



# Judging Orientation Package JO 1 -3 2019- 2020

Have you ever thought about becoming a gymnastics judge? Active and retired gymnasts, parents, coaches, and anyone passionate about the sport are encouraged to get involved as a Women's Artistic Gymnastics Judge in Saskatchewan.

Judges play a critical role in establishing the environment at all competitions. This document will provide you with general information regarding:

- The process of becoming a judge
- Understanding the basics of judging the Junior Olympic (JO) program
- The expectations that will be required of you once you become a certified judge
- How to access judging resources to become successful and proficient as a judge

## Becoming a Judge

Judges must be registered members with Gymnastics Saskatchewan and must pay the applicable fee for registration. Gymnastics Saskatchewan offers annual judging clinics in various locations throughout Saskatchewan and, in most cases, the course will require some pre-clinic reading before attending the course. The clinic will provide information, guidance, and the resource needed to begin practicing both at home and in your club. Judges may be affiliated with only one club.

Each Judging Level has different requirements that need to be met. The WAG Technical Manual outlines the specifics. The requirements for JO 1 -3 are:

- 14 years old as of January 1, 2019
- Complete the required 10 CPE hours (as outlined in the WAG Technical Manual)

To achieve certification as a JO 1-3 judge, you must attend 100% of the judging course. No gymnastic experience is necessary to register for the JO 1-3 clinic.

## What is the Junior Olympic (JO) Program?

Gymnastics Canada had adopted the JO program to provide direction and foster competition for different age groups of young women of various levels of ability and commitment. Gymnastics Saskatchewan uses this tool as a guide to provide programming for female gymnasts in Saskatchewan. The JO program has pre-competitive, compulsory and optional-routine competitive levels. In the Junior Olympic Compulsory Program (JO1-5), compulsory skills are performed in the routines in a specified order. All JO 1-5 athletes perform the same routine. The compulsory routine system creates a foundation for both gymnasts and judges to learn new skills and progress.



During a gymnast's routine, judges are trained to write down two things, scripting and deductions. Scripting is using symbols for each skill the gymnast performs. All gymnastic skills have a shorthand symbol associated with them. Deductions are values subtracted from the score for errors made while the gymnast is performing these skills. Any departures from the correct technique or performance are to be penalized (deducted) according to the **Table of General Faults and Penalties**. Each event also has **Specific Penalties** for each level.

Judges are trained how to evaluate a routine, using scripting and deductions, to calculate an individual score for each routine. The **Start Value** for all compulsory routines (JO 1-5) is 10.00. After the routine is complete, a judge adds up all the deductions. The individual final score is calculated by subtracting the deductions from the start value (10.00 – (the sum of your execution deductions)).

Example - If your deductions add up to 1.1, then it would be:

$$- \quad 10.00 - 1.1 = 8.9 \quad \text{This is your individual score as a judge}$$

There will likely be two judges working together on a panel for each event. The final score is the average of the two scores.

Example - Judge 1 = 8.7 Judge 2 = 8.9

$$- \quad \text{Final Score} = (8.7+8.9)/2 = \mathbf{8.8}$$

## Expectations of a Judge

### Judges are expected to:

- Respect the needs of each club, coach, gymnast, and other judges.
- Prepare for each specific judging assignment. Judging panels will be distributed 1-2 weeks prior to a competition to allow judges time to prepare.
- Work quickly and accurately to produce a score.
- Be a cooperative member of the judging panel.
- Be unbiased, fair, and impartial in scoring.
- Arrive at the judges' meeting on time and in their judging uniform.

### The judging uniform for JO Level 1-5 is:

- Navy or black pants (no leggings) or skirt and a white top/blouse.
- No denim or t-shirts.
- Flat, dark coloured shoes – no sandals or spiky heels.



## Judging Resources

You are not expected to leave a judging clinic feeling like a confident JO judge ready to judge at a meet. The clinic you attended should have provided you with the information, guidance and the resources needed to begin practicing. New judges are strongly encouraged to practice scripting routines and taking deductions after they attend a clinic. Practice can be in the gym or watching videos online. Practicing with a more experienced judge is also encouraged.

Every new judge will participate in a shadow judging session this season. The shadow judging session will be your first judging session of the season. As a shadow judge, you will practice scripting and taking deductions. Your score will not count towards the final score at the competition.

The Gymnastics Saskatchewan WAG Judging Committee is developing a season-long Mentorship Program. If new judges indicate interest at the conclusion of their judging clinic, they will be assigned a judging mentor. This will allow new judges to have a “go to” person for the season to use as a resource to further their judging development.









