



## Colorado NAWGJ

*Colorado NAWGJ is committed to the education of its members, by providing opportunities for professional growth through open and timely commutation shared with the Colorado gymnastics community.*

Welcome to Colorado NAWGJ! Whether you are new to judging or thinking about becoming a judge, the following document will serve as a guide to our organization as well as the process of becoming a judge. Lets begin!

**What is NAWGJ?** This is the Judge's organization that was established in 1974.

*It is the mission of the National Association of Women Gymnastic Judges to provide professional development for its members and to support and promote women's gymnastics in the United States.*

- National Association Women's Gymnastics Judges their website is [www.nawgj.org](http://www.nawgj.org)
- Our state chapter is CONAWGJ and our website is [www.conawgj.com](http://www.conawgj.com)
- Our Colorado State Judging Director/SJD is Nichole Otterson [magicbrits@aol.com](mailto:magicbrits@aol.com)
- Our Colorado NAWGJ Board Members are
  - Laurie Balerud [labalerud@gmail.com](mailto:labalerud@gmail.com)
  - Stacie Beckwith [stacie.beckwith@gmail.com](mailto:stacie.beckwith@gmail.com)
  - Dana Himmelman [dana@himmelmanconstruction.com](mailto:dana@himmelmanconstruction.com)
  - Chelsey Hume [chels.berg@gmail.com](mailto:chels.berg@gmail.com)
  - Eric Pung [eric.j.pung@gmail.com](mailto:eric.j.pung@gmail.com)
  - Linda Weekes [lweekes@comcast.net](mailto:lweekes@comcast.net)

**What is USAG?** This is the National Governing Body for the sport of gymnastics in the United States.

- USAG website is [www.usagym.org](http://www.usagym.org)
- Colorado USAG website is [www.cousag.com](http://www.cousag.com)
- Our Colorado USAG State Chairman is Cindy Miyake [camiyake@comcast.net](mailto:camiyake@comcast.net)

## Information

On our CONAWGJ website you will find links for

- Technical Information with a pull down menu which will give you information on
  - JO Compulsory
  - JO Optional
  - XCEL
  - NCAA
  - CPE Information
  - Rules and Policies
  - Forms

- On the NAWGJ website you will find a link on “How Do I Become A Judge”. Here you will find links to USA Gymnastics Links as well as frequently asked questions,
  - Judging Accreditation
  - Testing
  - Registration
  - Study Materials for the Exams and rule books for judging
  - Organizations to Join
  - Professionalism

So now that you have read through all this you might be asking where do I start?

## Exams

As a new judge you may take the entry level judging test at the JO Compulsory Level 4/5 exam and/or at the JO Optional Level 7/8. If you have competed as a National team member, NCAA gymnast, or Level 10 you may be able to apply to begin testing at a higher level. Please contact our SJD Nichole Otterson for more information.

Registration for an exam; you may register for an exam online; this must be done 7 days prior to the exam. If you choose to register by mail or fax this must be received no later two weeks before the exam date. When you register if you do not currently have a USAG number you will be given a temporary number. No walk-ins allowed.

## Exam Dates

Exam dates for local tests can be found on our webpage at [www.conawgj.com](http://www.conawgj.com) or by checking with our SJD, Nichole Otterson.

More information from USAG Gymnastics

<https://usagym.org> Click on the Education link and then click on Judging and then read the menu below Women’s Artistic Gymnastics, then click on Master Testing Schedule.

## Study Materials

Official USA Gymnastics study materials for the exams and rule books for judging are available at <http://usagym.sportgraphics.biz/>

If you are testing JO Compulsories you will need the Women’s JO Compulsory Book. Your exam will cover Level 4/5 rules.

Recertification for Compulsories is every 8<sup>th</sup> year of our gymnastics cycle; 2021, 2029, etc.

If you are testing JO Optionals you will need the Women’s JO Code of Points.

Once you have achieved and Optional rating you must hold that rating for 12 months before taking the exam at the next highest level.

Recertification for Optionals is every 4<sup>th</sup> year of our gymnastics cycle; 2018, 2022, 2026, etc.

