



JOINT MEETING
JUNIOR OLYMPIC and TECHNICAL COMMITTEES
Indianapolis, IN
May 20, 2019

Meeting was called to order by Tom Koll (NJOCC) and Cheryl Hamilton (NTCC) at 8:00 am.

Roll Call:	<u>Technical Committee</u>	<u>JO Committee</u>
Region 1	Gigi Iavarone	Shane McIntyre
Region 2	Linda Mulvihill	Ivan Alexov
Region 3	Carole Bunge	Rich Villarreal
Region 4	Linda Thorberg	Paige Roth
Region 5	Char Christensen	Kittia Carpenter
Region 6	Pat Panichas	Jamie Winkler
Region 7	Myra Elfenbein	Linda Johnson
Region 8	Marian Dykes	Brad Harris
NACC	Cori Rizzo	
NXCC	Claudia Kretschmer	
JO Program Director	Christy Naik	
JO Technical Director	Connie Maloney	
VP Women's Program	Annie Heffernon	
Guest - NAWGJ President	Evelyn Chandler	
Guest - Chief of Membership	Erica Koven	
Guest - President/CEO	Li Li Leung	

On behalf of both committees, Tom Koll welcomed the committee members and introduced the officers, staff, and guests.

1. USA Gymnastics President report

Li Li Leung presented a state of USA Gymnastics report to the group. She discussed her community outreach, goals and plans for USA Gymnastics. Li Li thanked the Junior Olympic and Technical Committees for their ongoing commitment to USA Gymnastics. She is looking forward to working with the Women's Program.

2. NAWGJ report – NAWGJ President Evelyn Chandler distributed a report to the committees. Total NAWGJ membership is at an all-time high. The focus is on improving administrative skills as well as sharing best practices to promote consistency throughout the states. The 45th National Symposium is scheduled for July 12-14, 2019 in Fort Worth, TX.

3. Xcel Report – Claudia Kretschmer updated the committees on the progress of the Xcel National program. Participant numbers continue to grow. The Xcel Committee continues to maintain the original philosophy of inclusion that provides competitive opportunities for athletes of all abilities.

4. Member Services Report – Erica Koven reported overall growth in membership from last year. She thanked the community for their support.

5. Administrative Committee Report - Cori Rizzo reviewed agenda items discussed at the AC meeting on Thursday. Please see the 2019 Administrative Committee Minutes for details.

6. GENERAL

a. Recommendation to accept the Continuous Competition Meet Format as described on page seven (7) of the Joint Junior Olympic Committee and Technical Committee Minutes.

Motion: Rich Villareal

Second: Paige Roth

Passed



- b. Recommendation that at State Meets and above, video review will be allowed to consider spotting deductions
Motion: Brad Harris
Second: Kittia Carpenter
Passed
 - c. Recommendation that at State Meets and above, video review will be allowed to consider floor line violations.
Motion: Char Christensen
Second: Carole Bunge
Passed
 - d. Recommendation to UPDATE the *Women's Rules and Policies*, page 103, D.2.c. to read:
All Around competitors as well as Individual Event Specialist (IES) gymnasts should NOT be required to start on more than one event, unless there are scratches that reduce the total number of competitors in the squad to less than four (4) athletes.
Motion: Paige Roth
Second: Ivan Alexov
Passed
 - e. Recommendation to REVISE timed warm-ups for levels 6-7 in the *Women's Rules and Policies*, pages 104-105, various locations, to read: 1½ minutes for all events
Motion: Linda Mulvihill
Second: Marian Dykes
Passed
 - f. Recommendation to UPDATE *Women's Rules and Policies*, page 105, II.A.2.b.:
 - 4) All level (1-10) Bar settings (adjustments) are NOT included in the warm-up time, unless an athlete chooses to "block time", either within their own team or with other teams. The clock will not stop within the block time. Each "BLOCK" is allowed to set the Bars ONE INITIAL TIME before the warm-up time begins. The clock WILL STOP between EACH Block. Separate blocks of ANY SIZE can occur within a squad.
Motion: Shane McIntyre
Second: Gigi Iavorone
Passed
 - g. Recommendation to ADD 4) to JO Code of Points, page 105.II.A.2.c., regarding block time:
 - 4) Coaches with more than one gymnast from the same team are allowed to block all of their gymnasts together on balance beam; however, this is NOT required. Individual time per gymnast is allowed with the time stopping between gymnasts. Coaches are strongly encouraged to assist each other with any adjustment of equipment, if needed.
Motion: Brad Harris
Second: Kittia Carpenter
Passed
- 7. NEW ELEMENTS SUBMITTED AT 2019 JO NATIONALS**
Vault: Effective August 1, 2019, recommendation to ADD to the *JO Code of Points* (Level 10 only) – Tsukahara piked with 1/1 (360°) turn off. 3.403 - Staruk – awarded 9.90 Start Value
Motion: Shane McIntyre
Second: Pat Panichas
Passed



