

Judging Orientation Package JO 4-5

2019 - 2020

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
- What is requested of you prior to attending a clinic

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 Judging Manual outlines the specifics. The requirements for JO 4-5 are:

- Must be 15 years old as of December 31, 2019.
- Must meet mobility requirements from JO1-3 OR
- Current/former coaches/athletes may take this course in their first year of judging.

To achieve certification as a JO 4-5 judge, you must attend 100% of the judging course.

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.

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.

If new judges feel they would benefit from a mentorship at the conclusion of their judging clinic, they are encouraged to contact the WJC to request a mentor. The purpose of the mentor is to provide new judges with someone who can answer questions that they have and in some cases work with them at competitions to develop their skills.

Gymnastics Saskatchewan has a library of judging resources on their website, www.gymsask.com. On the homepage, 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 L 1-5 General Table of Faults
- JO 4-5 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. 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**.

Before Attending Your Clinic

Included below is

- Video links to exemplar routines on Youtube
- A practice chart of many of the compulsory judging symbols
- Judging routines and deductions summary sheets (also available on GymSask.com)
- Exemplars of what completed judging sheets look like

Please take the time to become familiar with identifying and writing these symbols before your clinic.

It is not necessary for you to memorize all the routines and symbols, but it is important to be familiar with the routines and comfortable writing the symbols as this is a skill necessary for judging. At the clinic there may be some time spent on symbols, but judges are expected to be capable of scripting prior to the clinic, as the clinic will focus on the application of the rules and practical judging experience.

JO 4 Bars

<https://www.youtube.com/watch?v=NoPvMCp7Lds>

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

JO 4 Beam

https://www.youtube.com/watch?v=mSI1U6GrY_s

<https://www.youtube.com/watch?v=YNIZFwIfe5Q>

JO 4 Floor

<https://www.youtube.com/watch?v=IJCAoPu6jPg>

JO 5 Bars

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

JO 5 Beam

<https://www.youtube.com/watch?v=dfvDj38U5CI>

JO 5 Floor










<https://www.youtube.com/watch?v=B4XBD13RDMM>

WAG Gymnastic Symbols – Compulsory Practice Sheet










Name	Symbol					
Beam and Floor						
handstand	!					
Back handspring	⤴					
Back walkover	⤴ ⤵					
Forward walkover	⤵ ⤴					
Cartwheel	X					
Round off	Y					
Handspring	⤴ —					
Front salto	⤵ O					
Back salto Tuck/pike/stretch	⤴ O ^N Y					
Back salto stretched	⤴ /					
Leg Swing Mount	Y ⤴					
Cartwheel to Side Handstand Dsmt	X ! ₄					
Pivot Turns	⤴ ⤵ 					
Split leap	— —					
Split jump	 — O					
Switch Leap	Z					
Scale	Y —					
Straight jump	! —					
Tick Tock	⤴ —					
1/1 turn	O —					
Backward Roll	⤴ —					
Handstand Forward Roll	! — ⤴					
Forward roll	⤴ — O					

Handstand fwd roll						
Back roll to handstand						
Back roll to handstand ½ turn						
BARS						
Glide kip						
Long kip						
cast						
Cast handstand						
Cast handstand straddle						
Cast tuck on						
Back hip circle						
Clear circle						
Clear circle to handstand						
Tap Swing with ½ Turn						
Long swing						
Stalder BWD						
Pullover						
Tuck flyaway dismount						
Layout Flyaway						











JO Level 3 FX

Split Jump (90°)/Stretch Jump	Handstand to Bridge, Back Kick-over (120°)	Handstand Forward Roll Step-out with Straight Arms	Straight Leg Leap (90°)	Back Roll to Push-up Position	Forward Split	1/2 (180°) Turn in Forward Passe	Round-off	Flic-Flac to Two Feet
4/2	6	6	6	6	2	2	4	6
								
fail land ft closed	fail arms by ears	fail attain vertical	bend fr leg	hds on FX b/f roll	fail split 180°	incorr leg pos	lack accel	squat in ff
fail land ft simult	fail join legs vert	fail join legs vert		hds > shldr width		heel-snap tech	fail pass thru vert	fail land ft simult
fail keep legs join	fail push shdrls	fail hold 1s		fail show fr supp			fail land ft simult	fail rebound
fail land ft closed	fail land ft simult	fail push off FX to stat					fail pause in stick	0.05
	extra kids-overs	0.3e fail step-out						
	perform tic-tic	0.3						

