasts as they have team member support and the opportunity to get into competition mode.

### Senior and Junior International

This year we would like to offer Senior and Junior International Levels. International level 6, 8 and 10 will not be available.

The pre-requisite for entering International levels is proficiency at L8 or above (48 for L8, 49 for L9 and 51 for L10). The proficiency score must be obtained before a gymnast can enter a competition at International level unless dispensation has been given by the WAG SDC. It is also recommended that the gymnast be capable of a FIG Difficulty score of at least 16.0 prior to entering.

Gymnasts who achieve the qualification score may compete at Nationals (see below).

Physical Aptitude Testing (PAT) is a pre-requisite for entering International levels and will be required of all International gymnasts for development purposes.

### **PAT Testing**

We would like to offer PAT testing at TOTS competition for those interested. If you are not attending this competition we are open to requests for testing to be completed elsewhere.

### **Nationals Qualification**

The following outlines qualification requirements for NZ National Championships in 2008. **All gymnasts must qualify at one sanctioned competition.**

#### **Qualification marks are:**

Level 4	53
Level 5	52
Level 6	52
Level 7	45
Level 8	46
Level 9	47
Level 10	49
International	46

The qualification marks are the same as in 2007

### **Have you got an up to date manual?**

To check to see if your manual is up to date look for the updated pages. The updated pages have Version 3 – Feb 2007 at the bottom and a few have Version 4 - Sept 2007.

A quick check:

- L 2 6.00 Beam should have: *WOMEN'S NATIONAL PROGRAM – 2006 & BEYOND (Version 4 – Sep 2007)* Page 37' at the bottom
- L7 beam should have: *WOMEN'S NATIONAL PROGRAM – 2006 & BEYOND (Version 3 – Feb 2007)* Page 137

If your pages are not up to date please refer to the GSNZ website on these pages:

Level 1 to 3 plus general code here:

[http://www.nzgymnastics.co.nz/page/wag\\_2007\\_ndp\\_manual\\_updates.html](http://www.nzgymnastics.co.nz/page/wag_2007_ndp_manual_updates.html)

Level 4 to 10 plus STC elements sheets here:

[http://www.nzgymnastics.co.nz/page/wag\\_2007\\_nlp\\_manual\\_updates.html](http://www.nzgymnastics.co.nz/page/wag_2007_nlp_manual_updates.html)

### **Have you got an up to date Code of Points?**

To check to see if your Code of Points is up to date you should ensure that you have all the latest pages from the FIG website here:

<http://www.fedintgym.com/rules/>

You will also need the latest FIG newsletter number 27 here

<http://www.fig-gymnastics.com/LOB/media/MEDIA15350.pdf>

### **Sanctioning competitions**

We would like to ensure that all our competitions run smoothly. Please make sure that you read the new protocols for sanctioning your competition so that it can be used to a qualify gymnasts for nationals.

As well as applying to host events now, all draft panels should be submitted to Michelle Woolf ([michelle@huttvalleygymsports.co.nz](mailto:michelle@huttvalleygymsports.co.nz)) at least 14 days prior to a competition. Final panels should be re-submitted within 7 days of the competition.

### **Judging**

New WAG courses are available this year. Please note that only Brevet's have to re-qualify next year. All other judges (Level 1 to 3) will not need to re-qualify until 2010.

### **Practical Requirements for Judges**

Each judge should ensure that they judge an absolute minimum of two competitions per year to ensure that they keep their skills current. All competitions should be logged in your judges' log book. If you do not have a current judges' log book please use a note book to track competitions until log books can be supplied.

The absolute minimum of two competitions per year is required to maintain skills at any level.

### **Judging Appointments**

Relevant judging experience (number of competitions judged) will be considered this year, along with qualification level, when making judge appointments. This includes appointments to tours and Nationals.

### **National Secondary Schools**

The competition format for the National Secondary Schools Competition will remain the same for 2008. The SDC will be taking a closer look at this competition with a view to clarifying its purpose and reviewing its format for 2009. If you have any comments or recommendations about this competition could you please forward them to Jacqui for consideration.

### **Tours**

The following tours are planned for 2008.

#### **Australian Champs (FIG) – Melbourne**

Date:	20-25 May 2008
Qualification:	Minimum Score of 46 (Junior International)
Trial Venue:	Auckland

Trial Date: 12 April 2008  
Funding: Self funded

### **Levels Tour Gymnastic Australia Champs – Perth**

Date: 11 – 13 September 2008  
Qualification: Minimum Score  
L7 47, L8 48, L9 49, L10 51  
Trial Venue: Top of the South Competition  
Trial Date: 11-13 July 2008  
Funding: Self funded

### **Technical Updates and Judging Interpretations**

The following information clarifies interpretations that have been questioned last year. If you need clarification on any judging matter please email Michelle Woolf ([michelle@huttvalleygymsports.co.nz](mailto:michelle@huttvalleygymsports.co.nz))

1. A Split leap is not the same as a leap with split.

The Split leap is number 1.101 in the Code of Points and cannot be replaced by a leap with split (for example a Split change leap or Russian). If there is no Split leap in the floor where one is required, there is a deduction of 1.00 for missing Core Skill (CS). This applies in Level 4 Floor (CS3) and in Level 5 Floor (CS4).

For example the following deductions would apply in Level 5 Floor:

Gymnast 1 split change + side leap  
CS3 yes, CS4 no, BS5 yes  
Gymnast 2 split change + split leap  
CS3 yes, CS4 yes, BS5 yes  
Gymnast 3 split leap + split leap  
CS3 no (not different), CS4 yes

2. Straddle casts are not an acceptable technique for a cast and should be deducted accordingly.

The two elements in the Code of Points are a straight body cast to handstand and a straddle cast to handstand, there is no straddle cast. Casts in bar routines should be with legs together, with proper body shape.

If a gymnast attempts to meet the core skill or bonus/encouragement skill of a cast to 45° or 30° by straddling their legs they should be deducted for

- insufficient exactness of stretch, if hips are not open (up to 0.3)
- legs apart or straddled (up to 0.3)
- any other body form faults and insufficient cast deductions if present

If a gymnast attempts a straddle cast to handstand and fails to meet the minimum requirement of 10 degrees, the judge would have to assess the deductions depending on the degrees missing and the body form.

If the straddle to handstand is not achieved consistently we suggest that you have another cast (with feet together) in the routine that meets minimum cast requirements.

3. The Encouragement Skill for a two salto series in Level 5 Floor may be met by completing two saltos the same (for example two front tuck saltos)

### **Maximising Marks – Tips for Coaches**

The new code has much higher deductions for execution faults. Clean simple routines will get higher marks than harder routines with poor form and falls.

Make sure you:

- Only compete elements your gymnast has thoroughly mastered
- Design the routines so that the elements that need the most focus are early in the exercise. This is especially true of elements that need precision such as turning jumps and turns
- Don't add elements that are not required unless they can be performed very well