

MAGJA—Region V—2023 I



Presidents Report—John Karmecy

Happy New Year!

The 2022-2023 season has begun and below are several updates I would like to share with you as you all prepare for the coming gymnastics season. Please double check all of your certifications, make sure you are up to date and also have completed the NGJA tests. Without these requirements, your local assigner can not assign you to any competitions.

Currently, we had 73 Judges registered for the individual state courses:

Illinois - 29 Judges with 4 FIG (Paul Evatt, Dave Johnson, John Karmecy and Butch Zunich)

Indiana - 10 Judges

Michigan - 13 Judges with 3 FIG (Andy Brown, Jonathan Conrad and George Krenk)

Ohio - 21 Judges with 1 FIG (Larry Byerly)

Thank you to all of the judges who participated in the NCAA Challenge! Shout out to the awesome leaders and I personally appreciate your help and willingness to mentor

NCAA Challenge Survey - Please make sure you complete the survey about this challenge and your team leader. Honest feedback will be greatly appreciated and will help us evaluate our procedures moving forward. This mentor program is for the judges and we want to hear your opinions whether they are positive or negative comments.

Several new documents have been released - Please make sure you have the latest documents for the competitions that you will be judging:

- JDP Manual
- Technical Sequence Manual
- NCAA Manual
- Gym Act Document
- FIG Newsletter #2
- NGJA / USAG Interpretations and Rules Document
- July 2022 FIG Code Of Points

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I hope everyone had a safe and enjoyable Holiday Season. It is hard to believe that we are in full swing in the 2022-2023 competitive season. I have worked closely with all the state directors to assign judges for the 2023 Region V Championships and National nominations.

Zac Richardson, Arthur Thomas, Nathan Fortunato, Jason Gaides, Aubrey Dvorak, Sam Bode, Jen Horenziak, Thomas Britton, Dave Johnson, Michael Newburger, Tony Mason, and Gregg Didech/Dave Masciola have been assigned to Region V Championships. I have included their event assignments for Region V Championships below. The competition will be held in Chicago, IL from March 31 – April 2, 2023.

Nathan Fortunato, Zac Richardson, and Gregg Didech have been selected to represent Region V at JDP Nationals May 11-14, 2023. Nathan Fortunato will be judging Pommel Horse as the JNAL, Zac will serve as the J2 on Floor, and Gregg will serve as the J2 on High Bar.

Michael Newburger, Aubrey Dvorak, and Tony Mason have been selected to represent Region V at Eastern Championships April 28-30, 2023. Michael Newburger will serve as the D2 on Pommel Horse, Aubrey Dvorak will serve as the D1 on Still Rings, and Tony Mason will serve as the D2 on High Bar.

Big 10 Championships - Tyler Arl, Jack Boyle, Larry Byerly, Jonathan Conrad, Paul Evatt, Jon Klemens, Justin Kreit, George Krenk and Vesselin Pavlov

NCAA Championships - Jack Boyle, Larry Byerly, Dave Johnson, John Karmecy, George Krenk and Mike Newburger

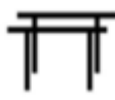
Winter Cup - Dave Johnson and George Krenk

US Classic / National Qualifier - Andy Brown

USA Championships - Andy Brown, Dave Johnson and George Krenk

Please join me in congratulating all these individuals for their outstanding accomplishments. We are proud to have them representing our Region.

Region V Championships Assignments

							
D1/E1	Zac Richardson	Nathan Fortunato	Aubrey Dvorak	Jen Horenziak	Dave Johnson	Tony Mason	Andy Brown
D2/E2	Arthur Thomas	Jason Gaides	Sam Bode	Thomas Britton	Michael Newburger	Gregg Didech/Dave Masciola	

REGIONAL DIRECTOR—GEORGE KRENK

Happy 2023—Enter this new year with a gratitude for this new chance to create your dreams.

We still need to utilize the Region V website (<https://www.region5mensgymnastics.org/>) for all judging assignments, please. I see some states have put their 2022/2023 assignments on there, if you haven't done so yet, please try to get that up soon. If you have questions on how to add/update your assignment list please reach out to Paul Evatt.

This season is underway, so I hope you all have been studying and preparing for your competitions. Dan Bachman's preparation article is great and John Karmecy listed off the judging materials you'll need to, please make sure you have the most up-to-date information. The athletes train hard for their competitions, and we as judges should do no less.

"Before anything else, preparation is the key to success." Alexander Graham Bell

"Failing to prepare is preparing to fail." John Wooden

Below is a recap of the NCAA challenge put together by John Karmecy (couldn't fit it in his article, ha).

