



How to become a Judge for the Women's Program

WHO SHOULD BE A JUDGE?

- Past or current gymnasts. We LOVE it when a gymnast wants to stay involved with the sport he or she loves by JUDGING, whether they choose to judge while still competing or after they have retired.
- Coaches or gymnastics professionals, such as gym owners, etc.
- Parents or gymnastics aficionados who would like to be more involved with the sport.

WHO SHOULD BE A JUDGE?

- The entry-level for a new judge is Compulsory (Levels 1-5) or Beginner Optional (Level 6, 7 ,8)
The minimum age is 16 for both levels.
 - Unless you are coaching optionals, we do not recommend taking the Level 4/5 and the Level 7/8 tests on the same day.
- Regional or National Sr. age group Elite/Level 10 athletes (OR Elite/Level 10 coaches at Regionals/Nationals) may begin testing Optionals at Level 10 or 9, respectively. Must complete an Exemption Eligibility form.

WHY BECOME A JUDGE?

- **Of all the disciplines in USA Gymnastics, the Women's Artistic Gymnastics program (Elite, Jr. Olympic and Xcel) has the most athletes.**
 - **Approximately 100,000 female gymnasts compete in the U.S.**
- **WE NEED JUDGES to service the ever-rising number of competitions held throughout the country.**
- **In the next 3-8 years, we will see a large number of experienced judges retire after 30 or more years of judging our athletes. SO, we need YOU to add to and replenish our judging ranks.**

WHY BECOME A JUDGE?

- **Ex-gymnasts - It's a great way for you to stay involved in a sport you love and a extra source of income, especially for college students and young people just starting their careers.**
- **You will have the privilege and opportunity to impact young gymnasts' lives by evaluating them accurately and honestly so they know where they stand in their development.**

How to become a Judge

- **STEP ONE:** Let your USA Gymnastics State Administrative Committee Chair or NAWGJ (National Association of Women's Gymnastics Judges) State Judging Director know you're interested. Go to the USA Gymnastics website (www.usagym.org) and the NAWGJ website (<http://www.nawgj.org>) for directory information for the contact person in your State.
- These individuals can let you know of any upcoming clinics or testing opportunities.

How to become a Judge

- **STEP TWO: Purchase the materials needed to study for the exam.**
 - **Compulsory exam: J.O. Compulsory book & DVD (Compulsory materials are also available as an App which includes the text and video of the routines)**
 - **Optional Exams: *J.O. Code of Points* (also available as an iBook). Additional study materials are also available through the NAWGJ library.**

How to become a Judge



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USA Gymnastics Digital Resources

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Women's Artistic Compulsory App

Cost: \$29.99

Click [HERE](#) for more information on the Compulsory App.



Available for download/purchase on the following items: Apple, Android or Kindle tablets.



Xcel Code of Points iBook

Cost: \$29.99

Click [HERE](#) for more details on the Xcel Code of Points for iBook.



The Xcel Code of Points on iBook is only available on Apple products through the iTunes bookstore.

Please note that the iTunes App is only available on Apple products [iPhone, iPad, iPod or MP3 player].



Women's Compulsory Music on iTunes

Cost: \$9.99 (entire album)
\$.99 (individual tracks)

Click [HERE](#) for more information on the Women's Compulsory Music on iTunes.



Available for download/purchase on iTunes ONLY.

Please note that the iTunes App is only available on Apple products [iPhone, iPad, iPod or MP3 player]. The music CD is also available.



Women's Jr. Olympic Code of Points on iBooks

Cost: \$39.99

Click [HERE](#) for more information on the Women's Jr. Olympic Code of Points on iBooks.



The Women's Jr. Olympic Code of Points on iBook is only available on Apple products through the iTunes bookstore.

The iBooks edition of the Code includes a listing of all skills, complete with their value plus illustrations of each skill.

USA Gymnastics mobile technology uses stunning full-color interactive pages as users control their own experience - pinching, stretching, tapping and dragging beautiful illustrations, animations, charts, content and photos. Users can mark pages, highlight content, take notes and create flashcards.

How to become a Judge



May I be excused? My brain is full.

- **STEP THREE:** Attend a local, regional or national Congress or clinic in order to develop the basic knowledge and skills required to become a judge.

