



## NAWGJ Mission:

to provide professional development for its members and to support and promote women's gymnastics in the United States



March 2021

### Contents:

UPDATES &  
REMINDERS

THINGS TO PLAN FOR

## 2021 Women's Development Program Master Compulsory Workshops

 **2021**  
**Master Compulsory Workshop**  
KISSIMMEE, FL   
June 4-6, 2021  
Gaylord Palms - Kissimmee, FL

 **2021**  
**Master Compulsory Workshop**  
RENO, NV   
June 11-13, 2021  
The Grand Sierra Resort - Reno, NV

<https://www.usagym.org/pages/women/events/2021/compulsory.html>

**Vote in the USAG Women's  
Program Elections April 1-  
15**

[https://usagym.org/PDFs/  
Women/elections/21commi](https://usagym.org/PDFs/Women/elections/21commi)



## **GYM -JAS**

### KEEP YOUR AVAILABILITY CURRENT!

**\*\*If you have requested to be removed from a meet - make yourself UNAVAILABLE**

**\*\*If your plans have changed, and you are no longer available - make yourself UNAVAILABLE**



**Reminder: Flash your start values and/or write the start value on the card**  
for all optional DP scores and Xcel division scores even if it's a 10.0 per R&P:

#### Start Values for Optional (Levels 6 - 10) Competitions

- a. Start Values are required to be either flashed or written on the competitor's card at ALL Level 6, 7, 8, 9 and 10 competitions.
- b. The State Administrative Committee may determine if the communication of Start Values is required (or allowed) at Xcel meets.
- c. Procedures for Flashing Start Values:
  - 1) Each judge should independently determine a Start Value.
  - 2) The Start Value and the final score should be recorded on the judging slip and sent via the runner to the Chief Judge.
  - 3) Each judge should flash the Start Value on the Start Value flashing unit as soon as the Chief Judge receives ALL judges' scores.
  - 4) Start Values do not have to match. A conference MAY be called to determine if the Start Value needs to be adjusted, either up or down.
  - 5) If the Start Value is changed as a result of a conference, the adjusted Start Value should be re-flashed.
  - 6) See Meet Organizational Guidelines, Clerical Committee for additional procedures for the flashing of Start Values. These guidelines can be found on the USA Gymnastics website at <http://usagym.org/PDFs/Women/Rules/Rules%20and%20Policies/w-meetorgguide.pdf>.



### **Reminder: Xcel Rules**

**Xcel Gotchas:**

<http://txnawgj.org/index.php/resources/misc/xcel-gotchas>

**Xcel JO (DP) Rule Differences:**

<http://txnawgj.org/index.php/resources/misc/xcel-jo-difs>

Xcel	2019-2020 JO Optional and Xcel	Major Differences	JO Optionals
Gen: Attire = 0.1 on 2 <sup>nd</sup> event after warning			Attire = 0.2 on 2 <sup>nd</sup> event after warning
Gen: 4.0 Courtesy Score			1.0 Courtesy Score
Gen: No short routine deduction			0.5 on Beam L6 / 2.0 for L7 and up
Gen: No composition deductions taken			Composition deductions taken Levels 8 - 10
VT: Coach between board and table = OK			Coach between board and table = .5 (No deduction if R.O. entry)
VT: Spot during vault = 1.0			Spot during vault = void (See L8 Exception)
VT: Angle of Repulsion is up to 0.50 for Gold, Platinum and Diamond (non-salto)			Angle of repulsion is up to 1.0 (non salto vaults)
BR: No extra swings on Bars at Bronze, Silver, Gold			Extra swings at all Levels
BR: Swing forward or backward under horizontal is no deduction			Swing forward or backward under horizontal is up to 0.10 each time
BR: No amplitude deductions on Bar casts			All casts (L7-10) expected to reach vertical
BR: Clear hip amplitude deductions only taken at Platinum and Diamond			Clear hip amplitude deductions taken at all Levels
BR/BE: Coach remaining at Beam/Bars = OK			Coach remaining at Beam/Bars = .1
BE: All beam handstands = no hold required			Some Beam handstands require hold
BE: ALL Beam mounts are "A" VPs (unless listed as "B" VP or higher in Xcel Code)			See J.O. Code of Points for list of "A" value parts
BE/FX: Leaps on Be/FX - "A" VP when they reach Division's SR split degree. "B" VP awarded at 135, with angle deductions applied as per each Division's SR.			Leaps are expected to achieve 180 degree split
FX: Coach on the Floor = no deduction			Coach on the Floor = .5
FX: Fast flight hand support skills get VP each time if the series is different.			These skills can get credit twice if in different connection.
FX: Acro series: considered different when there are a different number of elements, or if skills are in different order, or if they have different VP skills			Only the addition/deletion of salto/aerial/"B" acro skill with hand support will make the series different.



**Reminder: Find your meet schedules online. They're at your fingertips – no need to contact the meet director**

**USAG:** <https://txusag.com>

ProMember menu (Contact Bonnie for the User ID and password)

**TAAF:** <http://www.taaf.com/index.php?module=cms&page=138>



## SUMMER COMPULSORIES & THINGS TO GET DONE!!!

# CPE is due 5/31

We will all be busy this summer learning the next cycle of compulsory routines.

**TXNAWGJ will be reimbursing all current and active members for the cost of ONE compulsory book!**

\*You may send a receipt for the direct purchase of the book from USAG

\*You may send a receipt for a master compulsory workshop or regional congress with which the book is included



# NEW 2021

Per the IRS - NEW MILEAGE RATE IS .56 /MILE



We're already prepping for an awesome summer of learning!

Save the date!  
September 4-5, 2021:

- Eric Pung - co-author of the new compulsory routines
- Brandi Smith - Physical Therapist at Perfect 10 Physical Therapy – How to relax, rejuvenate, and refocus between sessions
- TX NAWGJ annual membership meeting and luncheon
- THIS IS JUST THE BEGINNING!



## IMPORTANT UPDATE! DON'T JUDGE THE RUN!

**Vault:**

The athlete run will NOT be scored for virtual AND in-person events for the 2020-2021 competition season.

This will affect the following deductions for the below level(s):

- Development Program (DP) Level 1: Only Up to 0.30 – Failure to maintain horizontal speed
- DP Levels 2 and 3: Both Up to 0.30 – Failure to maintain horizontal speed AND Up to 0.30 – Insufficient acceleration during the run

## About Texas NAWGJ

### TX NAWGJ Mission

To provide professional development, leadership, and support to Texas NAWGJ members and to unify and promote women's gymnastics throughout the state.

**TX NAWGJ State Governing Board (SGB)**

Be sure to add [sjd@txnawgj.org](mailto:sjd@txnawgj.org) to your contacts, so the messages

don't go into your spam folder. You may be missing something important.

If you have questions, please reach out to your SGB members.

Please **thank them** for their many hours of dedication to Texas gymnastics.

[Jack Dunlop](#) - District 1 Assigner and High School Coordinator

[Kevin Freeman](#) - District 2/3 Assigner

[Denise Coats-Lauriat](#) - District 2/3 High School Assigner

[Jenny Robinson](#) - District 4/7 Assigner

[Erika Franklin](#) - District 5/6 Assigner

[Jennifer Porter](#) - Secretary/Newsletter Editor

[Tiffany Schwartz](#) - Treasurer

[Laurie Skelton](#) - Event Coordinator

[Bonnie Crawford](#) - State Judging Director (SJD)