JO Level 4 FX









Straddle Jump (120°)/Stretch Jump with 1/2 (180°) Turn	Front Handspring to Two Feet	Straight Arm Bwd Roll to Handstand	Forward Split	Straight Leg Leap (120°)	1/1 (360°) Turn in Forward Passe	Back Walkover (150°)	Round-off	Flic-Flac to Two Feet
4/4	6	4	2	6	4	4	4	6 each
								
fail land ft closed	fail arms by ears	fail hds on FX b/f roll	fail split 180°	bend fr leg	incorr leg pos	fail con leg lift	lack accel	squat in ff
fail keep legs join	fail flight b/f fx con	fail hds > shldr width			heel-snap tech	0.1 fail pass thru vert	fail land ft simult	0.1e
fail land ft closed	incorr hnd placemt	fail pass thru vert				fail land ft simult	fail rebound	0.1
	lack replusion	0.6 perf bwd roll						
	fail land ft simult	0.1						
	fail rebound imm	0.1						









JO Level 5 FX











Straddle Jump (150°)/Stretch Jump with 1/1 (360°) Turn	Front Handspring Step-out	Front Handspring to Two Feet Rebound	Forward Saito Tucked	Straight Arm Bwd Roll to Handstand, Kneel Pose	Forward Split	Straight Leg Leap (150°)	OR Switch Leap	1/1 (360°) Turn in Forward Passe	Round-off/Flic- Flac/BWD salto tucked
4/4	6	6	6	4	2		6	4	4/4/6
									
fail land ft closed	lack accel	lack accel	incorr bp	hds on FX b/f roll	fail split 180°	bend fr leg	bend fr leg	incorr leg pos	lack accel
fail keep legs join	fail arms by ears	fail arms by ears	insuff bend knees	insuff bend width			fail svw 45°	heel-snap tech	0.1
fail land ft closed	flight b/f fx con	flight b/f fx con	insuff bend hips	fail pass thru vert					fail land ft simult
	incorr hnd placemt	incorr hnd placemt	perf bwd roll						squat in ff
	lack replusion	0.6 lack replusion							fail land ft simult
	join b/f step-out	0.1 fail land ft simult							incorr bp
	fail step-out	0.2 fail rebound imm							fail ext b/f land
									fail pause in stick
									0.05

General Deductions for Whole Exercise

Mov't lacking dynamics	0.2
Incorrect body alignment during connections	0.3
Incorrect footwork/form in exercise	0.3
Fail to perform steps/pivot turns in high releve	0.2
Mov't lacking artistry, consider:	0.3
mov't reflect s/m of choreo	0.15
expression	0.15
Insufficient amplitude on non-VP	0.1
Not performing in time with the music	0.2

JO Level 3 BB		Time Limit 55s					
Leg Swing Mount with 1/2 (180°) Turn	Cross Handstand	Rond de Jambé/ Arabesque (45°)	Straight Leg Leap (90°)	Stretch Jump; Stretch Jump	Two 1/2 (180°) Pivot Turns	1/2 (180°) Turn in Forward Passe (Heel- Snap Turn)	Cartwheel to Side Hdstd, 1/4 (90°) Turn Dsmt
2	6	4	6	4 each	2 each	4	6
							
lack cont in turn	0.1 incorr hd placemt fail attain vert	0.1 fail main leg ht 0.3 fail lift leg min 45° fail hold 1s	0.1 bend fr leg 0.1 fail pause	0.1 fail land ft simult 0.05 insuff con btwn	0.1 lack sharpness	0.1 incorr leg pos fail lower heel	0.1 incorr hd placemt 0.05 fail reach vertical turn incomp fail to turn lift hds b/f vert

JO Level 4 BB		Time Limit 1:05					
Leg Swing Mount with 1/2 (180°) Turn	Cartwheel (90°) Turn Inward	Scale(horizontal)/ Rond de Jambé to Arabesque/Scale	Straight Leg Leap (120°)	Cross Handstand	Split Jump (120°) /Stretch Jump	1/2 (180°) Turn in Forward Passe	Cartwheel to Side Hdstd, 1/4 (90°) Turn Dsmt
2	6	4	6	6	4/4	4	6
							
lack cont in turn	0.1 incorr hd placemt fail pass vert	0.1 fail lift leg min 45° 0.3 fail main leg ht 0.05 fail pause in arab 0.2 fail lift leg hor fail hold 1s	0.1 bend fr leg 0.1 fail pause	0.1 incorr hd placemt 0.05 fail attain vert fail join legs fail hold 1s	0.1 fail land ft closed 0.3 fail land ft simult 0.1 insuff con btwn 0.1 fail land ft simult	0.1 incorr leg pos 0.1 heel-snap tech 0.2 fail hold 1s turn incomp fail to turn lift hds b/f vert	0.1 incorr hd placemt 0.3 fail reach vertical fail hold 1s turn incomp fail to turn lift hds b/f vert

