



2011-2012 Handbook

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All forms for the 2011-2012 season must be downloaded from the www.JOGANJ.com website. Old forms will not be accepted.



2011-2012 BOARD OF DIRECTORS

President	Jason Bauer	American Gymnastics PH: 732-248-6900 jason@aganj.com
Vice President	Jaime Reilly	Devlin Gymnastics PH. 732-223-5020 starjr143@yahoo.com
Secretary	Rebecca Onuska	Sunburst Gymnastics PH 908-810-1300 Fax: 908-810-8152 sunburstdirector@aol.com
Treasurer	DJ Surgent	Surgents Gymnastics Cell: 908-868-4893 davidsurgent@yahoo.com
Competition Chair Person	Ally McMahon	American Gymnastics Cell: 732-915-5791 Gymnastics5258@aol.com
Coaches Rep	Kim Lisowski	Extreme Gymnastics PH: 609-978-9909 Cell: 609-618-7653 Fax: 609-978-9950 kim@extremegymnasticsnj.com
Rules/Policies/Ethics	Wes Marutani	Arena Gymnastics PH: 609-951-9868 Fax: 609-243-9417 wesleyam@comcast.net
State Judging Coordinator	Edith Maree	No Affiliations PH: 908-884-8641 emaree@ucnj.org

Visit JOGA online at www.joganj.com

Jersey Optional Gymnastics Association (JOGA)

Rules & Policies 2011-2012

- I. **Purpose:** Provide optional gymnastics competition for High School and High School bound athletes that are not competing USAG, USAIGC, YWCA, YMCA, AAU, or any other gymnastics league during the JOGA season starting September 1, 2011 through August 31, 2012. Participation in another gymnastics league during the JOGA 2011-2012 season negates the athlete's scores for the use in JOGA during the current season and disqualifies her team from the 2012 JOGA State Competitions. **To aid JOGA athletes advance to the collegiate level there are exceptions to the rule for competing in USAIGC...see heading XXXI.**
- II. **JOGA State Board:** The 2010-2012 JOGA State Board is elected for a term of two years by the JOGA membership, with each club at the time of election having one vote. The current officers are listed below:

President	Jason Bauer
Vice President	Jaime Reilly
Secretary	Rebecca Onuska
Treasurer	DJ Surgent
Coaches Rep	Kim Lisowski
**Competition Chair Person	Ally McMahon
**Rules/Policies/Ethics	Wes Marutani
**Webmaster (non-voting)	Jason Bauer

** appointed positions

As of the 2008 elections, there are 5 positions that are elected positions for a two year term. The remaining two positions are appointer. The Webmaster in s non-voting position but is included in board meetings as a consultant as necessary. These positions need special skills and are therefore chosen by the elected members of the board.

III. **Nomination/elections for the 2012-2014 JOGA State Board:**

December 2011	Contact Jason Bauer if interested in Running for a Board position!!
January 2012	Nominations & Bios
March 2012	Ballots
May 2012	Election Results posted
June 2012	New Board starts 2-year term