How to become a Judge

- **STEP FOUR: Contact local gyms to ask if you can observe the Level 4 and 5 workouts to become better acquainted with the routines.**
- **STEP FIVE: STUDY! STUDY! STUDY!**
 - **You can start testing at the Compulsory level or Optional Levels 7-8.**
 - **Check the Master Test Schedule on the Women's Judges' Accreditation page to find a date/location that is good for you.**

How to become a Judge

- **Once you have found a test location/date, you can register online or by mailing/faxing in the registration form that is posted under “Accreditation Forms”.**
- **Non-USA Gymnastics members may take the exam and now are able to create a “My Profile” so they can register online or by hard-copy.**
- **All Members should have a profile already and should be able to register online.**

How to become a Judge

- **COMPULSORY RATING** is valid until July 2021 and allows you to judge Levels 1-5.
 - Testing is only on Level 4 and 5 routines and the **General Faults and Penalties**. Be sure to go to the penalties pages for each individual event.
 - **50 question Multiple-choice CLOSED-BOOK exam; Passing-70%**
 - **10 on General Faults/Penalties**
 - **10 on Handspring vault**
 - **5 per event on Level 4 and on Level 5**

How to become a Judge

- **Level 6/7/8 RATING:** Must pass both Written & Practical Exam to achieve a rating. The rating is valid until July 2017 and allows you to judge Level 6, 7 & 8.
 - Written exam is on Level 7 and 8 rules only.
 - 50 question Multiple-choice CLOSED-BOOK exam; Passing-70%
 - 5 questions per event (General, Vault, Bars, Beam & Floor) for each of the two levels.

How to become a Judge

- **Level 6/7/8 RATING:**

- Practical exam –

- Only Level 8 routines are judged.
- 6 routines per event, first is a Demo routine. After judging the Demo routine, the TA will review the Start Value and score. There will not be any feedback on the other 5 routines per event . Each routine is worth 5 points (25 pts. per event). Points are awarded by comparing your score to the Technical Committee's score (higher or lower).

How to Move up the ladder of ratings

Once you have a Level 7/8 rating, you must wait one year before testing up to Level 9. We do allow you to take the exam if you are within one month of your year anniversary, but not before.

- Minimum age for Level 9 is 18 yrs.

A Level 9 rated official must also wait one year before testing up to level 10.

- Minimum age for Level 10 is 20 yrs.

HOW TO REGISTER

- **The Accreditation year runs from August 1 to July 31. You have four attempts within the Accreditation Year to pass the exam(s).**
- **When registering for a written exam for the first time, sign up for the appropriate Level and the A1 form.**
- **If you don't pass, the next try will be Form B1, then A2, and then B2.**
- **There is only one Practical exam, but you have four chances to pass.**

AFTER YOU REGISTER

- **Approximately one week before the exam, you should receive an e-mail from your Test Administrator, giving you the final information regarding contact information, specific schedule for the different levels and directions to the test site.**

STUDY PREPARATION

- **Compulsory exam:**
- **You DO NOT need to memorize the values of the Major elements.**
- **Know the order of appearance of the Major elements within the routine.**
- **Know the deductions.**
 - **Study by grouping by maximum deduction: all .50 deductions, all flat 0.30 or up to 0.3, etc.**

STUDY PREPARATION

- **Compulsory exam:**
 - **Know which deductions taken by the Chief Judge.**
 - **Read the exam questions carefully and slowly. You will have one hour. Try to answer the question before looking at the four choices. If your answer is not there, then you'll have to re-group.**

STUDY PREPARATION

- **Optional Written exam (1 hr. 30 min. allotted):**
 - **You DO NOT need to memorize the Vault values.**
 - **Know the Common element (skill) values (A, B, C).**
 - **Know the Event Special Requirements.**

STUDY PREPARATION

- **Optional Written exam:**
 - **Know how the Start Value is determined.**
 - **Know the compositional deductions for Level 8.**
 - **Knowledge of symbols is not required, but questions referring to specific elements will also show the symbol.**