8. VAULT

- a. Recommendation to UPDATE page 94.B.1.c. of the *Women's Rules and Policies* and the *Junior Olympic Code of Points* page VAULT – 1.I.H.1 to read: Athletic tape or Velcro strips (NO CHALK) may be placed on the vault runway, provided that such markings are removed no later than the end of the rotation.
Motion: Kittia Carpenter
Second: Char Christensen
Passed
- b. Recommendation to UPDATE mat stack equipment specification wording in the *Women's Rules and Policies*, page 93.A.1.e: Remove “and/or” and replace with only OR to read, “skill cushion OR the port-a-pit”
 - e. Level 3 apparatus: Mat stack – minimum of 81 cm (32 inches) in height (± 2.5 cm or 1 inch). Any combination of competition landing mats, skill cushions OR port-a-pit may be used; however, the top layer of matting MUST be a minimum of a 10 cm (4-inch) skill cushion or the port-a-pit), plus two additional 20 cm (8") skill cushions to allow for 102 cm (40") and 123 cm (48") heights (± 2.5 cm or 1 inch). An inflatable mat may also be used in the configuration of matting; however, the uppermost landing surface must be a minimum of a 10 cm (4-inch) skill cushion.
Motion: Marian Dykes
Second: Char Christensen
Passed
- c. Recommendation to ADD to the *JO Code of Points* on pages VAULT – 8.G (Levels 6-7) and VAULT – 11.H: (Levels 8-10): Support / Repulsion Phase:
Up to 0.30 – FAILURE TO PASS THROUGH VERTICAL
Motion: Gigi Iavarone
Second: Paige Roth
Passed
- d. Level 6/7 Vault - recommendation to AMEND the *Women's Rules and Policies*, page 104, II.A.2.a.2): REMOVE the following: ~~2 minutes x number of gymnasts per squad on VAULT ONLY, (regardless of format).~~ Vault warm-up time for Levels 6/7 will be 1.5 minutes per athlete.
Motion: Linda Mulvihill
Second: Marian Dykes
Passed
- e. Level 6/7 Vault - recommendation to ADD to the *JO Code of Points* on page VAULT – 10, GENERAL:
Level 6/7 Vault - 1.00 – FAILURE TO LAND ON TOP OF THE MAT STACK.
Motion: Linda Mulvihill
Second: Carole Bunge
Passed
- f. Level 6/7 Vault - recommendation to REMOVE from the *JO Code of Points*, page VAULT – 8: Angle of arrival deduction, including all text and diagrams.
Motion: Shane McIntyre
Second: Rich Villareal
Passed
- g. Level 6/7 Vault - recommendation to ADD to the *JO Code of Points*, page VAULT – 9: SECOND FLIGHT PHASE:
Up to 0.30 – FAILURE TO CREATE ROTATION
Motion: Linda Johnson
Second: Kittia Carpenter
Passed



- h. Level 6/7 Vault - recommendation to AMEND the deduction value in the *JO Code of Points*, page VAULT – 9: SECOND FLIGHT PHASE to read:

up to 0.20	INSUFFICIENT LENGTH
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Motion: Brad Harris
 Second: Gigi Iavarone
 Passed

- i. Recommendation to UPDATE *the Women’s Rules and Policies*, page 93, II.A.1.d. to read:
 Levels 4-5: All age divisions may use the vault table at any manufacturer setting.
 Levels 6-7: All age divisions may use the vault table at any manufacturer setting, with a maximum 135 cm (± 1 cm).
 Levels 8-10: All age divisions may use the vault table with a minimum setting of 115 cm (± 1 cm) and a maximum of 135 cm (± 1 cm).
 Motion: Jamie Winkler
 Second: Paige Roth
 Passed