JOGA Rules & Policies 2011-2012

- IV. **Competitive Rules:** National Federation of State High School Association rules applies to all JOGA competitions with additional restrictions / changes listed below. **USA Gymnastics** rules regarding meet set up, organizations, and safety shall be used as the JOGA guideline for all JOGA Competitions. Gymnasts may compete on 1, 2, 3, or 4 events at JOGA competitions. Advancement in JOGA levels and qualification to JOGA State Championships is by All Around score only.
1. The **Vault Table** is the only apparatus allowed in JOGA competitions. The maximum height is 125 cm and it may be lowered as far as the Manufacturer of the Table allows for any JOGA Level or Age Group.
 2. The following Vaults are not allowed in JOGA Competitions: Squat, Stoop, Straddle or any vault not listed in the *NFSHSA 2010-2012 Rule Book*.
 3. NFHS Rules Interpretation will be made by Barbara Wallace in consultation with Margie Myers. Both NFHS Judges considered experts in NFHS rules. To order the *NFSHSA 2010-2012 Girls Gymnastics Rule Book* call: 317-972-6900 or order online at www.nfhs.org
 4. All competitors must be accompanied by a JOGA league registered coach 18 years or older.
 5. The **MINIMUM AGE for ANY athlete** to compete at a JOGA sanction competition is **7 years**. Not 7 by the state meet, but 7 as of the meet you wish to enter. If a gymnast is entered into a meet with false credentials, or if the host club puts an exhibition gymnast into the competition, and this athlete is in fact under 7 years of ageALL SCORES FOR THAT TEAM WILL BE VOID.
- 6. ALL ATHLETES, COACHES, CLUBS AND OFFICIALS WILL BE COVERED UNDER A GENERAL LIABILITY POLICY** (similar to the USA Gymnastics Program)
- V. **JOGA Club Registration:** Gymnastics Clubs must register with the JOGA Records Keeper using the **JOGA Coach's Registration Form**.
1. *The registration fee for the 2011-2012 JOGA season is \$75.00 for Clubs NEW to the JOGA league.* The onetime \$75.00 Club Fee includes: JOGA Club number and JOGA Banner.)
 2. *Renewal Fee \$35 for pre-existing JOGA Clubs.*
 3. Club fees do not include membership for coaches.
 4. Coach's registration forms must accompany the club registration.
 5. *Coach's registration fee of \$10* is required for each coach.
 6. **Proof of Club Insurance:** It is required that all gyms registering JOGA athletes supply a copy of their *Certificate of Insurance Liability* with their club registration.
- VI. **Coach Registration:** All registered Club's must register all active JOGA coaches. When sending in your club registration, a separate coach's registration form must be included for approval by the JOGA league.
1. In order to be a considered valid, the coach must have USAG Safety Certification and also have passed the USA Gymnastics Background Check.
 2. All coaches must agree to support the Code of Ethics for the JOGA league. Any infractions to the Code of Ethics should be reported to the Board of Directors.
 3. A master list of JOGA registered coaches will be available to member clubs hosting sanctioned JOGA competitions to insure that the coaches on the competition floor are approved to coach JOGA athletes.
 4. ALL Coaches must adhere to the USAG Dress Code for all Sanctioned JOGA Competitions.

1. Shoes; closed toe athletic shoes Pants: Athletic warm-ups or “Docker-style” pants (no jeans) Shorts: Athletic or tailored shorts that are a reasonable length (example-7” inseam) No shorts with tears, holes or short-shorts. Shirts: Collared shirts, business casual shirts, or T-shirts with gym logo. No spaghetti straps, low- cut tops or midriff revealing shirts. Hats: no hats or visors

VII. JOGA Meet Sanctions: All JOGA competitions must be sanctioned.

1. **A Sanction Form must be completed and sent with a check made payable to JOGA for \$40 (1 session), \$70 (2 sessions), \$100 (3+ sessions) for each competition to the President, C/O AGA prior to hosting a JOGA competition.** The sanction form is available on the JOGANJ.com web site.
2. Only scores from sanctioned meets will qualify for JOGA state championships
3. Competitions must be sanctioned to be covered by athlete insurance from JOGA.
4. Attending a sanctioned JOGA competitions will verify that all participants are JOGA members.
5. JOGA host clubs will have access to JOGA member lists as well as JOGA coaches and athlete lists. It is the host clubs responsibility that all participants are JOGA members. (Refer to the www.joganj.com website for details.)
6. Procedures for hosting a JOGA competition:
 - a. Obtain a sanction form from the website, complete form and send to JOGA president with payment
 - b. Print coaches list from the website and have coaches initial their name upon entering the competition to verify that they are registered with the league.
 - c. Have officials sign the meet report next to the event they judged after the meet.
 - d. Send in results and coaches list to records keeper within one week of competition.

VIII. JOGA Meet Entry Fees: There are now 2 categories of competitions offered by JOGA host teams. Scores will count from either type of meet as qualifying for States. Both types must be sanctioned by JOGA to qualify scores to States.