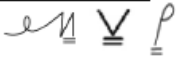
Gymnastics Saskatchewan has a library of judging resources on their website, [www.gymsask.com](http://www.gymsask.com). On the home page, on the top right hand side, you will **Judges** on the menu bar. When you hover over Judges, you will get a drop down menu. Under **Judging Resources** you can find the following documents that you will need for the clinic or to begin practicing:

- Gym Sask JO Level 1-3 Supplemental Manual
- Gym Sask JO L 1-5 General Table of Faults
- JO 1-3 Judging Sheets
- Gym Sask Judging Regulations – this is part of the WAG Technical Regulations















Since the JO Program in Canada has been adapted from the JO Program developed by USA Gymnastics, more resources can be found at [www.usagym.org](http://www.usagym.org). USAG Flipbooks, are a summary of requirements and deductions for all JO levels. Each club is required to have a copy of the flipbook for competitions. Ask your club if you can access their flip book as it is a wonderful resource. USAG also publishes a comprehensive USA Gymnastics Junior Compulsory “blue” book that outlines each level of the JO program. Many clubs have purchased the blue book as a judging resource. There is also an app available for purchase online. The app is called **USA Gymnastics Women’s Compulsory Program**.

On the following page there is a summary of all the scripting symbols used in JO 1-3. Please take the time to become familiar with these symbols before your clinic.













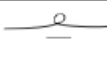
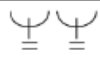
### JO 1 and 2 Uneven Bar Symbols











Pullover	Cast	Back hip Circle	Straddle on Underswing Dsmt	OR Unswing Dsmt
6	4	4	6	
				
Single Leg Cut FWD	Forward Stride Circle/Single Leg Basket Swing	Single Leg Swing BWD	Cast, Squat on, Pike Sole Circle Dsmt	
2	6	2	6	
				



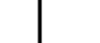





### JO 1 and 2 Beam Symbols



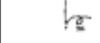






Jump to Front Support	Pike Lying Position	Releve Balance	Arabesque (30°)	Forward Leg Swings
2	4	2	4	2 each
				
Lever	Leg Balance in Forward Passe	Stretch Jump	Cartwheel to 3/4 Side Hdstd Dsmt	Whip Swing to Push-up Position, Jump to Tuck Stand
6	2	4	6	6
				
Forward Leg Swing, Backward Leg Swing	Releve	Pivot Turn (180°)	Cartwheel to Side Hdstd Dsmt	
2 each	2	2	6	
				

### JO 1 and 2 Floor Symbols

3/4 Handstand	Cartwheel, 90° Turn inward	Back Roll Tucked	Candlestick	Forward Roll Tucked
4	6	6	2	4
				
Forward Passe Balance	Forward Chasse	Split Jump	Handstand	Round-off
4	2	4	4	6
				
Back roll to Pike Stand	Bridge, Back Kick -over	Straight Leg Leap	(90°+90°) Turns in Forward Passe (Heel-Snap)	
4	4	6	4	
				

JO Level 3 UB	Fall Time 45s								
Glide Swing and Return/Pullover 2/4	OR Straddle or Pike Glide Kick 6	Front Hip Circle Small Cast, return to FS 4	Cast, Single Leg Squat Through 2	Forward Stride Circle 4	OR Single Leg Basket Swing 4	Single Leg Cut Backward 2	Cast 4	Back Hip Circle 4	Underswing Dsmt 6
									

JO Level 3 BB	Time Limit 55s	Fall Time 30s					
Leg Swing Mount with 1/2 (180°) Turn 2	Cross Handstand 6	Rond de Jambe/ Arabesque (45°) 4	Straight Leg Leap (90°) 6	Stretch Jump; Stretch Jump 4 each	Two 1/2 (180°) Pivot Turns 2 each	1/2 (180°) Turn in Forward Passe (Heel- Snap Turn) 4	Cartwheel to Side Hdstd, 1/4 (90°) Turn Dsmt 6
							

JO Level 3 FX								
Split Jump (90°)/Stretch Jump 4/2	Handstand to Bridge, Back Kick-over (120°) 6	Handstand Forward Roll Step-out with Straight Arms 6	Straight Leg Leap (90°) 6	Back Roll to Push-up Position 6	Forward Split 2	1/2 (180°) Turn in Forward Passe 2	Round-off 4	Flic-Flac to Two Feet 6
								

## Videos for JO 3

### JO 3 Vault

<https://www.youtube.com/watch?v=P575Tsf0ZTg>

### JO 3 Beam

<https://www.youtube.com/watch?v=Z-Y7w9-72ds>

### JO 3 Bars

<https://www.youtube.com/watch?v=q0mR3ZQLK5s>

\* Note that the deductions listed in the above videos are the possible Up to Maximum, not the actual deduction that would be taken for each skill.\*

### JO 3 Floor

<https://www.youtube.com/watch?v=ZChBiWszEH8&t=63s>