9. UNEVEN BARS

- a. Recommendation to UPDATE *the Women’s Rules and Policies*, page 95, III.C.4.bullet to read:
 An alternate skill cushion made of softer foam is allowed at invitationals and is REQUIRED at State Meets and above. The mat must be a minimum of 4 ft. x 6 ft. and eight (8) inches. It may be used for bar releases ONLY (to be placed under the gymnast during the release and immediately removed). It is NOT allowed for dismounts or landings on any event.
 Motion: Kittia Carpenter
 Second: Ivan Alexov
 Passed

- b. Recommendation to UPDATE the *JO Code of Points*, page BARS – 31: LARGE FAULTS and page BARS – 33.V.A.8 to read:

Page 31:

each <u>0.30</u> (max <u>0.50</u>)	Intermediate Extra Swing / Cast More than one (1) Extra Swing / Cast following an element
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Page 33:

8. More than One (1) consecutive Extra Swing(s) after an Element
- Maximum Deduction = 0.50.

Motion: Pat Panichas
 Second: Jamie Winkler
 Passed

- c. Recommendation to UPDATE the *JO Code of Points*, page BARS – 29.III to read:
Choice of Elements (applicable to LEVEL 9 / 10 only)
Failure to perform Two (2) Elements (minimum of “B”) that fulfill Two (2) out of the Three (3) of the following Requirements (excluding dismounts):
1. One (1) Forward Element (Circle or Release)
 2. One (1) Element from Groups 3 / 6 / 7
 3. One (1) “C” Element with a minimum of 180° LA Turn, with or without flight.
- Motion: Shane McIntyre
 Second: Paige Roth
 Passed



10. BALANCE BEAM

- a. Recommendation to UPDATE the value of element 9.406, Salto backward stretched with 2½ twist (900°), in the *JO Code of Points*, page BEAM – 90, from “D” to “E”, new element number 9.506.
Motion: Linda Johnson
Second: Linda Mulvihill
Passed
- b. Recommendation to ADD to the *JO Code of Points*, page BEAM – 33, award +0.10 connection bonus to any three (3) element acro flight series that lands on top of the beam, including mounts; excluding dismounts, with a minimum 1 “C” Salto/aerial or 1 “D/E” flight with/without hand support
Motion: Carole Bunge
Second: Rich Villareal
Passed
- c. Recommendation to UPDATE the *JO Code of Points*, page BEAM - 3.C. TIMING OF FALLS, and the Compulsory Book page 161, Penalties:
Increase the Beam Fall Time to 45 seconds for all levels, and change where appropriate.
Motion: Paige Roth
Second: Linda Thorberg
Passed
- d. Recommendation to ADD to the description of Beam elements 5.104, 5.105, 5.204 in the *JO Code of Points* to read: Not considered an Acro element.
Motion: Myra Elfenbein
Second: Jamie Winkler
Passed

11. FLOOR EXERCISE

- a. Recommendation to ADD 4. to *Women’s Rules and Policies*, page 111, III.M. and ADD 3. To *JO Code of Points* page FLOOR – 3, C:
Floor music must be downloaded onto a mobile device for competitions to avoid interruptions/failure to play/errors. Accessing music via cellular or internet connections at competitions is not allowed.
Motion: Linda Johnson
Second: Pat Panichas
Passed
- b. Recommendation to UPDATE the *JO Code of Points*, page FLOOR – 44: Change the element listed under 1.310 (Ring jump 1/1 (360°) turn to 1.410 and raise the value from “C” to “D”. The Stag-ring jump with 1/1 (360°) turn remains as 1.310, “C”.
Motion: Pat Panichas
Second: Brad Harris
Passed
- c. Recommendation to exclude element 6.501 (Salto forward stretched with 2/1 twist (720°) or more) from being eligible to count toward the 10.00 + 0.10 bonus on floor exercise.
Motion: Ivan Alexov
Second: Carol Bunge
In Favor: 5
Opposed: 10
Abstention: 1
Defeated