All Written exams have 50 Questions.

The practical test (DVD/Video) has one demo routine and 5 routines to be judged per event.

You may take each part of the exam up to four times in a certification year.

The certification year is August 1<sup>st</sup> to the following July 31<sup>st</sup>.

## **Congratulations You Passed Now What?**

You are required to practice judge two sessions of a sanctioned competition at the Level you are testing before you can be assigned to an "Official Meet". You DO NOT need to pass the exam prior to doing this but you must be a current USAG Pro Member, and have your Background Check and Safety Certification completed. Please contact either Nichole Otterson or Dana Himmelman and they will help you set your practice sessions. You will need to have a "Practice Meet" form signed by the Meet Referee of the meet you attend. This form can be found on our website [www.conawgj.com](http://www.conawgj.com)

## **When does the season run?**

JO Compulsory Season Level 3-5 typically runs from late August through December.  
JO Optional Level 6-10 & the Xcel season typically run from Jan-May/June.

The meet calendar can be found at [www.cousag.com](http://www.cousag.com)

## **Before you can become a "Real Judge" you must:**

- Become a Professional Member of USA Gymnastics, the membership page is <https://usagym.org> membership drop down menu USA Gymnastics membership dues are Online Registration \$89.00 or by Mail/Fax Registration \$89.00.
- Apply for and submit your background check go to the following link for information <https://usagym.org> click on the Membership drop down menu  
The average cost of the background check is \$20-30 and varies between individuals.
- Safety Certification U101 Safety/Risk Management Course  
This course is required for all Professional Members; this course can be done live or on line. The On Line Course takes 3 to 4 hours to complete. The Live course takes about 4 hours and the class schedule can be found on line. <https://usagym.org>  
Cost is \$65.00 for USA Professional Members
- Join NAWGJ. Membership information is found at <http://nawgj.org> click on membership in the menu on the left side of the home page.  
Cost is \$60.00 per year

## **When will I be assigned?**

We assign meets using the online system Gym JAS. When you are ready to be assigned you will contact Nichole Otterson. She will input your name and preliminary information into the online system. You will then be able to access the system as a new user, create user name and password, and update all your information in your personal profile. You will then fill out your availability for the upcoming season. The amount of meets you will be assigned will be based on your availability, rating, location of the meet, and any Meet Director requests. We assign JO Compulsory meets in early August and JO Optional and Xcel meets in mid-November.

Last but not least you will need to send copies of the following documents to SJD Nichole Otterson at [magicbrits@aol.com](mailto:magicbrits@aol.com) before you can be assigned to a meet.

- Your USAG Professional Membership Card, this one card will include your Pro Number and the expiration dates of your General Membership, Safety Certification, and Background Check.
- The NAWGJ Information Sheet filled out and signed. A copy can be found on our website.
- Your Practice Judging fulfillments.

These can all be scanned and sent electronically to Nichole in a *PDF* form only please.

## **Uniform Information**

As stated in the USA Gymnastics 2017-2018 Women's Program Rules and Policies: "Judges are required to wear the official uniform of a navy blue suit (slacks or skirt) and a white blouse/shirt."

Information about ordering a uniform can be found at [http://www.nawgj.org/ordering\\_a\\_uniform.php](http://www.nawgj.org/ordering_a_uniform.php)

Judges have one year to purchase the official uniform. Until then it is appropriate to wear a white blouse/shirt and navy or black slacks or a skirt. Clothing that is considered inappropriate includes shorts, denim, yoga type pants, tank tops and flip flops.

## **Mentor Program**

Our Judging Mentor is Dana Himmelman. She will be happy to connect you with a Mentor to help you navigate the process of becoming a judge and answer any questions you may have throughout your judging journey. Please contact Dana at [dana@himmelmanconstruction.com](mailto:dana@himmelmanconstruction.com)

Mentors can help you with...

- Judging Fees and Mileage
- Gym JAS Assigning System
- CPE Continuing Professional Education
- Testing/Study Process
- Meet and Judging Protocol
- Judging your First Meet