

RTCC

A festive graphic with the words "merry" in red and "christmas" in green, both in a cursive font. The text is surrounded by white and red snowflakes and green pine branches on a light green background.

Happy Holidays Everyone!

I hope you are all enjoying this special Christmas season. We are thankful for everyone's hard work, focus and discipline which makes gymnasts, coaches and judges excel. When gratitude becomes an essential foundation in our lives, miracles start to appear everywhere. May each of you enjoy the many blessings, beauty and miracles of this season. I hope you enjoy a wonderful Christmas & New Year with your family and friends. Peace, love and joy to each of you.

Marilyn Blilie
Region 3 RTCC
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Merry Christmas &
Happy New Year!

June 25- 26, 2022 at Texas Dreams, Coppell, TX
July 9-10, 2022 at Colorado Gymnastics Institute, Aurora, CO

Region 3 is excited to announce 2 opportunities in 2022 for Level 7 & 8 athletes to attend Future's Camp. Camps will feature technique work, drills, and the latest information on the new 2022-26 DP Code. Staff will consist of National & International coaches & judges as well as Collegiate coaches. Registration information will be on the Region 3 website. These are fundraisers for the regional apparel fund; 100% of the profits goes back into helping our athletes. We truly appreciate your help and support.

Below is the rubric which lists the strongly recommended criteria (what counts) toward the assigning of judges to state and higher meets. Points will be credit-based in the different categories such as the number of sessions at each level that you judged, educational opportunities you took part in; live or virtual in gym practice judging and any volunteer positions you held or assisted at.

You will want to keep a detailed spreadsheet of your own so that you have a current record. Attached is the rubric and a sample spreadsheet you can use.

[illegible]



Look for more Information coming:

Region 3 Regional Congress: June 11-12 Norman, OK
National Congress Dates: August 18-21 Tampa Convention Center

Region 3 Future's Camps:

Texas: June 23- 26, 2022

Colorado: July 2022

Region 3 State & Regional Petitions PowerPoint- February 2022

LINKS:

USA Gymnastic: Xcel Course

<https://usagym.org/pages/education/courses/J110/>

Dr. Dave Tilley's landing clinic:

<https://nawgj.org/ncaa-information/collegiate-judges-review-videos/>

Balance Error on BB:

<https://nawgj.org/ncaa-information/collegiate-judges-review-videos/>

Landings on EACH Event:

<https://nawgj.org/ncaa-information/collegiate-judges-review-videos/>



REGION 3 REGIONAL FLOOR MUSIC APPROVAL INFORMATION

(Fillable PDF)

- If there is no indication of voice or questionable lyrics, it does not go to the committee for approval. I will let you know that this floor music does not meet the criteria for committee approval and can be used without question. If you want I can still send it.
- Coaches please include these two items with your request in order for the committee to make a decision: 1.) Fully filled out floor music approval form 2.) mp3 or mp4 music
- Once these two items are received by me, I will send it to the committee.
- Form can be found on the region 3 website
 - <https://www.reg3.com/>

Example of Judge's Session Spreadsheet for Rubric

VOLUNTEER OPPORTUNITIES:

February 25-27, 2022 Winter Cup, Elite Team Cup & Nastia Liukin Cup

USA Gymnastics' 2022 premier events season kick off in Ford Center at the Star in Frisco, Texas will feature men's and women's divisions and be accompanied by the Elite Team Cup and Nastia Liukin Cup.