12. JO CODE OF POINTS, APPENDIX FIFTEEN (SPECIFIC COMPOSITIONAL GUIDELINES) UPDATES

- a. Recommendation to UPDATE the *JO Code of Points* – Appendix 15, page 1 to read:
CHOICE OF BEAM ACRO ELEMENTS (EXCLUDING DISMOUNT) NOT UP TO THE COMPETITIVE LEVEL

Motion: Linda Mulvihill
 Second: Jamie Winkler
 Passed

- b. Recommendation to UPDATE the *JO Code of Points* – Appendix 15, page 1 BEAM ACRO under Level 8 to read:

0.15	1. Acro Series w/ 1 “B” flight 2. One additional “A” Acro OR 1. Acro Series w/ 2 “B” flight
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Motion: Pat Panichas
 Second: Shane McIntyre
 Passed

- c. Recommendation to UPDATE the *JO Code of Points* – Appendix 15, page 2 and page 4 under CHOICE OF DANCE ELEMENTS NOT UP TO THE COMPETITIVE LEVEL for BEAM and FLOOR, Level 9 and Level 10 to read:

LEVEL 9	LEVEL 10
Minimum of 2 “C’s”	Minimum of 3 “C’s” OR 2 “D/E”

Motion: Pat Panichas
 Second: Linda Johnson
 Passed

- d. Recommendation to UPDATE the *JO Code of Points* – Appendix 15, page 3: FLOOR EXERCISE - ACRO ELEMENTS (SALTOS) NOT UP TO THE COMPETITIVE LEVEL

0.05	3-Pass Routine: B B A+A Indirect 2-pass routine: Each pass w/ 2 Saltos (min. one “B” per pass), one a Direct & one an Indirect connection
0.10	3-Pass Routine: B A+A direct A OR B B A 2-pass routine 2 Indirectly-connected Saltos (one a “B”) in both passes OR B+B Indirect A+A Direct

Motion: Pat Panichas
 Second: Char Christensen
 Passed

- h. The remainder of the meeting was spent discussing the 2021 Junior Olympic Compulsory program and a video presentation of the proposed Levels 1-5 Floor routines.

Meeting adjourned at 5:45 PM.



CONTINUOUS COMPETITION FORMAT

Purpose:

This format was created to maximize the number of athletes who can compete in one day in a one gym setup, with a smaller separate general warm-up space.

Sample Format:

- 8:00 am Gym opens for general Warm-up for Session 1 athletes.
- 8:20 am “Hot Seat” group (All Flight A Beam and 1st 6 on Floor) proceed to their first event for timed warm-up
- For the first session, a choice is given to the “beamers” to choose their time as normal, on their competitive beam, or half the time plus 1 minute on both beams – almost all coaches choose this option.
- 8:28 am Time is dependent on the number of athletes and level. Hot Seat athletes return to the warm-up area, where the other athletes are now already staged for march-in.
- 8:30 am March in and National Anthems!
- 8:37 am Competition starts:
- Flight A Beam and Flight A Floor begin competition immediately with no additional warm-up.
The 7th girl on floor begins her bump in timed warm-up.
Flight A Bars and Flight A Vault begin timed warm-up on their equipment.
Flight B Beam begins their timed warm-up on the B equipment.

The rest of the session proceeds as normal, with the judges moving back and forth between the apparatus.

- 9:30 am Session 2 athletes check in
- 9:50 am Session 2 athletes begin General warm-up in the warm-up area
- 10:15 am Time is dependent on number of athletes and levels.
- As the Flight B Beam and Flight B Floor begin competing the last event, the judges move to the Flight B equipment.
- The Hot Seat Flight A athletes from Session 2 begin their timed warm-up on the Flight A equipment, exactly as if they were the next rotation in the current meet.
- The session 2, Flight A floor athletes bump in for timed warm-up.

To allow adequate breaks for the judges, it is recommended to invite an extra ½ panel of judges (13 total judges). Half of the judging panel rotates out every session, so they judge 2 out of every 3 sessions.

The total amount of sessions they judge over the weekend is approximately the same as if they judge a modified format with breaks. A typical session runs between 2 - 2.5 hours, depending on athlete numbers. Judges are paid from report time to the conclusion of the last session.