



WAG Bulletin 2

July 2008

Planning for 2009

The levels manual will remain the same for 2009 and all levels currently offered will continue. International Levels 6, 8 and will not be offered in NZ in 2009, but Junior and Senior International will continue to be available.

GSNZ WAG Competition Handbook

The new 2008/9 version of the competition handbook is now available on the GSNZ website [here](#). The competition handbook includes information about such things as gymnast progression, pre-requisite requirements for gymnasts entering international levels, competition requirements (including judge's panel requirements) and the ribbon award system.

Australian Levels Challenge

Congratulations to the following gymnasts who successfully trialled at the TOTS competition, and have been selected to represent New Zealand at the Australian Levels Challenge, Perth, 11-13 September 2008.

Level 7

Annie Stevenson
Danielle Jellicoe
Jordan Rae
Justice Shaw-Cross
NT Reserve - Kirsty Collins

Level 8

Charlotte Ludwig
Laura Carpinter
Ebony Matenga
Rebecca Fisher
NT Reserve – Michaela Wilkinson

Level 9

Olivia Trigg
Lani Hohepa
Rebecca Mooney
Michelle Lewis
NT Reserve – Emma Wright

Level 10

Karla Singh
Samantha Russell
Charlotte White

Attention all senior judges. The organisers of the Perth competition have offered to billet and include NZ judges on panels at the Perth Competition. If you are interested please contact Shirley Baker for more information (Shirley.baker@aon.co.nz)

High Performance & Performance Gymnastics

If you are interested in considering High Performance gymnastics in the future, please ensure that you read the draft GSNZ high performance strategy 2008-2016.

The SDC are currently initiating plans to create National Senior and Junior Squads which will commence from Nationals. There will be more information about this in our next newsletter

Physical Ability Testing (PAT) testing can be arranged for gymnasts who aspire to High Performance gymnastics. If you are interested in testing please complete an application and forward to the SDC (Shirley Baker - Shirley.baker@aon.co.nz)

GSNZ Nationals – Mystery Creek, Hamilton

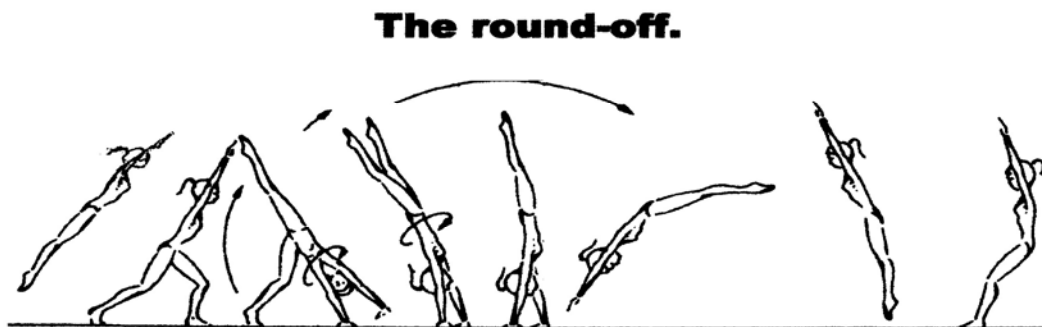
The sanctioned competitions have been running well. Looking at the results to hand the WAG competition is going to be close. Good luck to all the gymnasts and coaches as they compete in the last few qualifying competitions. For all technical competition information please refer to GymSports New Zealand website www.gymsportsnz.com under National Championships, newsletters.

NZSS Secondary Schools National Championships – Auckland Regional GymSports Centre

We have had a lot of inquiries regarding these championships and we are expecting a high number of entries. Three weeks out from the GSNZ championships this is the ideal time for the gymnasts' final practice. Remember also there is no qualification so WAG gymnasts can also enter Trampoline, Aerobics, and Rhythmic or Hip Hop events. Entries close August 11th and are available on GymSports New Zealand website.

The Round-off - coaching tips

Howard Hill has shared some tips for coaching the Round-off – a critical skill that is often performed poorly.



Because the round-off serves as the major lead in skill to a majority of backward acro series, the importance of accurate execution of the skill cannot be over emphasised.