STUDY PREPARATION

- **Optional Practical exam:**
 - **Practice judge videos. Check with your SJD to see if they have any materials you can borrow. Check the USA Gymnastics online store for available merchandise.**
 - **When practicing at home, try to use symbols for the commonly seen skills. Play the video in slow motion to try to get it all down on paper.**

STUDY PREPARATION

- **Optional Practical exam:**
 - **At first, practice by judging just the execution or composition, or just figure out the Start Value.**
 - **Play “add on” - each time trying to add another symbol or another aspect until you can judge the whole routine at one time.**

EXAM DAY

- **Be on time and be prepared.**
 - **Make sure you have your TA's contact information in case you run into traffic and will be late arriving.**
- **Bring a copy of your registration confirmation.**
- **If you have to take a Written re-test, please be sure to bring your results letter with you to show the TA, who will make sure you registered for the correct form of the test.**

EXAM DAY

- **If taking a Written exam, you will not be allowed to have any personal items at your seat. The TA will supply pencils and scratch paper.**
- **Be sure to turn off your cell phone to avoid disturbing others.**

PRACTICAL EXAM DAY

- For the Practical exam, you are allowed to have your *J.O. Code of Points*, Flipbook or any other resource materials you would normally have when judging a meet. Be sure to have your Vault Value chart.
- Come to exam site with your reference materials organized by event for easy-access.

PRACTICAL EXAM DAY

- You will not be graded on what your paper looks like, only on your final score. Remember, you can judge in increments of 0.05.
- When filling in the Scantron answer sheet, be sure to fill in three digits (example 8.00)

RESULTS

- **We process exams within two weeks from the day we receive the exam packet from the TA.**
- **Results will be sent via e-mail the day of processing.**
- **A letter with the rating card will be sent by mail to those who attain a new rating.**
- **For those who do not pass, a letter indicating the areas of weakness will be sent by mail.**

RESULTS

- **Results are indicated by PASS or FAIL only. No scores are given.**
- **When testing for an Optional rating, if only one part (Written or Practical) is passed, it will remain valid through the four-year quad (2013-2017) and only the failed part needs to be re-tested.**

AFTER YOU GET YOUR RATING

ONLY Pro or Jr. Pro members are eligible to judge USA Gymnastics competitions.

- If you do not hold a current USA Gymnastics Professional (or Jr. Pro) membership, you need to register for membership, take your Safety/Risk Management Course & pass a Criminal Background Check. (Jr. Pros are not required to get background check).**

AFTER YOU GET YOUR RATING

CPE OBLIGATIONS

(Continuing Professional Education)

In order to be assigned to sanctioned competitions, all judges must show a commitment to continuing their education by submitting an Annual CPE report form to their state CPE coordinator every June.

AFTER YOU GET YOUR RATING

CPE

The credits are determined by the actual hours, so a six-hour clinic would give you 6 clinic credits.

The rating held on August 1 of each year determines the appropriate number of hours required to be submitted by June of the next year.

AFTER YOU GET YOUR RATING

CPE

The total number of CPE hours increases with the rating level of judge. Half of the hours required must be from Approved clinic hours. The remainder may be from clinics, coaching, volunteering, and other miscellaneous activities.

AFTER YOU GET YOUR RATING

Familiarize yourself with the current “Officials” chapter of the *Women’s Rules and Policies* book, which is posted online under the Women’s page and select Rules.

All members may receive a hard copy of the R & P by sending a written request that includes their name, member # and current address.