JO Level 5 BB		Time Limit 1:10							
Leg Swing Mount with 1/2 (180°) Turn	Back Walkover	OR BWD Roll to Minimum 3/4 Handstand	OR Flic-Flac Step-out	Scale(horizontal)/ Rond de Jambé to Arabesque/Scale	Straight Leg Leap (150°)/Stretch Jump	Cross Handstand	Split Jump (150°)/Sissone	1/1 (360) Turn in Forward Passe	Cartwheel to Side Hdstd, 1/4 (90°) Turn Dsmt
2	6	6	6	4	6/4	6	4/2	4	6
									
lack cont in turn	0.1 fail con leg lift incorr hd placemt insuff leg sep	0.1 fail 3/4 hstd 0.1 perform bwd roll	0.2 fail step-out	0.2 fail main leg ht fail lift leg min 45° fail pause in arab fail lift leg hor fail hold 1s	0.1 bend fr leg 0.1 insuff con btwn 0.05 fail land ft simult 0.2 fail lift fr leg	0.1 incorr hd placemt 0.2 fail attain vert 0.1 fail join legs fail hold 2s	0.1 fail land ft closed 0.3 fail land ft simult 0.1 insuff con btwn 0.2 insuff lift fr leg insuff lift bk leg fail pause	0.1 incorr leg pos 0.1 heel-snap tech fail hold 2s turn incomp fail to turn lift hds b/f vert	0.1 incorr hd placemt 0.3 fail reach vertical fail hold 2s turn incomp fail to turn lift hds b/f vert

Fall Time 30s

General Deductions for Whole Exercise

Mov't lacking dynamics	0.2
Incorrect body alignment during connections	0.3
Incorrect footwork/form in exercise	0.3
Fail to perform steps/pivot turns in high releve	0.2
Mov't lacking artistry, consider:	0.3
mov't reflect style of choreo	0.15
expression	0.15
Insufficient amplitude on non-VP	0.1
Lack of sureness	0.2

#273 Chris B

Fall Time 30%

General Deductions for Whole Exercise

Don't lacking dynamics	0.02
Incorrect body alignment during connections	0.03
Incorrect footwork/form in exercise	0.03
Don't all to perform steps/pivot turns in high releve	0.02
Don't lacking artistry, consider:	0.03
Don't reflect style of choreo	0.15
expression	0.15
insufficient amplitude on non-yp	0.01
Lack of sureness	0.02

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JO Level 5 FX	Front Handspring Step out	Front Handspring to Two Feet Rebound	Forward Salto Tucked	Straight Arm Bwd Roll to Handstand, Knee Pose	Forward Split	Straight Leg Leap (150°)	On Switch Leap	1/1 (360°) Turn in Forward Passe	Round-off flic: Flac/BWD salto tucked
Straddle Jump (150°)/Stretch Jump with 1/1 (360°) Turn	6	6	6	4	2			4	4/4/6
△ ○	1	1	2	1	2	1	2	1	1
fail land ft closed	0.1	lack accel	0.2	lack accel	0.2	lack accel	0.1	lack accel	0.2
fail land ft keep leg: join	0.1	fail arms by ears	0.1	fail arms by ears	0.2	fail arms by ears	0.1	fail pass thru vert	0.3
fail land ft closed	0.1	light b/f ft: join	0.2	light b/f ft: join	0.2	light b/f ft: join	0.1	fail land ft: simult	0.1
fail land ft closed	0.1	incor hnd placement	0.1	incor hnd placement	0.1	incor hnd placement	0.1	squat in ff	0.2
lack replusion	0.6	lack replusion	0.6	lack replusion	0.6	lack replusion	0.1	fail land ft: simult	0.1
join b/f step-out	0.1	fail land ft: simult	0.1	fail land ft: simult	0.1	fail land ft: simult	0.1	incor bp	0.6
fail step-out	0.2	fail rebound imm	0.1	fail rebound imm	0.1	fail rebound imm	0.1	fail ext b/f land	0.2
								fail pause in stick	0.05

Mov't lacking dynamics	0.2
Incorrect body alignment during connections	0.3
Incorrect footwork/form in exercise	0.3
Incorrect turnout/pivot turns in high releve	0.2
Fail to perform steps/pivot turns in high releve	0.3
Mov't lacking artistry, consider:	0.15
mov't reflect s/m of choreo expression	0.15
Insufficient amplitude on non-vp	0.1
Not performing in time with the music	0.2

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	1.5	
footworth	1.1	
relieve	.1	
omitted	1.2	
skill		2.9
		<hr/>
		7.1