The move is considered the second most important skill, after the handstand, which all gymnasts must master. It is now performed on floor, vault, beam, and potentially as a mount entry on bars.

The technique described in this paper will not suit all gymnasts. Coaches have long debated aspects of the skill and may have personal variations they emphasise, but there are key body actions that are accepted by all.

The aim of the round-off is to generate forward velocity while turning through 180 degrees.

Steps.....

After 2-3 strides the gymnast initiates the hurdle step with an underarm swing of the arms to the ears. In the hurdle the body angle is low, the reach is long, the upper body dished, the head angle is neutral, the eyes on the hands, the hands turned in (fingers facing each other). Throughout the skill the shoulder angle remains open

On landing from the hurdle step both legs should initially bend and straighten strongly as the gymnast reached into the round-off. The gymnast should stay facing forward for as long as possible, the arms remain 'pinned to the ears'. It is important to emphasise that the entire body shape should turn as a single unit

Debate continues as to the placement of the gymnasts hands



Most important is that on contact with the floor, the shoulder angles are open, the hands are turned in, the arms are still at the ears, and the line of direction forward has not varied

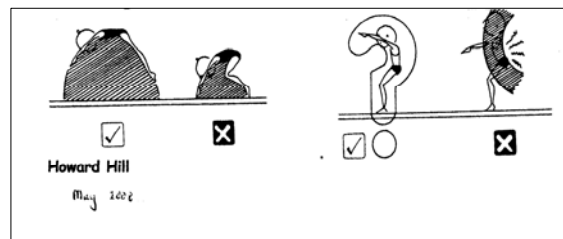
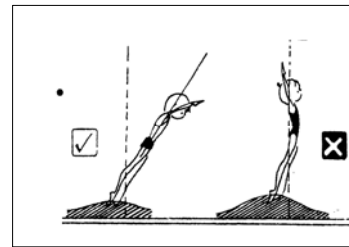
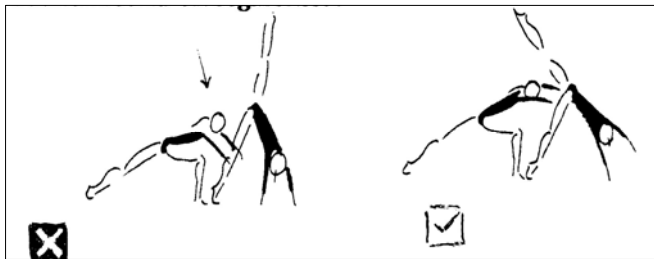


With the shoulders open the body in a string 'dish' position, the gymnast snaps the feet to the floor. The gymnast finishes with the feet making contact with the floor with the shoulders behind the feet.



Round-off - Common Faults

- Closed shoulder angles through hurdle step
- Whole body turn too early
- Turn in round-off segmented
- Hurdle step high and arched
- Closed shoulder angles prior to step down
- Pike rather than dish in snap action
- Hand, or, hands turned out
- Lack of tension in part, or throughout execution of skill
- Lack of punch when the feet make contact with the floor



Fair Play and Judges

As I judge around the country I am very disappointed to note continuing instances of unsporting behaviour, not on the competition floor where we all know the rules; my issue is more disturbing and perhaps more widespread.

Too often I hear coaches, judges and parents discussing with gymnasts or with each other how the judges got it wrong, how the judges were unfair, biased or incompetent. This behaviour is not new but it is also NOT OK. It undermines the work of the judges and is usually based on hearsay, inaccuracies and ignorance. Even if it is based on what you believe is fact, it serves no purpose except to create ill-feeling in our GymSports community and a feeling of hopelessness in the gymnasts.