1. **Standard JOGA Meet - \$40.00** maximum entry fee. A regular meet with awards for athletes. Team awards may or may not be offered. It is the choice of the host.
2. **Invitational JOGA Meet – Maximum Entry fee is unlimited.** There is an Invitational Meet Theme; awards offered are greater than just ribbons. There may be a special venue or additional activities involved than just a basic or standard competition.
 - i. Clubs are permitted to host 1 Invitational per season; i.e. 1 JOGA 5/6 Invitational and 1 JOGA 1-4 Invitational per year.
3. **State Meet Entry Fees:** JOGA 1-4 State meet fees this year will be **\$85.00** hosted by a JOGA member club at their facility. JOGA 5-6 States will be **\$75.00** hosted by a JOGA member club at their facility.
4. **Meet Refund Policy:** For any Sanction Standard or Invitational competition it is at the discretion of the Meet Director to issue a refund. However, in order to receive a refund for the State Entry Fee there must be a Doctor’s note on Official Letterhead or Prescription Paper to grant any refund. Non-medical issues will not warrant a refund for the State Entry Fee.

IX. Maximum Meet Gate Entry Fees: Gate entry fees are at the discretion of Meet Host, but are not to exceed **\$5 per spectator for Standard JOGA meets.**

1. **JOGA State Championships:** Hosted in a club, gate fees can not exceed: \$8/Session & \$12/Day
2. **JOGA State Championships:** Hosted in an outside facility, gate fees can not exceed: \$10/Session & \$15/Day

X. Meet Rules & Guidelines: It is at the discretion of the gym when hosting a Standard Competition what type of JOGA Meet format will be used. All gyms must be informed of the format type before the competition.

1. Gymnast report time may not be prior to 8:00 AM and the last routine must be finished by 10:00 PM.
2. Each session may last no longer than 5 hours from gymnasts' report time until the last routine finishes.
3. 64-gymnast maximum per session (unless capital cup format permits greater numbers without going over the allotted time).
4. Coaches at all JOGA Meets must be registered with the JOGA league, and employed coaches of the club they are representing. As a registered coach JOGA will have verified that they are also USA Gymnastics Safety Certified, have been a USA background check, and have promised to adhere to and enforce the JOGA Code of Ethics. Coaches must initial the official Coaches' Sign-In Sheet at each meet. The host team must send this sheet to the Competition Chair Person along with the athlete results within 2 weeks of the competition.
5. Score inquiries must go through the Meet Director. The Meet Director presents the score inquiries to the highest rated judge for review and possible action. In accordance to NFHS rules, a coach is allowed one free inquiry. After that, a .05 deduction from the team score is taken for any inquiry that does not result in a score change. Also note that an inquiry may result in a score reduction. **SCORE INQUIRIES MUST BE SUBMITTED WITHIN 5 MINUTES OF THE END OF THAT ROTATION OR THE INQUIRY WILL BE VOID.**
6. Capital Cup (two full sets of equipment), or Modified Capital Cup (Modified Capital Cup has one floor, one vault, two sets of bars, and two beams), or traditional warm-up then compete. **JOGA Meet Format II is no longer an accepted format.**
7. A JOGA meet must have at least three clubs participating. The sanction fee remains the same regardless the number of athletes.
8. Individual Event and All Around awards for each age group are recommended at all JOGA qualifying meets.
9. Team Awards may also be given at the discretion of the Meet Host. An additional \$15.00 per team may be charged.
10. Meet Host/Meet Director **must send complete meet results via email to the Competition Chair Person within 24 hours of the meet in EXCEL format ONLY!** *The coaches and judges' sign in forms must be mailed separately and received within 2 weeks from the date of the competition. If the results are not emailed within 24 hours and forms received within 2 weeks of the competition, a \$25.00 Late Fee will be applied.*
11. **A Sanction Form must be completed and sent to the President prior to hosting a Local competition.**
12. Cancellation due to snow: if your meet cannot be rescheduled within one week, all monies must be refunded. Sanction fees will be credited to your membership account.

13. Parent Conduct at competitions must be in accordance with the following guidelines: 1st offense of misconduct will result in a warning, and the 2nd offense of misconduct will result in being removed from the competition venue.
14. Coach Conduct at competitions must be in accordance with the following guidelines: 1st offense of misconduct will result in a warning, and the 2nd offense of misconduct will result in a 2point Team Deduction.