2022 Regions Meets:

April 8-10 Level 8 - Loveland , CO

April 21-24 Level 9/10 - Plano, TX

April 29-May 1 Level 7 - Plano, TX

May 6-8 Xcel P & D - San Antonio , TX

May 13-15 Xcel G - Aurora, CO

USA GYMNASTICS HEALTH BENEFITS:

<https://usagym.org/pages/post.html?PostID=26714>

- A range of plans to meet your financial and family needs
- Major medical, limited plans, dental, vision and more
- Embedded mental health plans available
- Go to your doctor - or a PPO doctor
- Enroll when it's convenient for you
- Secure online enrollment platform



USA GYMNASTICS U 112: TOUGH COACHING OR EMOTIONAL ABUSE

Knowing When the Line Has Been Crossed

This educational requirement, <https://usagym.org/pages/education/courses/U112/> must be completed by 1/10/22:

- Competitive Coach (18+)
- Organizational Owner/Managing Director
- Recreational Coach (18+)

USA GYMNASTICS LEOTARD UPDATE- Keyholes

A 0.20 deduction for "inappropriate" attire will be applied for any infraction

Backless leotards: Unless the open area is filled with mesh or flesh-colored fabric, a leotard is considered backless when the open area visually extends lower than the 2 inches (approximately) below the bottom of the scapula (shoulder blade) and wider than the vertical midpoint of the scapula. **Keyholes below this must be covered with mesh.**





COMPULSORY CLARIFICATIONS



LEVEL 3 VAULT:

Contacting the mat stack with the hands after vertical

0.05 – 0.50 • Contact from 1° to 45° past vertical

0.55 – 1.00 • Contact from 46° to 89° past vertical

Angle determined the same as the Angle of Repulsion - determined by the angle created from the hands to the body part that is furthest past vertical?

LEVEL 3 UNEVEN BARS

Mount: Pullover after the glide to stand:

* If they take 1 step, close their feet and pullover from 2 feet - **deduct 0.1** for the step-together 'Failure to take off from both feet simultaneously'

* If they take 1 or 2 steps and perform a kickover from 1 foot - deduct 0.3 for "Performs a run-out glide" and 0.1 for the step-together 'Failure to take off from both feet simultaneously' **0.4 Total Deduction**

Back Hip Circle, stop, Cast, Back Hip Circle- Deduct 0.2 "lack of continuity between the circles" and 0.3 extra swing = **0.5 total deduction.**

Back Hip Circles: If the athlete falls after the first back circle, then start again with the second back hip circle:

Take 0.5 fall deduction plus the ^0 .20 "lack of continuity between the circles" **0.5+0.2 = 0.7 total deduction**

Front hip circle: If they stop after the front hip circle:

Deduct 0.2 deduction for "Failure to execute a small cast immediately after front hip circle". If gymnast performs small cast after the stop - do NOT take Extra Cast (0.3) deduction unless gymnast performs a second cast after the stop

Dismount: Think of the dismount value in two parts- Cast squat on (0.4), Stretch Jump (0.2) Dismount (0.6 total value) (Reno Workshop hint)

If gymnast squats on and falls off backwards (wrong side) - deduct for fall (0.5) and incomplete ME(0.2) = Total Deduction 0.7 If they get back up on the bar and jump off the correct direction - start judging from point of interruption (.5 for fall but no incomplete deduction taken).

If they do not complete squat on (tuck position on top of the LB) and do not repeat skill, - deduct up to 0.4 for incomplete squat on also.

ALL LEVELS - UNEVEN BARS:

Counting Casts- (2013 Joint Tech Minutes)

Extra casts in L 4 & 5 compulsory bars: If a gymnast performs a very small cast and returns to front support, then does a second cast that meets the angle requirement, the first cast performed would be deducted for the appropriate insufficient amplitude and the second cast would be considered an extra swing and would receive a 0.03 deduction.

Extra casts in Level 1-3 compulsory bars: If a gymnast performs a very small cast and returns to front support, then does a second cast, then the first cast performed counts as the major element and the second cast is considered an extra swing and receives a 0.30 deduction. Both are subject to execution deductions.

Rhythm: There is not a 'Rhythm' deduction for UB Penalties as in the previous Compulsory Code - what should we use if they stop between skills where there is no specific continuity deduction listed in the penalty box for that skill?

In other areas, you could consider **Insufficient dynamics ^0.2 (throughout the exercise)**