If you do not like to marks your gymnast is getting there are a number of ways that you can take action without being unsporting:

- Learn the rules – sometimes poor marks are a result of lack of understanding on the part of the coach
- Don't let the judge decide - If an element is marginal the judge must decide whether to give it credit or not. These decisions can often go either way so make sure the gymnast does not leave it to the judge to decide
- Get some more judges qualified – take action as a club because the more judges we have to choose from, the better the judging quality will be. We are often in the position of using a minimum number of judges on panels simply because clubs are not supplying or mentoring their judges

- Know what the difficulty value of the exercise is and ask if you don't get what you expect – Many coaches do not know what they expect the gymnast to get in difficulty value (also called Start Value) and come back to us a day or even a week after the competition to ask questions that they failed to pick up on the competition floor. Asking about difficulty values can assist coaches to understand where they are losing marks and may help to pick up errors when they occur. Judges work hard, sometimes judging hundreds of routines in a weekend so errors do occur.

Lastly, if you are a coach and you do have a complaint that you wish to air, then ensure that you take it to the correct person; the control judge of the competition. They cannot, and will not accept queries about B panel (execution) scores, but they will listen to your views if they are given in a calm and professional manner. The control judge may also bring those issues that they believe need to be addressed to the SDC judging coordinators if appropriate.

I ask you all to share responsibility in make our sport a nice place to be.

- take a stand in you club by making an explicit policy
- take a stand individually by making it clear that these behaviours are unacceptable
- take a stand yourself by acting as a role model

Lynne Silcock – Judging Coordinator: Education (WAG SDC) – l.silcock@paradise.net.nz

Judging Questions and Answers

General

1. In Level 4-6, if the gymnast performs a Core Skill and then a Bonus skill from the same line, can the gymnast get the bonus skill or is the core skill counted as it is done first.
 - If the two elements are different the Bonus skill can be recognised and awarded and order is irrelevant. The awarding of core and bonus skills do not need to be in chronological order.
2. In Level 4-6, when is the full 1.00 point deduction taken from the Start Value for no Core Skill?
 - This deduction is only taken when there has been no attempt at any part of the skill/series except in a few cases where specific rules are specified in the text.
3. In Level 4-6, when is the 0.5 deduction taken from the Start Value for not meeting technical requirements?
 - This is taken when there has been some attempt at the skill but it clearly does not meet minimum technical requirements – examples
 - Casts and clear circle skills below the minimum angle requirements
 - An acrobatic skill or handstand on beam that does not get one foot back onto the beam
 - Split leap less than 135° (or split change leap with second split below 135°)
 - A turn or twist that is not completed exactly
 - A handstand that does not get to within 10° of handstand (including the backward roll to handstand in Level 5 floor)

Bar

1. In Level 4 - if a gymnast achieves kip cast to handstand on low bar and handstand flyaway does she receive 2 x 0.4 bonus for both handstands = 0.8 or only 0.4?
 - o You get 0.4 for the handstand skill because you can only be credited a bonus or encouragement skill once in the Level 4-6 routines unless that skill is listed twice in two different lines.
2. In Level 4 & 5 - is the gymnast allowed to add a half turn to the toe shoot dismount?
 - o No – this makes the elements easier and it is not the same element – deduct 0.5 for not meeting technical requirements
3. In Level 4 & 5 - can the toe shoot be credited when the gymnast splits their legs on the high bar and only gets one foot on the bar (technique typically used to begin a more complex dismount to front salto) ?
 - o Yes – this is acceptable technique

Beam

1. Level 2 and 3, 6.00 & 7.00 SV - If the gymnast does not swing legs after the straddle mount to squat or pike stand what is the deduction?
 - o Tuck stand - deduct 0.1 for minor error. Normal execution deductions for form will apply
 - o Pike stand – if the element is tucked throughout it is considered a tuck element and the gymnast will lose 0.5 for not meeting technical requirements. If it is tucked in part the deduction for insufficient exactness of the pike position (0.1, 0.3 from execution).
2. Level 5 – are two sissones ok for level 5 beam dance series?
 - o Yes, two sissones can fulfill the dance series requirement as long as they are directly connected as it does not say that they must be different.
3. Level 5 & 6 Beam – can the gymnast get both the leap series and the B leap bonus from one series e.g. split change leap, split leap in Level 5 for CS4 and ES6 or in Level 6 the CS3 and ES4?
 - o No, core skills can only be replaced by a Bonus Skill or Encouragement skill as indicated in the same line on each table
4. Level 5 Beam – can the gymnast do 2 cartwheels for Core skills 2 and 7?
 - o Yes – As the cartwheel is specified in each Core Skill line. The cartwheel must be done twice unless the gymnast chooses another skill from the same line (front dismount or replace with a Bonus or Encouragement skill)

Floor

1. In level 7-10 - is the dismount on floor the last acro series? e.g. the gymnast does a leap series after her last acro series and finishes with a basic hop turn, but her last acro series finishes with a B value salto.
 - o The dismount is defined as the last salto in the routine. Leaps and jumps can be done after the last salto and do not count as the dismount.