Team Name	Overall Place	MAGJA Place	Total Points
LiNing Towards Giving Credit (John, Danny, Jon, Josh, Curtis)	2nd	1st	240
Better Call Paul (Paul, Darion, Tony, Tim, Kian)	6th tied	2nd	232
100% Correct 50% of the time (Larry, Jonathan, Patrick, Chris)	10th tied	3rd	226
Smart Therapy Dogs (Don, Randy, Jen, Quintin, Arthur)	20th tied	4th	220
Courtesy Score (George, Tyler, Thomas, Jack, Jacob)	26th tied	5th	218
You Can Do It (Andy, Malcolm, Jason, Julius, Jacob)	30th tied	6th tied	217
Moves Like Jager (Gregg, Steven, Nate, Brandon, Vessko)	30th tied	6th tied	217
Region V All-Stars (Dave M., Tim, Dave, Wes, Brent)	34th	8th	214
President Karmecy's iron fisted veto (Dave J, Ethan, Emanuele, Michael, Joey)	39th	9th	212
Kiss My Cassina (Aubrey, Mike, Max, Kush, Russ)	58th	10th	196
The Judging Guys (Zac, Sam, CJ, Justin, Ryan)	61st	11th	193



JUDGES PREPARATION—DAN BACHMAN

Hi all,

I was asked by George Krenk to share with you how I prepare for the upcoming season. Here are a few of the things that I do to prepare for an event. I hope this helps.

1. I like to challenge myself by memorizing the value of each skill in the FIG Code of Points. The one program I use that I have found to be extremely helpful was created by a good friend from Australia (Rohan Kennedy). It's an app that you can purchase for a few dollars to add to your iPhone. It's super easy to use. I just pick an event and test my memory on the value of each skill on that one event. It gives you immediate feedback if you were correct or not. Plus, it doesn't take much time to study. I included the instructions from Rohan Kennedy below. Also, feel free to email Rohan at rohankennedy@me.com with any questions.
2. As you all know, the NGJA website is packed with educational material. For example, if you log onto www.NGJA.org, there's a tab at the top of the page titled "Education". Click on that and you'll see a drop down box. Click on "Practice Judging". You'll see 2 red bars at the top. Compulsory Video & Analysis and Optional Video & Analysis. There are quite a few videos to practice judge along with a written analysis to check your work. As you know, it's nice to get immediate feedback to see if you caught everything or not.
3. Lastly, I'd like to challenge every judge to start to learn symbols. It might sound a little bit overwhelming at first, however, it doesn't have to be like that. Pick 5-10 skills on one event that you see all the time. Start to learn the symbols for those 5-10 skills and then practice with a few videos. Once you feel comfortable with those symbols, start to add a few more skills. By the way, I don't have a symbol for every skill in the code. But, over many years I've built up a pretty good data base in my head. As you can imagine, it's nice to be able to look at your notes and tell the coach or athlete exactly what they did and where the deductions came from. So if you don't have symbols, start today with just 5-10 skills on an event.

Here's the link to get the symbols created by the FIG. <https://www.gymnastics.sport/site/rules/#2>.

OK, I think that will get you started. Good luck this season...and remember, the more you prepare for an event, the more comfortable & confident you'll be in your evaluations.

Dan Bachman

PREPARATION CONTINUED....

Instruction to purchase MAG CoP Study App:

The MAG Code of Points (CoP) Study app is now in its 3rd edition having been first released in 2012 with a new release at the beginning of each new Olympic Cycle in line with the change of the FIG Code of Points.

The app focuses on testing the recall of the difficulty rating for each element in the Code (excluding vault). The app allows a judge to practice anywhere in short bursts as time permits. This may be waiting for a bus or train, during a lunch break, while watching apparatus warm-up etc.

The app focuses on 2 key areas.

- 1. Assessment*
- 2. Review of incorrect answers*

For each new 'Assessment', you first select an apparatus. From within the apparatus you select if you want to be assessed across ALL Element Groups or by Element Group. As you work through the assessment, each incorrect answer will be recorded in the 'incorrect' folder which you will be able to access once you complete the current assessment and is accessible from the main screen via the icon with a head and a X marked on it.

The incorrect folder is also set out by apparatus and as you work through any incorrect answers, if you get any answers wrong again, they remain in the incorrect folder until you answer it correctly.

Within the settings you also have control to manipulate the app to work in a few different ways.

- 1. Display all elements*
- 2. Display A-D elements only*
- 3. Display E-I elements only*

In addition, you also have the choice to select 'Express Review' which will only assess you on 20 elements rather than every element. This is great when time is limited. You can also select to remove the images and test yourself against the 'text' of the CoP only. All of these options can be controlled from the settings section.

Finally, the 'Results' section allows you to review your performance and track your progress for each apparatus.