XIX. Athlete Registration: Gymnasts must be registered with the required **Athlete Waiver & Release Form and a \$35 per athlete fee.**

1. JOGA athletes must have a JOGA league number in order to compete in a JOGA sanctioned competition. Athletes will be issued an athlete number that they will keep for their entire JOGA career. The first two digits in an athlete’s number will indicate the club number, but the remaining digits will be the athlete’s individual number and will remain with her until she graduates from the league.
2. JOGA numbers will be issued by the JOGA Competition Chair Person within 2 weeks of receipt of *correctly completed* Registration Forms, Athlete Waiver & Release Forms, and Fee Payment. Forms not completed properly or those missing fee payments will result in JOGA numbers being assigned within the *two-week period after receiving* the corrected forms and/or corrected payments.
3. A Rush Fee of \$10.00 per gymnast applies for any JOGA number needed in less than 2 weeks of *properly completed* forms and payment.
4. Gym or Booster Club checks or Money Orders are the only accepted form of payment. **NO Personal Checks are accepted EVER.** No cash should be sent in the mail.
5. Athlete insurance is provided by the JOGA league. This will avoid the need for individual athlete waivers to attend JOGA sanctioned competitions. Please make sure all athlete forms and waivers are handed in complete with payment.
6. If an athlete changes gym within the season, the new JOGA coach must notify the Competitions Chair Person of the change of the athlete’s home club. *If there are any outstanding financial issues with the previous club, they must be resolved before the athlete is issued a new club number.*

XX. Age Groups: Gymnasts must be a minimum of **7 years old by the date of their first competition to compete in JOGA competitions.** Gymnasts must be between the ages of 7 and 18, regardless of their grade in school. *(This means home schooled and accelerated students are eligible for JOGA Competitions if they are between the ages of 7 and 18 years of age.)* An Athlete’s age for the **2011-2012 JOGA State meet** is determined by her age on the Friday of the State Championship weekend for the level she qualifies. **If a gymnast is entered into a meet with false credentials, or if the host club puts in an exhibition gymnast, and this athlete is in fact under 7 years of age...ALL SCORES for that TEAM will be VOID.**

2011-2012 JOGA Age Groups

<u>JOGA 1</u>	<u>JOGA 2</u>	<u>JOGA 3</u>	<u>JOGA 4</u>	<u>JOGA 5</u>	<u>JOGA 6</u>
8-11	8-11	8-10	8-10	7-8	7-8
12-14	12-14	11-12	11-12	9-10	9-10
15-17	15-17	13-14	13-14	11-13	11-13
18+	18+	15+	15+	14+	14+

For the state meet, age groups may be broken down into further categories by birth date to allow for a fair distribution of medals. Medals are awarded up to 10 places per age division representing no less than 50% of the qualified athletes.

XXI. Gymnast Placement for the 2011-2012 Season: Six levels of JOGA Competition are available, each with a culminating JOGA State Championship in 2012.

1. Gymnasts must be placed in the age group based on their 2 HIGHEST scores from the previous season including State Championships. New JOGA athletes should be placed according to their skill ability, unless they are transferring from an alternate gymnastics league. If they are entering JOGA from either USAG or USAIGC, then the chart below will determine their placement:

USAG	USAIGC	JOGA
Level 4 or Level 5	Copper or Bronze	JOGA 6 or JOGA 5
Level 6 or Level 7	Silver	JOGA 5 or JOGA 4
Level 8	Gold	JOGA 3 or JOGA 2
Level 9	Platinum	JOGA 2 or JOGA 1
Level 10	Premier	JOGA 1

2. If a gymnast DID NOT COMPETE in a State Meet during the previous season then, the two highest all around scores, if applicable, would be used for their placement. Otherwise, Coach's discretion would be used based on the gymnast's ability compared to the Skill Chart – THIS IS ONLY APPLICABLE TO THOSE GYMNASTS CURRENTLY IN JOGA, AS TRANSFERS NEED TO ADHERE TO THE CHART ABOVE.
3. Gymnasts new to JOGA may be placed where their coach feels they should be placed based upon the coach's performance evaluation, unless they are transferring from another league.
4. Gymnasts may only compete in **ONE** JOGA State Meet per JOGA season.
5. **If the coach wishes to move the athlete to a higher level, they may do so during the season as long as they do not compete in 2 State meets that year. However, once an athlete has registered with the records keeper in a higher level, there is no moving back to the previous level.**
6. It is **highly recommended** that coaches use common sense when placing their athletes in a level or when deciding whether or not to move an athlete up in level.
7. A gymnast that scores two JOGA levels higher, two times in a previous season, must be registered in that level for the next competitive season. They do not need to move three levels.