2. In level 7-10 - can a gymnast do a front 1½ twist and a front full twist for floor and achieve two C difficulty values? What are the deductions if the 1½ twist isn't awarded?

- o Yes, a gymnast can do a front 1 ½ and a front full twist as they are considered different because they have different degrees of turn (the same applies to back saltos)

Be careful though, if the 1 ½ is under rotated it will be devalued to a full twist and if another full twist is done it will be "dead" (considered the same as a front full and have no value). When putting together the routine, make sure an element that could be dead is not used as the dismount.

3. In Level 2 - 7.00 - does the gymnast have to do a forward roll out of the handstand pop to handstand?

- o No, the gymnast may either do a forward roll or a step out from the handstand pop handstand. If the forward roll is performed, the deduction for "Lack of control into forward roll" may be applied if relevant

4. In Levels 4-6 - can the stretch back salto be landed with step out?

- o Yes, on floor the stretch back salto step out is considered the same element as the stretch back salto to land on two feet. Be careful to ensure that the layout technique is correct as the gymnast will be deducted (up to 0.3) if the element is arched.

4. In Level 4-6 - what happens if a gymnast does not rebound out of the handspring flic flac or round-off? Is the bonus awarded in cases where it is listed as a bonus ?

- o In general the judge will award the gymnast as much as possible. For example if there is a very small rebound the skill is awarded and execution deductions for amplitude, rhythm and dynamics will be applied.
- o If the gymnast does not do any rebound for a:
 - Core Skill – The elements does not meet minimum technical requirements and the gymnast will lose 0.5
 - Bonus Skill – Bonus skills are only recognised if they meet minimum technical requirements (see above). If there is no rebound the element is not recognised and the gymnast will not get the bonus. In this case, if the alternative Core Skill or Encouragement skill (from the same line) is not done, the gymnast will lose 1.00 for missing core skill.

We advise coaches to only include the Bonus or Encouragement skills if it can be done correctly. A second option would be to include the alternative Core Skill element/s (from the same line) so that the gymnast will not lose the 1.00 for missing core skill.

5. In Level 5 two salto series - what core skills and bonuses would be given from the following series?

- o The principals at the bottom of the Level 5 Floor requirements guide this decision:
 - 1 acro series can only fulfil 1 core skill
 - 1 series can only gain a maximum of 0.8 bonus

One Series	Credit (Core Skill CS, Bonus Skill BS, Encouragement Skill ES)
Tuck front, tuck front	ES 10 – 0.4 CS1 – no bonus
Round-off, whip salto, flic, tuck salto	ES 9 – 0.4 ES 10 – 0.4 CS 2 – no bonus
Round-off, whip salto, flic, layout salto	ES 9 – 0.4 ES 10 – 0.4 CS 2 – no bonus Note: this is no better than the tuck (option #2) and a “waste” of the layout – we suggest doing the layout to gain ES 2 (0.4) and then doing the whip series with the tuck salto for 0.8. You would need a third series though to get CS #1
Front tuck salto, round-off, back tuck	ES 10 – 0.4 CS1 CS2 cannot be credited as the line does not have a flic
Front tuck salto, round-off, flic, tuck back salto	ES 10 – 0.4 Either CS 1 or Bonus Skill 2 (0.2) – NOT both This will depend on the gymnast’s other series and credited to benefit the gymnast
Handspring, front tuck salto, round-off, flic, tuck back salto	ES 10 – 0.4 Either BS 1 (0.2) or BS 2 (0.2) – NOT both This will depend on the gymnast’s other series and credited to benefit the gymnast