The app is available on both Android and iOS. It is a phone app and will work on tablets but is not the best experience. The app is generally updated towards the end of each year after the World Championships.

You can purchase the app (small one-off cost) by searching "MAG 2022 COP Study".

OPS & ED DIRECTOR—DAVE JOHNSON

Although some of us may have judged a meet or two in December, the competitive season definitely shifts into high gear during the month of January. What have you done to get prepared for this upcoming season?

Have you downloaded/printed and reviewed the following items:

- [FIG Men's Code of Points](#) (July 2022 version)
- [NCAA Rules & Modifications](#) (dated 10/1/2022)
- [USAG Competition Manual](#) (November 2022 version)
- [FIG MTC Newsletter #1](#) (dated 6/21/2022)
- [FIG MTC Newsletter #2](#) (dated 12/4/2022)
- [NGJA/USAG Interpretations](#) (dated 11/1/2022)

Between the updated USAG Jr. competition manual, the FIG MTC Newsletter #2 and the latest NGJA/USAG Interpretations that were all released recently, there is a lot of information to unpack as you prepare. Some highlights of these recent updates:

Some of the highlights of these updates include:

NCAA

- ◇ What to do if broken equipment during competition
- ◇ What to do if torn grip of the final gymnast in the rotation

USAG JDP Program

- ◇ Gymnast wearing jewelery
- ◇ Vault stick bonus (compulsory & optional)
- ◇ New definitions of a balked vault
- ◇ Guidelines dictating how to handle various invalid vault situations
- ◇ Updated spotting guidelines and deductions
- ◇ Level 7 pommel horse modification (HUGE!)
- ◇ Minor updates to the JDP "A" skill table
- ◇

FIG

- ◇ Except PB, no spraying of the apparatus (unless otherwise specified, applies to PH)
- ◇ Updated guidelines/deductions for landing with the feet apart
- ◇ Updated guidelines/deductions for low landings
- ◇ ***Note: The 3 changes listed above are more general in nature. Therefore, they would apply to the USAG JDP compulsory levels as well***
- ◇ Updated guidelines/deductions for scissor handstand elements on PH
- ◇ Clarification regarding number of swings to start HB routines
- ◇ Updated guidelines/deductions for grip changes on HB
- ◇ ***There are a number of clarifications regarding rules that already existed as well as new skill evaluations that have been rated that I have NOT highlighted here***

OPS & ED DIRECTOR— CONTINUED

NGJA/USAG

- ◇ FX: Clarification regarding how to evaluate pauses
- ◇ PH: Evaluation of “Mikulak” type scissors
- ◇ PH: Recognition of HS dismount in which feet contact horse
- ◇ PH: Clarification of opening/closing of legs on HS pirouetting dismounts
- ◇ PB: Execution of front uprisers in which hands slide forward
- ◇ HB: Clarification regarding execution/recognition of giants with a large arm bend
- ◇ HB: Clarification regarding recognition of Czech giant sequences, specifically the exit
- ◇ HB: Clarification regarding kip HS credit
- ◇ HB: Updated guidelines/deductions regarding in-bar stalders/endos

Note: The information above are the highlights from these documents. Be sure to read for other information as well as how to handle each of the above situations.

Judging Tips as we begin the 2022-2023 season:

General

1. Judge the same. All of the time. From the beginning of the meet to the end of the meet. From the beginning of the year to the end of the year. Your ability to be consistent is important and is recognized.

USAG JDP Compulsory Levels 3-6

1. If you are not a proficient symbol user, compulsory gymnastics provides a more stress free environment for you to practice.
2. To be a strong compulsory judge, you must first have knowledge of the FIG rules and how to apply general and event specific execution rules.

USAG JDP Optional Levels 7-10

1. Once you possess a strong knowledge of skill values and the process of how to calculate a start value, you should work on your speed. With a timer at home, time yourself and challenge yourself to be quicker while judging videos on YouTube.
2. Remember ... Almost everything gets credit due to the JDP non-recognition rule. However, if there are multiple large deductions within a skill your decision to NOT award credit is very easy. You need to use your best judgement and remember the goal is to reward gymnasts with credit because they find themselves in critical stages of skill development. But it is equally important to know or at least have a very good idea about where to draw the line of credit or no credit.

NCAA Gymnastics

1. Don't get caught up in the hoopla of the event. It is loud. There is big gymnastics being performed. Stay even keeled and focus on what is in front of you.
2. Be ready for the possibility of being approached after the meeting by coaches from either side that are wanting to ask you questions about your evaluations. Your ability to properly explain what you've done will go a long way in not only earning their trust and respect but also that of the judging leadership who may soon be nominating you for bigger opportunities

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