XXII. Rules & Policies Adjustments

- a. Coach Standing on the Floor Rule Clarification
 - i. A coach will be permitted to step onto the Floor Exercise to remove any matting without penalty at ALL JOGA Levels.
 - ii. A coach will be permitted to stand on the Floor Exercise for the safety of the gymnast WITHOUT VOIDING the routine, following these guidelines:
 1. JOGA 5 & 6: There will be NO DEDUCTION for coach standing on floor for 1 pass only. Coach on the floor for more than one pass will void routines. Coach spotting skill is a .5 plus no value for the spotted skill.
 2. JOGA 3 & 4: There will be a 1 point Deduction for standing on floor for 1 pass only. Coach on the floor for more than one pass will void routines. Coach spotting skill is a .5 plus no value for the spotted skill.

3. JOGA 1 & 2: There will be a 2 point Deduction for standing on floor for 1 pass only. Coach on the floor for more than one pass will void routines. Coach spotting skill is a .5 plus no value for the spotted skill.
4. What is a tumbling pass? A backward tumbling pass will be allowed 2 skills which the second skill is a High Superior value. ie Round Off - Full. A Forward tumbling pass is allowed to be one skill of Bonus High value.

XXIII. JOGA 6 LEVEL SKILL RESTRICTIONS/GUIDELINES

JOGA 1: NONE

JOGA 2: NONE

JOGA 3: No Flipping Yurchenko Vaults

JOGA 4:

- Vault: No Flipping Vaults & No Yurchenko Vaults of ANY type
- Bars & Beam: No restrictions on either event at this time
- Floor: No greater than a Back 1½ or Front 1/1 Twist. Bonus High Superior Dance IS allowed.

JOGA 5:

- Vault: No Vault HIGHER than a 9.4 start value.
- **Bars & Beam: No Bonus High Superiors are allowed..**
- Floor: No greater than a Back ½ or Front ½ Twist. **No Bonus High Superior allowed.**

JOGA 6:

- Vault: No Vault HIGHER than an 8.8 start value.
- **Bars & Beam: No High Superiors are allowed.**
- Floor: No Twisting Front or Back saltos. **No High Superiors allowed.**

XXIV. Requirements for Advancement to State Championship Qualifications:

1. The State Qualifying scores are detailed below: Registration for the 2011-2012 season is based on this score chart. Qualifying scores must be achieved 2x to qualify to States.

	<u>JOGA 1</u>	<u>JOGA 2</u>	<u>JOGA 3</u>	<u>JOGA 4</u>	<u>JOGA 5</u>	<u>JOGA 6</u>
<i>All-Around</i>	34.50	32.50	30.50	28.50	26.00	23.00
<i>Ind. Event</i>	8.75	8.25	N/A	N/A	N/A	N/A

XXV. JOGA STATE CHAMPIONSHIP POLICIES:

1. Individual Event and All-Around Medals for 1st – 10th place finishers will be presented. Ties will be broken except for 10th place **and first place**. If there is a tie for 1st place on any event or all around, those athletes will be awarded 1st place and considered the State Champions. The next award given will be 3rd place for a two way tie. (If there is a three way tie the next place given is fourth place, etc.) All other ties will be broken by the highest event score.
2. The JOGA State Board will stock a standard JOGA Medal and provide them to the State Meet for use at the State Meets.
3. The board will use \$10.00 per athlete toward meet expenses incurred by the league. Approximately, \$5 for the athlete gift, \$3 for awards, \$1 for athlete registration fee, and \$1 for recording results and financial reports.

