

MGJA Annual Meeting

November 5, 2020 7:00pm

Thanks for joining us. We will start the meeting shortly

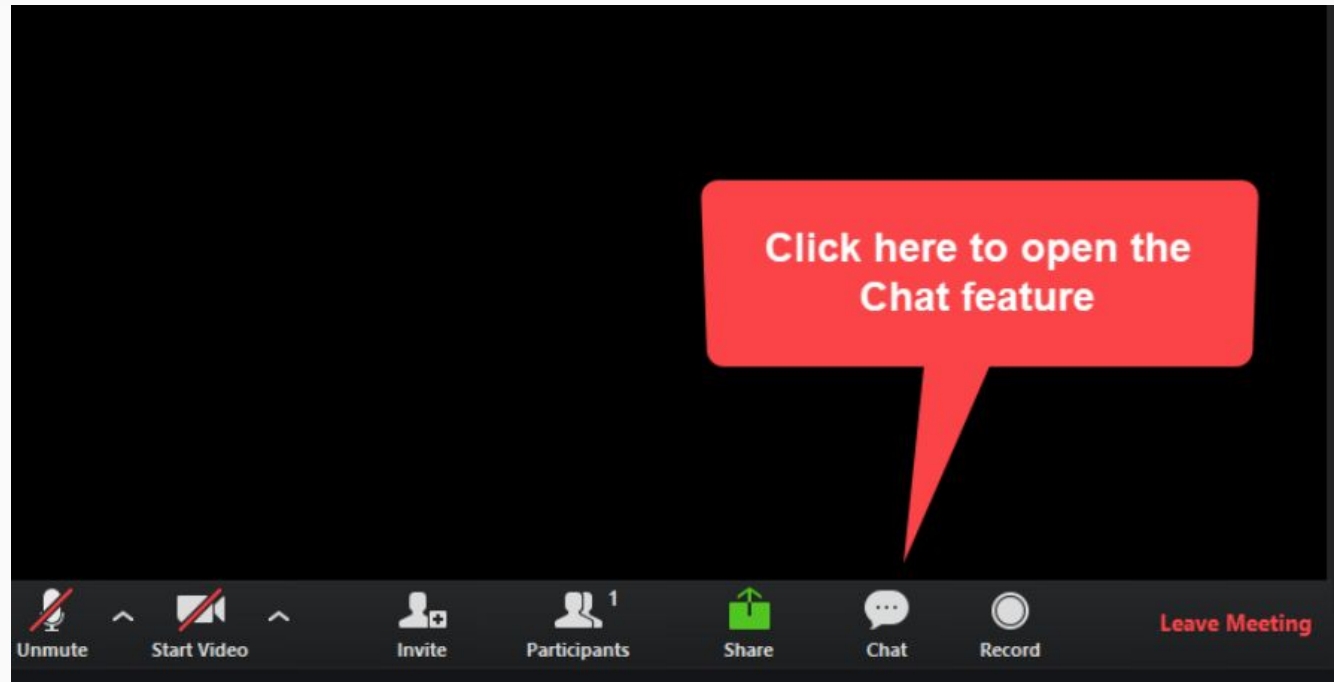
Need Tech help? Text Amy Schmidt 612/730-7696



Welcome! We are happy you are here!



Zoom Format



Agenda

Retiree Recognition: Mike

Treasurer Report: Dan

Secretary Report: Amy

- **Bylaws/Board Positions**
- **Covid Considerations**

MSHSL Assignor Report - Krysta

MAGA Assignor Report - Rockie

Onboarding Specialist Update: Kelsie

Vote for Board Positions

Training - Ali

Administrative Details for all - Ellie

Retiree Recognition: Kasey Pierson

Thank you Kasey!

Winona State Gymnast - HOF

Coached at Irondale -Coaches HOF

Judged for our association since 1978



Treasurer Report



20/21 MGJA Dues

\$75 schedules you for High School meets

\$50 you will also be scheduled for MAGA meets

\$125

Due date for payment is **Dec. 1st.**

Send your check for **\$75** or **\$125** made out to **MGJA** to:

Dan Dussl

871 River Lane

Anoka, MN 55303

Secretary Report



Please send Amy updates to your personal information for the updated directory

Board Positions:

President - Elected in 2018; 5 Year Term - Next Election 2023

HS Scheduling Executive - Elected in 2020; 5 Year Term - Next Election 2025

MAGA Scheduling Executive - Elected in 2019; 5 Year Term - Next Election 2024

Treasurer - Elected in 2018; 2 Year Term - Election tonight

Secretary - Elected in 2018; 2 Year Term - Election tonight

MSHSL Charter Clinician - Elected in 2018; 2 Year Term - Election tonight

Election Reminders:

Election will be anonymous via Zoom; Kelsie will manage the Zoom Poll

Members must have 4 years or more judging with MGJA

Voting for Board Positions

At this time, no submissions for new Board Members were received. Current Board Members are as follows -

Treasurer - Dan Dussl

Secretary - Amy Schmidt

MSHSL Charter Clinician - Ali Niesen

MGJA COVID Considerations

Complete list of guidelines are on our website: www.mgja.net

Developed and shared with MSHSL, MAGA Board, and other associations

Subject to change as COVID regulations change

Judges responsible for reading the entire document

Minnesota Gymnastics Judges Association

COVID Expectations & Judges Protocols

PURPOSE:

As a key stakeholder in the sport of gymnastics in the state of Minnesota for both the High School League and the Midwest Amateur Gymnastics Association, the Minnesota Gymnastics Judges Association (MGJA) has put together recommendations for a safe and successful 2020-2021 gymnastics season from the judge's perspective.

- Masks are required upon entrance of the facility and until you leave
- Judges will time their own events
- Judges will flash their own scores (unless score flasher can be 6ft away)
- No Carpooling - All drivers will be paid mileage for MAGA meets
- Communication with coaches and site management only - no communication with athletes, parents, spectators
- No additional "clinics" or "feedback" at the end of meets
- Results sign off process: judge stays at their last station, score table will bring results to judges; no gathering at scoring table

MSHSL Assignor Report



- You should all be registered on Arbiter. Everything will be on there this year for requirements to judge. Make sure you can log on before I start assigning meets. Please block out your schedule ASAP.
- This year will be crazy different and there will be meets moved, canceled meets, slow meets, etc. Be prepared to roll with the punches and do it with a masked smile.
- Meet assigning will not happen until end of November/first week of December. Many first meets are happening week of Jan. 4th. A few the week of Dec. 28th.
- Post Season would start the week of March 1st and wrap up March 13th *if there is a postseason*

MAGA Assignor Report



- Thank you for judging so many meets! During the 2019-2020 season you covered 418 assignments plus divisionals for MAGA!
- Anticipating fewer assignments for this season
- Rule adaptation/modifications for MAGA:
 - Flyaway off of the low bar will be given credit as a Superior dismount.
 - Pop up/Squat on, Handstand fall off of vault is a 5.0 start value
 - 2.0 Minimum Score (Even if a void)
 - Plywood can be used under the springboard to mount bars or beam
 - Manufactured spotting block may be used in place of a spring board for mounts on bars and beam
 - For Novice and Children age groups, there is no low height requirement for the beam or vault as long as it can be locked in

MAGA Covid Guidelines and Changes

Per MAGA President:

When hosting a meet you will need to follow local, state and federal guidelines for your specific area, if you are within a school district, you may have other guidelines you also need to follow.

Some things that board members are doing for "Covid" for meets is have all spectators, coaches, judges, helpers and athletes (when not on equipment) wearing masks. I believe this is what the MDH website calls for.

- There will not be food provided for judges, please plan ahead
- Judges will time and flash scores themselves
- Judges will be bouncing events during meet
- Rates are staying the same. We are not charging a capital cup fee. Wait between session still being charged. NO carpooling required!

Onboarding Specialist Report/Website



Emi Yokose - I fell in love with the sport of gymnastics as a gymnast in my youth and have kept that passion alive by coaching ever since. My coaching background began with USAG at Bergk's Gymnastics in Woodbury in the early 90's which evolved into Rising Stars Gymnastics Academy many years later. My most recent coaching position has been with Wolf Den Gymnastics since 2008. I love continuing to learn and have taken judging courses with both USAG and High School in the past. I have also been a member of the MN State High School Coaching League for 10+ years. I am excited and looking forward to taking this next step towards another avenue where I can support the sport of gymnastics. I am very thankful for this opportunity with MGJA.

Onboarding Specialist Report/Website

MGJA Website has been updated!

- <http://www.mgja.net/>
- If you have new documents (i.e. score sheets), please send them to Kelsie.Koppel@target.com

Name Tags -

- If you need a new name tag, please email Kelsie.Koppel@target.com by DEC 1st.
- I will order for the association and send out a final price. Typically it's \$10-15 after shipping.