AFTER YOU GET YOUR RATING

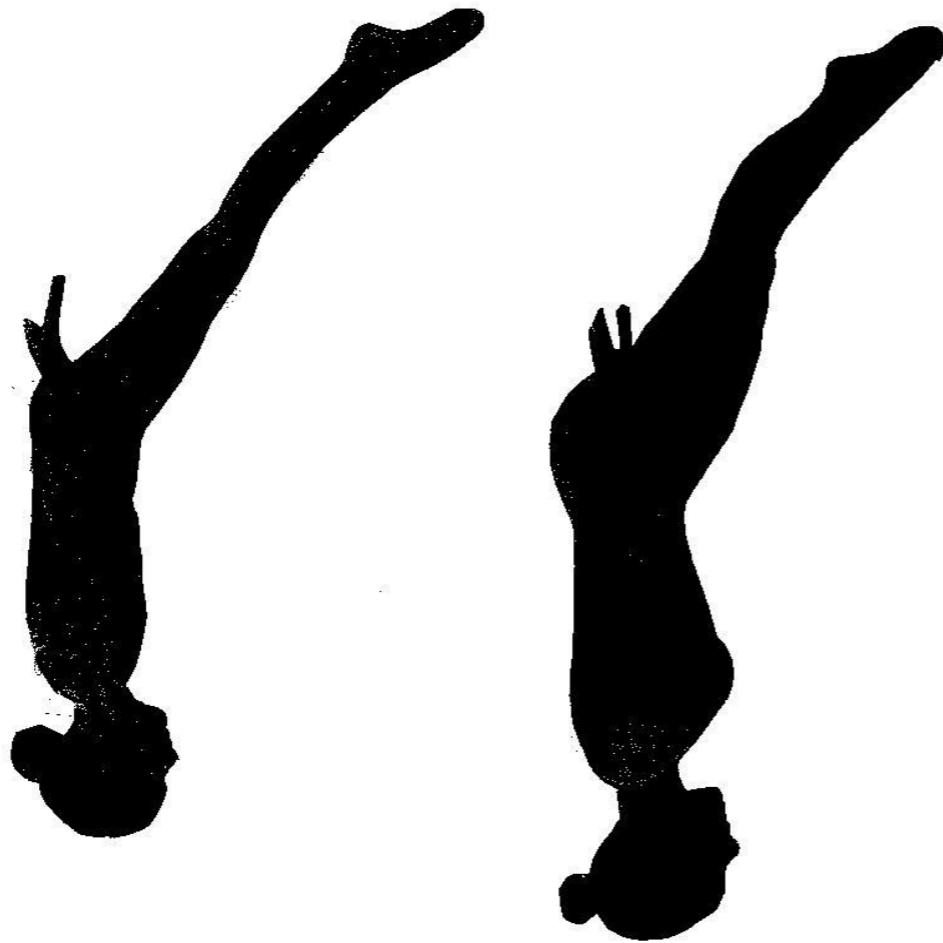
Learning to judge has two main aspects:

1. Being able to recognize that a mistake has been made.
2. Being able to appropriately quantify that error.

Here are some helpful technical illustrations for a beginner judge:

Pike Position

-0.20 Insufficient pike



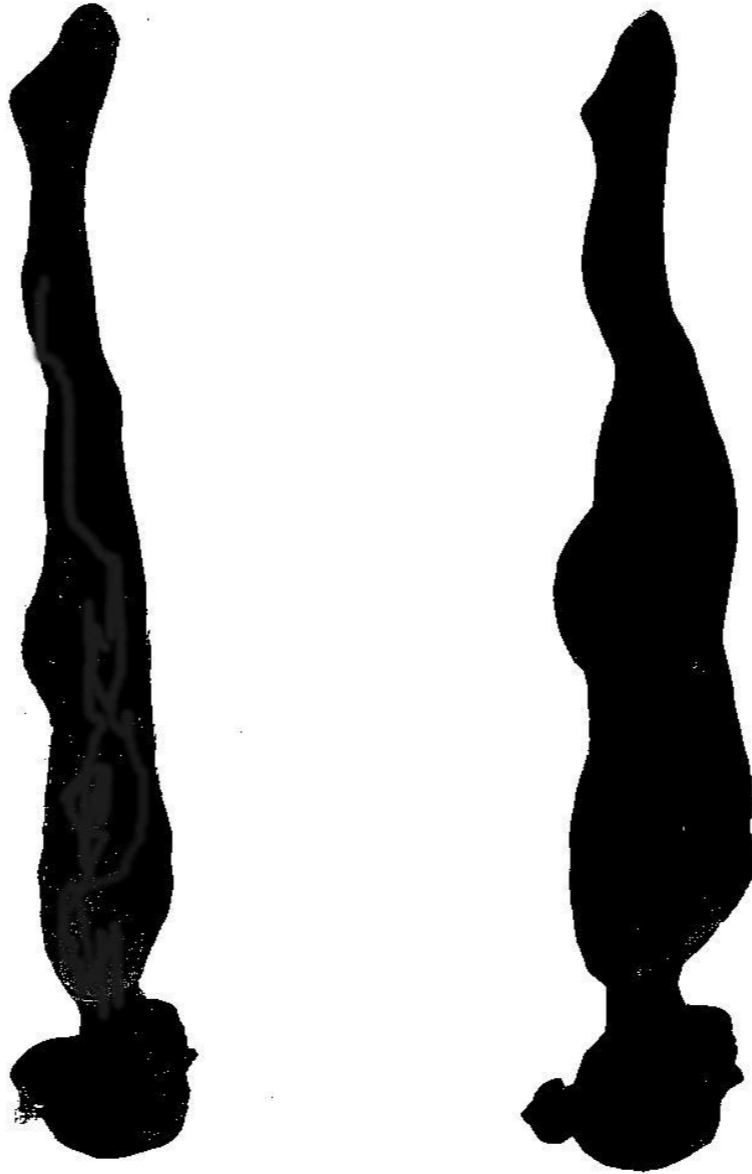
**Know the
correct
body
positions**

Pike Position

-0.05 Insufficient Pike

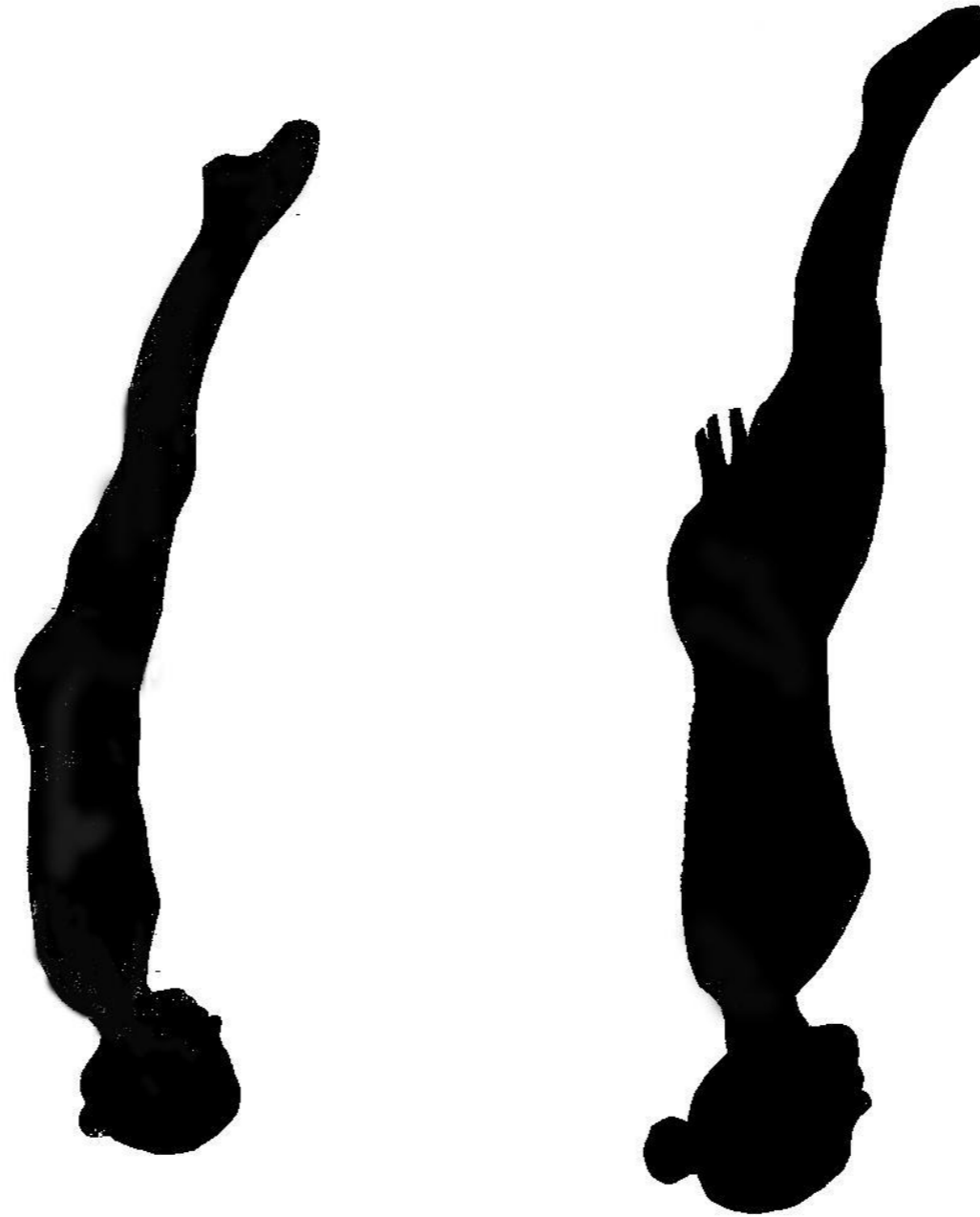


