

## Notes from Cheryl Hamilton interview on 3/28/2019

Edited & Approved by Cheryl Hamilton on 3/29/19.

### VAULT

- Level 2 and 3 Vault: Deduction reads "If both hands land beyond the tape line, -0.50". Is that defined as any part of the hand (fingertips) like out of bounds on floor or is it the **entire** hand must be over?
  - ANY part of the hand; fingertips, fingers, the whole hand
- Level 6/7 Vault: Landing - is the expectation for the athlete to land upright with arms by ears (prior to falling to their back if they choose to fall down)? We're seeing a lot of athletes fall to their backs (which we know is fine and judging stops when feet hit mat), but many athletes seem to be forfeiting good landing posture in order to get the fall in. As judges, what ideal are we looking for in the body shape of the landing and how do we deduct accordingly?
  - Tight hollow body
  - Arms next to ears
  - NO body shape/posture errors when their feet hit the mat
  - They should be able to flip out of the vault
  - If it looks like they would be able to flip, it is most likely a good vault
- Level 6/7 Vault: If the athlete contacts the table, but lands to the side of the mat onto the floor, would this be a VOID or a directional error (up to .30) and a fall?
  - Up to 0.30 for directional error
  - No fall deduction
- Level 6/7 Vault: If the athlete contacts the table, but completely misses the mat and lands on the floor, would this be a VOID or a directional error (up to .30) and a fall?
  - This will be discussed at the May Committee meeting
- In Xcel Silver, there is a up to 0.30 deduction for not passing through vertical when performing a ½ on vault. Why is this not a deduction at the JO level?
  - It is on the Committee's agenda to discuss at the May meeting
  - May apply to Levels 6-10

### BEAM

- Level 2 Beam: In the Lever - it calls for a "fingertip touch". Is there a deduction if the athlete puts full palms down and/or pushes off the beam to stand back up? Some judges are looking at this as a grasp and taking .30.
  - You need to evaluate how much "pushing" occurs
  - If there is actual force in the movement to get up, then apply deduction of up to -0.30, but I wouldn't take more (definitely NOT a fall).
- At the JO Compulsory levels, why do we not see progressions towards more difficult dismounts? For example, why do we do handstand dismount instead of dismounts off the end like cartwheel, straight jump?

- HS are important part of Beam & gymnastics
- Dismounts catered to clubs with limited matting space
- Why was the split leap increased in value to a “B”?
  - FIG moved to “B” so it seemed logical for JO Program
- Why did the evaluation of the switch leap change? (No 45 degrees, still gets VP)
  - FIG removed 45-degree requirement so it seemed logical for JO Program (this is considered a very small error, therefore taking the entire skill away seemed too severe)
- What do you do as a judge when skills in a routine do not fit into the provided composition charts?
  - You have to look at all the skills performed (acro, gym)
  - Look at the root skills and/or similar body shapes
  - Are there a variety of skills being performed (root skills/body shapes)
  - Example –
    - Switch leap ½ (D), Split Jump (B), Tuck Jump 1 ½ (C) = no deduction
    - Varied body shapes
    - “D” skill more than required
    - There is not a formula for every scenario. Just have to use your judgment.

## **FLOOR**

- Scenario...An athlete salutes judge, music starts and so does the athlete. But the coach immediately stops the athlete and has the music restart to begin again w/out the judge’s approval. What does the judge do?
  - Judge would not do anything (this seems to assume it was the wrong music, which is not what we always see)
  - This is my opinion that I would not take a deduction.
- What do you do as a judge when skills in a routine do not fit into the provided composition charts?
  - SEE BEAM

## **OTHER**

- There still seems to be a considerable amount of confusion with the new break time rules/clarifications. Please explain.
  - Example A: Break #1 is 30 minutes, no meal provided. Break #2 is 20 minutes, lunch provided. Break #3 is 30 minutes, no meal provided. Meet ends at 5:00 pm. on day 1 and ends at 7:30 pm on day 2. How much time do we deduct each day?
    - Since two 30-minute breaks were provided, deduct 1 hour
    - Meals or lack of meals do not affect calculations
  - Example B: Break #1 is 30 minutes, no meal provided. Break #2 is 30 minutes, lunch provided. Break #3 and #4 are both 20 minutes each, with dinner provided in #4. How much time do we deduct?
    - Since two 30-minute breaks were provided, deduct 1 hour
    - Meals or lack of meals do not affect calculations
  - Example C: There are 3 breaks, two are 20 minutes and one is 30 minutes (meals are irrelevant). How much time do we deduct?

- Since there were not two 30-minute breaks, then you would be paid all day – from report time to end of meet.
  - Example D: There is 1 break and it is 30 minutes (meal provided). How much time do we deduct?
    - Since there were not two 30 minute breaks, then you would be paid all day – from report time to end of meet.
  
- Do you see in the future Levels 9 and/or 10 transitioning to a more open scoring system like the FIG system?
  - No
  
- If skills in a routine do not fit into a category on the Level 8 – 10 Composition deduction charts, what do you do?
  - See Beam & Floor
  
- Scenario...A gymnast salutes to begin routine but then the coach stops athlete to adjust matting and/or equipment. This process takes longer than 30 seconds. Do we take the 0.20 deduction for failure to begin exercise within 30 of being saluted?
  - Timer should start timing the break
  - Timer should give 10 sec. warning
  - If break takes longer than 30 sec. then take deduction
  
- Is it fair to take 0.20 from an athlete who has any part of her bra showing when it is obviously due to a poorly designed leotard by the club? Should it be taken from the team score?
  - I would not take a deduction if her bra was only slightly showing