4. Team Awards for up to 6th places with the top 3 scores per event counting towards the team score will be presented at the completion of each JOGA State Championship Meet. The highest event team breaks ties. Trophies with a height to start at 24" and continue up in height and will be supplied by the JOGA Board to the Host Clubs.
5. Any gymnast who, because of extenuating circumstances, competes out of their assigned session at a State Championship meet WILL NOT BE ELIGIBLE FOR INDIVIDUAL AWARDS but her scores WILL COUNT TOWARDS HER TEAM.
6. Out of state clubs are not allowed in JOGA State Championships.
7. The board will supply checks to pay the officials at state championships.
8. Two judge panels will be used at all JOGA State Championships approved by the board.
9. A Meet Referee, separate from the judging panels, will be used at States to manage the judging panels and to handle any inquiries. The Meet Referee is to be paid the same as the Panel Judges.
10. The order of competition will be determined by random draw for teams. Individuals within a team may compete in any order chosen by the team's coach.
11. The order of competition for each event must be provided by the coach to the judging panel before warm ups start.
12. For 5/6 States, a separate balance beam must be provided and set at 1100 cm for the 8-11 age group.
13. JOGA state tee shirts will be provided to the JOGA athletes at the State Meet with funds from the JOGA treasury. One tee shirt per athlete will be given at their state meet.
14. **One JOGA state tee shirt will be provided to each JOGA registered coach at the State Meet with funds from the JOGA treasurer.**
15. The host team must return any unused medals, gifts, and tee shirts to a board member at the end of the competition.
16. Basic Emergency Procedures must be in place:
 - a. Implement "R.I.C.E." then call 911 if needed for further assistance.
 - b. Keep emergency area clear from un-necessary people.
 - c. Alert local EMS of when you will be hosting competitions.
17. The host team will provide a hotel room for any judges or official guests, (i.e. Olympian for award ceremony).
18. The State Meet Host/Meet Director must submit a Meet Financial Report to the JOGA President and Treasurer within three weeks of completion of the State Meet. The financial report will be emailed to the host team and may be returned by email.
19. Gate entry fees are **\$8/Session or \$12/Day for State Meets hosted at a Club and \$10/Session or \$15/Day when hosted in an off-site facility. Competing athletes are FREE all weekend. A weekend pass is suggested for people attending multiple days.**
20. No competitors are to be charged a gate fee at anytime during their competition weekend.
21. NO ADMISSION is to be charged during the last rotation of the final session at the State Championship Competition.
22. The ONLY acceptable music formats at the State Championship meets will be iPod or other MP3 Players (iPod, etc.). **CD's and CASSETTE TAPES ARE NO LONGER ALLOWED**
23. Score Inquiries MUST be submitted within 5 minutes of the conclusion of that event. After that time, Inquiries will NOT be accepted. Once the decision regarding the inquiry has been made, that decision is FINAL and further argument will result in Team Sanction.
24. Excess people on the competition floor will be prevented by handing out coach and athlete credentials. Without credentials, you are NOT permitted on the competition floor.
25. Awards: announce all winners from 1st place down.

XXVI. JOGA State Championship Meet Entry Information:

1. JOGA 1-4 State Championships will be held at a host gym (TBA) for 2011-2012 seasons.
\$85.00
2. JOGA 5-6 State Championships will be held at a host gym (TBA) for 2011-2012 seasons.
\$75.00
3. *The **Qualifying and Entry Deadline will be 3 weeks (21 days) before the competition. Late entries, with accompanying late fee of \$10 per athlete, will be accepted up to 2 weeks prior to the competition. No entries will be accepted after the 2 week cut off.***
4. *All State Championship Entries will be done using MeetMaker.com. A copy of the State Entry Form and a **Money Order, Club or Booster Club check only (checks made payable to : JOGA)** with the appropriate amount must be sent to the JOGA President.*
5. The President will then forward all information directly to the host club.