Layout Position



Layout Position

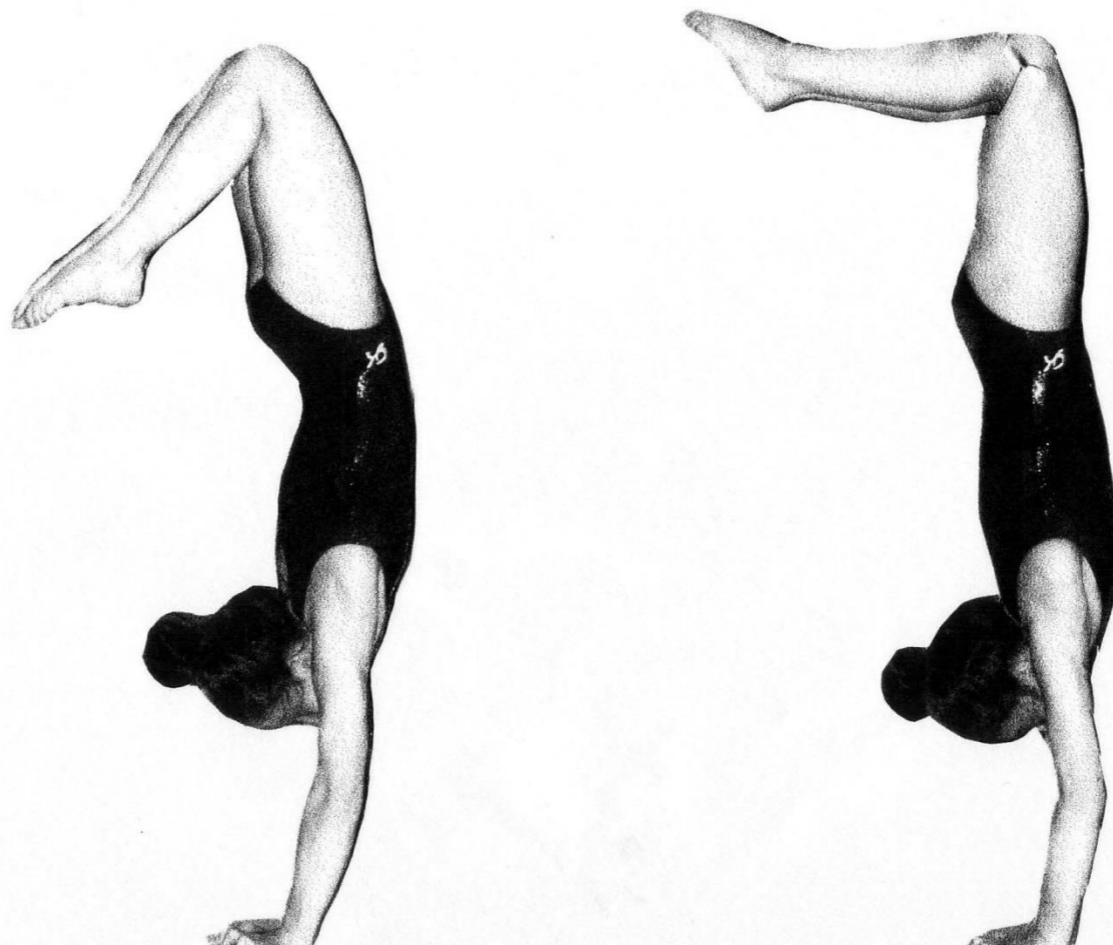
0.10 Deduction



Know the execution deductions

Deduct -0.30

Leg bend 90° or more:



0.15



0.05



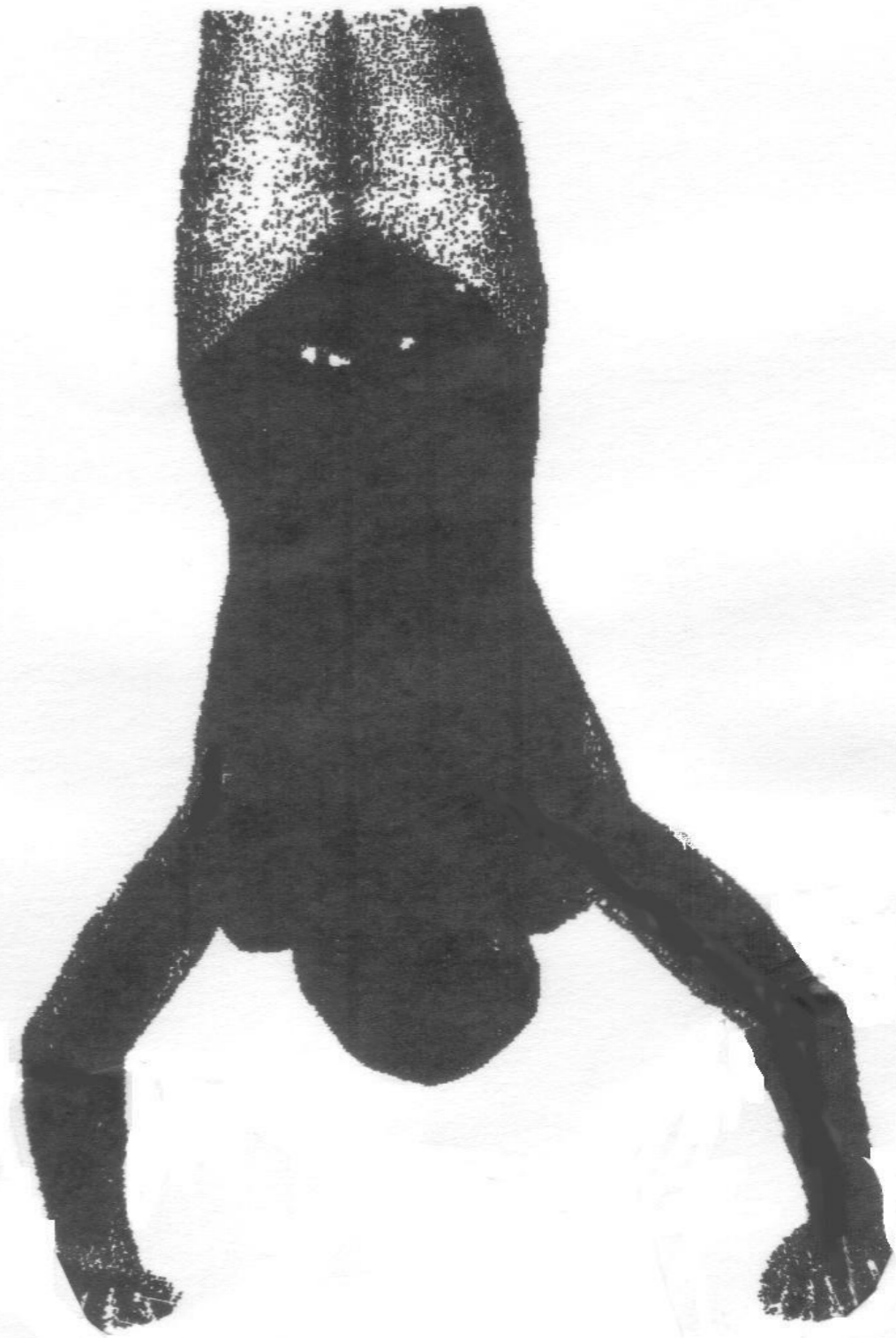
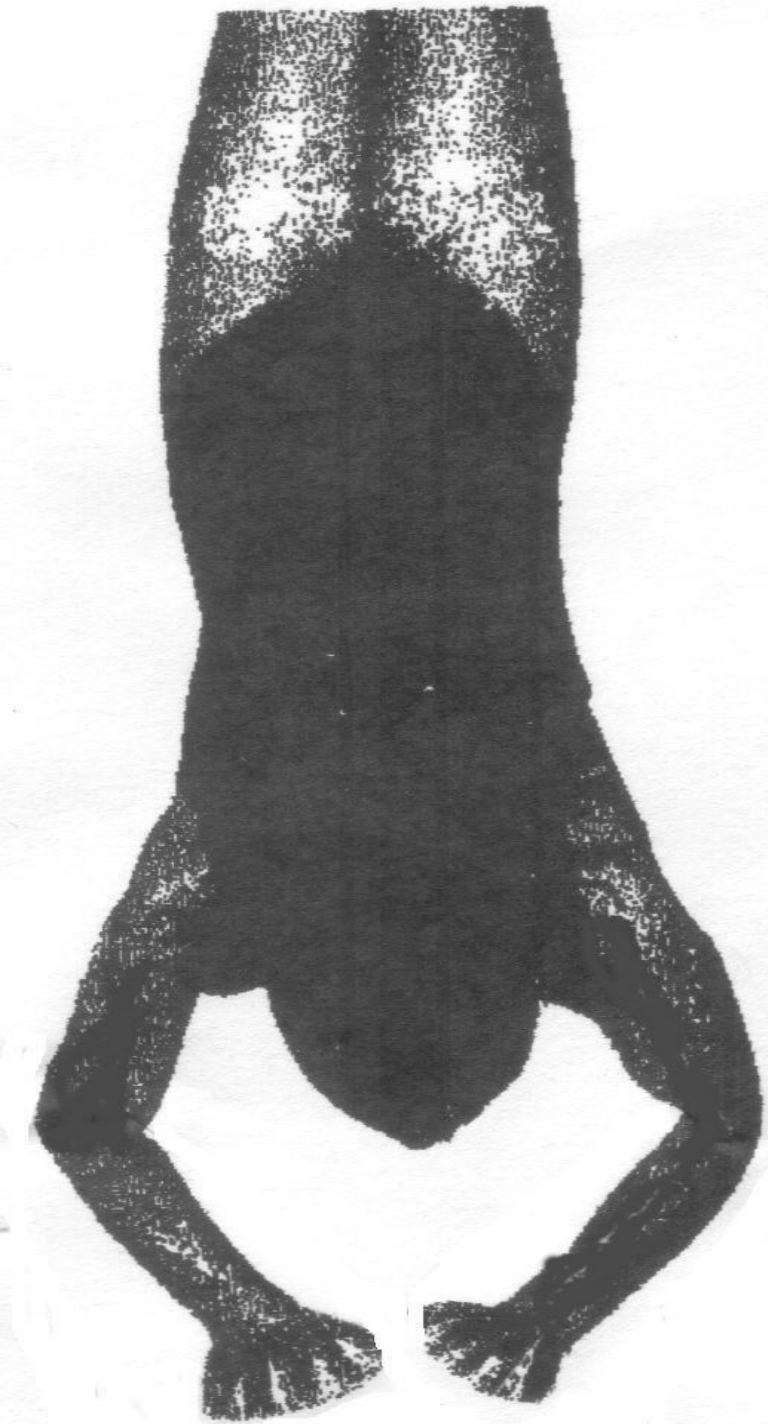
**Arm bend 90° or more:
Deduct -0.30**



Bent Arms

Medium error
-0.15 - 0.20

Small error
-0.05 - 0.1



AFTER YOU GET YOUR RATING

CONGRATULATIONS!!

**ENJOY WORKING WITH OUR
WONDERFUL ATHLETES!**

ENJOY MEETING NEW FRIENDS!

**ENJOY THE CHALLENGE OF
STAYING UP TO DATE IN OUR EVER-
CHANGING SPORT!**

CONTACTS FOR JUDGING QUESTIONS

Technical questions: Your Regional
Technical Chairman

Judging Association questions: Your
State Judging Director

Test Registration & Eligibility
questions: Connie Maloney - JO
Technical Director Call 317.829-5628
or e-mail to cmaloney@usagym.org

The

to

End

