



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
- Our state chapter is CONAWGJ and our website is www.conawgj.com
- Our Colorado State Judging Director/SJD is Nichole Otterson magicbrits@aol.com
- Our Colorado NAWGJ Board Members are
 - Stacey Beckwith stacie.beckwith@gmail.com
 - Lynn Day lynndayjudge@gmail.com
 - Dana Himmelman dana@himmelmanconstruction.com
 - Jessica Hoffman jessrw481@gmail.com
 - Chelsey Hume chels.berg@gmail.com
 - Leslee Martinez orionsmom@msn.com
 - Eric Pung eric.j.pung@gmail.com
 - Donnalyn Trevethan dtjasnational@gmail.com

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

- USAG website is www.usagym.org
- Colorado USAG website is www.cousag.com
- Our Colorado USAG State Chairman is Amanda Webb awebb@peakathletics.net

Information

On our CONAWGJ website you will find links for

- Technical Information with a pull down menu which will give you information on
 - DP Compulsory & Optional
 - XCEL
 - NCAA
 - CPE Information
 - Rules and Policies
 - Forms
- Judges pull down menu will give you information on
 - Becoming a Judge
 - New Judges
 - Policy and Ethics
 - Uniform information

- 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?

Mentor Program

Our Judging Mentor Director 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.

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

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 DP Compulsories you will need the Women’s DP Compulsory Book. Your exam will cover Level 4/5 rules.
- Recertification for Compulsories is every 8th year of our gymnastics cycle; 2021, 2029, etc.
- If you are testing DP Optional you will need the Women’s DP 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 Optional is every 4th year of our gymnastics cycle; 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 1st to the following July 31st.

Exams

As a new judge you may take the entry level judging test at the DP Compulsory Level 4/5 exam and/or at the DP 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. When you register if you do not currently have a USAG number you will be given a temporary number. The DP Compulsory exam is in the process of being offered online. The DP Optional exam will continue to be offered in person.

Exam Dates

Exam dates for local DP Optional exams can be found on our USAG Gymnastics <https://usagym.org> Click on Women's Program, then Judges, and then on the Master Testing Schedule.

Before you can "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 \$97.00.
- 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. The On Line Course takes 3 to 4 hours to complete and the cost is \$65.00. Register on line at <https://usagym.org/pages/education/courses/U101/>
- SafeSport Certification U110 & U113. These are free online course. Register online at <https://usagym.org/pages/education/>
- 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, first year members \$30.00.
- 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, Safety Certification, and SafeSport courses completed. Please contact Dana Himmelman and she will help you set up your practice sessions. You will need to have the "Practice Meet" form signed by the Meet Referee of the meet you attend. This form can be found on our website www.conawgj.com

Congratulations you passed! Now What?

You will need to send copies of the following documents to SJD Nichole Otterson at magicbrits@aol.com before you can be assigned to a meet.

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

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

We assign meets using the online system <http://gymjas.com>. 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 receive an invite via an e-mail to access the system, create a profile, and set up your password. Next you will click on "Update your availability". Checking a date turns it to "Green" and indicates you are available. The number of meets you will be assigned will be based on your availability, rating, location of the meet, and any Meet Director requests.

When do the seasons run?

- DP Compulsory Season Level 3-5 and Xcel Bronze and Silver typically run from late August through December. Assigning is done in late July.
- DP Optional Level 6-10 & the Xcel Gold Diamond and Platinum season typically run from Jan-May/June. Assigning is done in late October.
- The meet calendar can be found at www.cousag.com

Uniform Information

As stated in the USA Gymnastics 2020-2021 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

Judges have one year to purchase the NAWGJ uniform. Until then it is appropriate to wear a white blouse/shirt and navy slacks or skirt. Clothing that is considered inappropriate includes shorts, denim, yoga type pants, leggings, tank tops, and flip flops. Undergarments should not be visible.