XXVII. JUDGES Guidelines 2010-2011:

- I. **Event JUDGING SLIPS are NO LONGER REQUIRED in JOGA Competitions.**
 - a. Judges will be required to keep a short hand notation of the routine with the gymnast identifying #. There will be no need for the summary, notes, and other writing.
 - b. Host clubs DO NOT need to provide the judges with any slips or other forms. Judges may use the slips provided they supply them on their own.
 - c. In the event that a coach wishes to inquire about the accuracy of the gymnast's score, they will fill out a Score Inquiry Form (available with Meet Director or Referee). Submit the Form to the Meet Referee for review. At NO TIME should the Coach approach the Judge to discuss the score and interrupt the flow of the competition.
- II. Judges for the 2011-2012 JOGA Season will be paid at an **hourly rate of \$30.00 per hour** with a minimum guarantee of 3.5 hours per day NOT per session. The calculations are determined by the total judging time per day and then do the math. Not \$105 per session. They will then be paid \$15.00 per half an hour / \$30.00 per hour after the first 3.5 hours of judging time.
- III. Mileage will be calculated at the Fed Rate of .50/mile. If the IRS rate is adjusted up or down, the Meet Host will reimburse mileage at the prevailing rate. The first 30 miles of the round trips total will be at the judge's expense. However, if two or more judges car pool, the full mileage will be paid. Every effort to car pool must be made. Only the driver in the car pool will receive mileage pay. The judge assigners will designate which judges should car pool. An official who is unable to car pool because of other commitments will not be paid mileage for driving alone.
- IV. The sit fee of \$10.00 will only be paid if the wait is longer than 1-1/2 hours.
- V. There is no sit fee for a state meet. The scheduling of these meets are not solely in the clubs hands that are hosting a state meet.
- VI. Meals will be provided to the judges if they are judging a multi-session meet. **If an official chooses to leave the premises for any reason during a break, they must return when the meet is ready to resume or they will be financially penalized for delaying the start of the competition. They may be docked 2 x's the rate for the time of delay.**

- VII. Judges are to remain until the end of the meet and must sign the sanction form indicating the event they judged.
- VIII. State Meet Judges assignments will be made based upon the criteria of a judge having judged an event at least twice during the season.
- IX. The host gym will provide a Hotel room for State Championships, if needed.
- X. **JOGA judging assigners may be used at a rate of \$3.00 per judge** assigned per day. JOGA Judging assigners will also be able to provide Meet Directors/Meet Hosts with an updated list of judges & contact information for the area. **They are to make every effort to give the meet director a list of judges that are expected to car pool to the meet.**
- XI. JOGA judging assigners are:
 - a. Edith Maree 908-925-8676
 - b. Barbara Wallace 856-228-0296
- XII. Judges are requested to dress professionally: Navy Blue or black pants or skirt, white or gold top. No bare midriffs or flip-flops.

XXVIII. JOGA ANNUAL MEETING FOR 2011:

*June 2012 – TBA Place: TBA

State Championship dates:

JOGA 5 & 6 : February 24 - 26, 2012

JOGA 1 - 4 : April 27 - 29, 2012

*Check website during Spring 2012 for a survey for suggestions for improvements or changes to the current JOGA Rules and Policies so that they can be addressed at the annual JOGA General Membership Meeting.

XXIX. JOGA MEET FORMAT

JOGA Meet Format I (All events rotate together**):**

BB 3 & 1 Bump Touch

1-1/2 minutes warm up per gymnast

No additional warm ups

FX 2 & 1 Bump Touch

3 X 1-1/2 minute warm up per gymnast

UB/V 1-1/2 Minute Warm up, blocked

No additional one warm ups

Split squads of 9 or more

*****Rotate events after all events are complete in each rotation.****

Capital Cup and Modified Capital Cup Formats are available in the *USAG Women's' Artistic Junior Olympic Rules & Policies Manual*. This can be found online at www.usa-gymnastics.org

XXX. SCHOLARSHIP PROGRAM:

Two-\$1000 scholarships will be given each year to any graduating senior. Each gymnast must provide the JOGA Board with a 500-word essay on a topic that the JOGA Board will decide upon and

publish on the JOGA State Website. All essays are to answer the question (**very important**) and are due back no later than 14 days prior to the athletes' State Championship Meet. The JOGA Board of Directors will decide upon the winners. The Scholarship winners will be presented at State Championships.

XIII. Competition in Other Leagues

Any JOGA Level 1 or JOGA Level 2 Athlete that competed during the previous competition season, and is in good standing with the JOGA League will be permitted to compete in the USAIGC Program to aid in their future collegiate recruiting process, while still competing within the JOGA League. No other JOGA Level athletes will be permitted to compete in any other Leagues without jeopardizing their standing within the JOGA League.

USAIGC

High School Division Outline

For the 2011-2012 USAIGC there will be a NEW competitive division...the High School Division. Below is an outline of the general rules and policies for the USAIGC High School Division.