MGJA Clinician-Training



Training

- Thanks for continuing to engage with trivia! I will begin sending them out in early December.
- If you have any ideas for trivia or see areas where we as an association could use improvement, please send them to me. With less car pools and pre-/post-meet discussions, these will be very helpful for keeping us in alignment.
- A full list of rule changes can be found here:
<https://www.nfhs.org/sports-resource-content/girls-gymnastics-rules-changes-2020-2022/>;
Points of emphasis for 2020-22 have also been defined here:
<https://www.nfhs.org/sports-resource-content/2020-2022-points-of-emphasis/>

MGJA Clinician-Training

Rule change highlights:

- 3-3-1 - Clarifies the proper uniform. [Clear undergarments are permitted](#)
- 5-1-5, 5-1-6b - Permits state associations to adopt their own inquiry procedures
- 5-1-6f – Standardizes the deduction for competing out of order. [0.2 per event](#)
- [6-1-1e - Specifies that tape, chalk, or other substances may not be used on the Vault table](#)
- 6-1-2d – Specifies the procedure for securing the top landing mat. [Securing may be achieved by tying, holding, standing on, or placing the mat against a stable item](#)
- [6-1-4 Specifies that chalk may not be used on the runway and adds maximum length of tape](#)
- 6-2-6c(2) – Specifies that the safety zone must be present around the front and sides of the board and eliminates the requirement of a coach being present for a round-off entry/Yurchenko vault.
- 6-4-2a – Specifies a deduction for a vault that does not pass through the vertical. [Up to 0.3](#)

MGJA Clinician-Training

Rule change highlights:

- 7-3-3 - Eliminates redundant language and streamlines the composition category for ease of use
- 7-3-4c(8) NOTES – Standardizes the deduction for extra swings. No more than 2 consecutive extra swings should be taken on any single element (maximum 0.5)
- 8-5c—Clarifies the amount of twist needed for the element to be awarded AHS credit in difficulty and bonus. AHS elements listed in the rules book with a 1/1, 1 ½, or 2/1 twist or more must add a ½ to the listed AHS to be considered different. Adding a ¼ may still be awarded an AHS in difficulty but will not make the element different when awarding AHS's in the Bonus category. Balance beam leap and jump elements listed in the rules book with a ½ or ¾ twist may be considered different when an additional ¼ twist is added.
- 8-3-3, 9-3-3 Eliminates redundant language and streamlines the composition category for ease of use

MGJA Clinician-Training

Rule change highlights:

- Points of Emphasis:
 - Composition:
 - Bars: The choice of elements category in composition was redefined and is now worth up to 0.30.
 - Beam & Floor: Requirements were adjusted to eliminate the redundant categories for ease of use and for better application of the rule.
 - Seventh way to break a series: Any deviation of body movement which is NOT in line with the beam breaks a series. For example, while attempting a back walkover-back walkover series on the beam, the gymnast leans sideways between the two back walkovers but keeps moving. If the torso/trunk deviates to the side, it is not in line with the beam and therefore breaks the series.

MGJA Clinician-Training

Beam and Floor Connections

Review of seven ways to break a series: In order to receive credit for a series on BB or FX, the elements must be directly connected, that is, with no extra step or stop between. Series are not connected if there is:

- A. A stop between the elements that delays the immediate take-off of the next element;
- B. A loss of balance causing a stop between the elements;
- C. Any deviation of body movement, which is not in line with the beam;
- D. An extra step, hop or jump between elements;
- E. A repositioning or pivoting on the support leg;
- F. A landing in a plié from the first element, followed by a straightening of the legs, with another plié prior to the takeoff of the second element;
- G. A large arm swing that causes a stop and delays the immediate take-off of the second element. Ideally, at the end of the first element, the arms should end in a position for take-off for the second element. If the body continues its movement, an arm circle does not necessarily break the connection

Training

Beam and Floor Connections

[Video 1](#)

[Video 3](#)

[Video 4](#)

Training

Clear Hips:

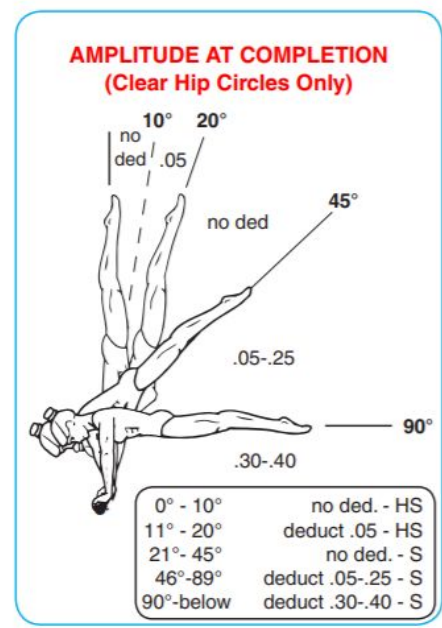
Clear Hip Circle (#4.202) – The shoulders lean backward to initiate the circle around the bar. The bar is pushed towards the lower thighs as the circle continues, maintaining a hollow-body position with the head neutral throughout the circle. As the hips rise, there is a pull on the bar opening the shoulder angle slightly. The hands/wrists then shift to the top of the bar to execute a clear hip circle finishing in a clear support with the body extended at 45° above horizontal with the shoulders leaning slightly forward over the bar. The angle achieved is determined by a line drawn from the shoulders to the mid-point of the lowest body part when the body reaches a clear support with the hands/wrists shifted to the top of the bar. The hips must be clear of the bar. Deductions can be taken for arch, pike, bent legs and/or bent arms as well as insufficient amplitude at the completion of the circle.

Training

Clear Hips:

Values:

- Clear hip (S)
- Clear hip handstand (HS)
- Clear hip handstand w/turn (AHS)
 - Reminder: When a handstand or circling element to handstand is followed by a turn, the turn is considered as part of that circle or handstand. Together, it is considered one element.

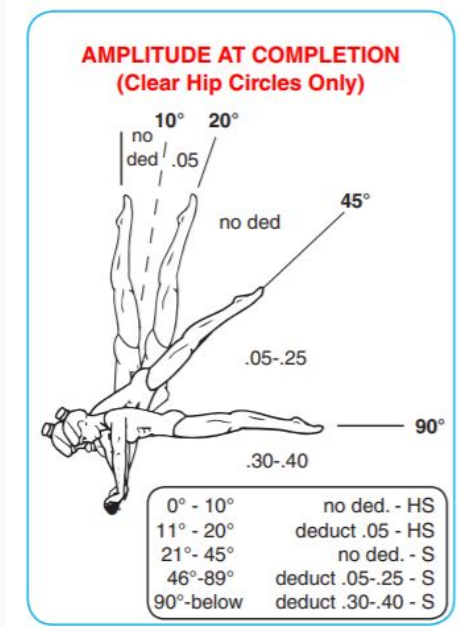


Training

Clear Hips:

[Video 1](#)

[Video 2](#)



Training

Uprises

Uprise (#3.303) – An uprise should finish in a clear support on the high bar. The gymnast must show a closed shoulder angle, pulling the shoulders in over the high bar to a clear support **at or above horizontal**. If the body finishes below horizontal, an **up to 0.2 deduction** should be applied for insufficient amplitude but credit can be given. An uprise is considered complete when the gymnast arrives in the clear support and receives high superior credit.

Training

Uprises

[Video 1](#)

[Video 2](#)

[Video 3](#)

[Video 4](#) (uprise + clearhip)

Training

Communication Tips

- Start with:
 - Event Requirements
 - Difficulty
 - Bonus
- Large deductions
- If during the discussion you realize you missed something in ER, Difficulty, or Bonus, please be willing change the score. We are here for the gymnasts!
- If you'd like to offer additional feedback a few other areas I start with are:
 - What skills they could clean up
 - Any connection issues
 - Potential next progression step to increase bonus (**only** if ER and difficulty are fulfilled, most likely later in the season)

Administrative details for all officials

MSHSL Clinics

Arbiter Items

Post Season

COVID-19

MSHSL Clinics

- [MSHSL.org](https://www.mshsl.org)
- Dec. 7 & 15 - Zoom
- Future clinic requirements
- New MSHSL website - check it out!



MINNESOTA STATE HIGH SCHOOL LEAGUE

Arbiter

Register with Arbiter

Do all parts of Training:

- Concussions Training
- General Meeting
- Gymnastics Meeting

Take the test

- Due 12/23/20
- It will be the NFHS test
- Answer questions as you would without any COVID considerations

Print out your Eligibility Card

- With you profile photo
- Showing your Eligibility badge

•Enter your schedule on the officials and judges schedule form

•Apply for the State meet (must be registered at the State Tournament tier)

•An email will be sent to those that qualify. You will need to fill out form to apply.

•MSHSL.ORG new website!

•No login information for officials but check it out!

Thanks for attending!!!

Happy Handstands! Be safe! Take Care!

