



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)



[tteechairs.pdf](#)

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 nd event after warning		Attire = 0.2 on 2 nd 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 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)
