

You Know It's Time To Stop Judging When...

Most of us judge gymnastics because of our passion for the sport. Because gymnastics becomes such a big part of our lives, it's often hard to make the decision when to stop judging or when to take a break for a year or two. A group of judges put together the following list to help all members of our judging community recognize some of the signs that it may be time to cut back, take a break, or even stop judging altogether.

It may be time for you to stop judging or take a break if:

- You no longer find it enjoyable.
- You find yourself complaining about judging or judging specific meets.
- Your work and/or family life begin to suffer because of your gymnastics commitments.
- Judging causes you too much stress to juggle all of the commitments of judging along with the rest of your life.
- You find you are spending too much time managing your personal/work life while you are at gymnastics meets.
- Your mental or physical stamina wanes significantly at the end of a long day/weekend.
- It gets longer and longer to recover from the meets.
- Your own medical situation compromises your ability to remain alert, think clearly, focus for long periods of time.
- You no longer have the desire to prepare for the competition.
- You find yourself continuously out of range.
- You make up your own rules.
- You quit reading updates.
- You no longer practice judge or go into gyms.
- You are doing just the minimum in education to get by
- You fall asleep in the middle of meets.
- You begin to question your own effectiveness/competence.
- Your friends begin to give hints that it might be time to stop.
- You have to use substances before or after a meet or even during a meet.
- Your personal health causes meet directors to make too many adjustments to accommodate your needs.