• **Who is eligible to compete in the High School Division?** Any athlete that is currently in High School can compete in this High School Division, but they do NOT have to...they can choose to compete in ANY USAIGC level.

• **What are skill values?** The High School Division will use the National Federation of State High School Associations (NFHS) code of points. The code of points can be found at:

• <http://www.nfhs.com/c-208-girls-gymnastics.aspx> • **What are the competition guidelines?** The High School Division guidelines will be the same

guidelines used by the Jersey Optional Gymnastics Association (JOGA). JOGA has been a highly successful gymnastics organization in the state of New Jersey with over 1,000 athletes. The Rules and Policies for JOGA are a modification of the NFHS rules, using the NFHS rules for a code of points and routine construction only. A general list of rules and guidelines will be attached, but for more detailed information about JOGA, please visit:

• <http://www.joganj.com> • **Will the athletes in the High School Division be eligible for USAIGC Nationals?** Yes, and they

will be able to qualify to Nationals in the following way: • Receive 2 National Qualifying scores throughout the year

• **What are the National Qualifying scores?** For the 2011-2012 season the High School Division Qualifying scores are:

• To Qualify to State/Regionals: 32.5 • To Qualify to Nationals from States/Regionals: 33.5

• If no State or Regional meet is within your area, you may petition directly to Nationals by submitting a petition form to the USAIGC High School Division director.

• **Will a High School Division athlete be eligible to compete as an Event Specialist in other divisions?** Yes, but under the rules of that division.

BONUS SKILLS

Additional Bonus Skills: For the 2011-2012 season the JOGA League will be implementing Bonus Skills system, which will allow gymnasts to earn bonus for successfully completing “higher level” skills on events. The bonus for these skills will be added to the overall score after the judge calculates all other aspects...similar to Neutral Deductions. Each year this Bonus Skill list will be evaluated for additional skills as well as the removal of skills. Below is the APPROVED Bonus Skills for each event, and the amount of bonus each skill receives.

1.Vault:

a)Any Layout Tsukahara or Yurchenko.....	+ .1
b)Handspring Front Tuck.....	+ .1
c)Handspring 2/1 or 1/2 on-2/1 off.....	+ .1
d)Any Twisting Tsukahara or Yurchenko.....	+ .2

2.Uneven Bars:

a)Front Giant.....	+ .1
b)Healy.....	+ .1
c)Blind Change.....	+ .1
d)Uprise Handstand.....	+ .1
e)Double Back Tuck.....	+ .1
f) Double Full Dismount.....	+ .1
g)Toe Front Tuck Dismount.....	+ .1
h)Straddle Back to Handstand.....	+ .1
i) Toe Front Tuck w/ a Half Twist Dismount.....	+ .2
j) Front Rudi Dismount.....	+ .2
k)Double Pike or Layout Dismount.....	+ .2
l) Any USAG “D” release.....	+ .2

3.Balance Beam:

a)Popa.....	+ .1
b)Full Illusion.....	+ .1
c)Front 1/1 Dismount (off 2 feet).....	+ .1
d)Back 1.5 Twist Dismount.....	+ .1
e)Front Tuck.....	+ .2
f) Front/Side Aerial.....	+ .2
g)Back Layout Step-out.....	+ .2
h)Back 2/1 Dismount.....	+ .2
i) Rudi Dismount (off 2 feet).....	+ .2

4.Floor Exercise:

a)Tour Jete 1/1.....	+ .1
b)Rudi.....	+ .1
c)Double Back Salto.....	+ .2
d)Back 2.5 Twist.....	+ .2
e)Front 2/1 Twist.....	+ .2
f) Double Front Tuck.....	+ .2

* The bonus for the above skills is REWARDED based on the successful completion of the skill, REGARDLESS of execution. All bonus will be applied to the final score tally.



JOGA State Championship

Coaches Check-List

In an effort to streamline the state registration procedures, the checklist below has been designed to assist you in your entry process. Following this list will increase your team's entry efficiency, as well as assist the meet coordinators with the meet set-up. If you have any questions regarding your entries or this form, do not hesitate to contact the JOGA Board.

1. Have all your gymnasts qualified PRIOR to the DEADLINE? Yes ___ No ___
 - a. If your gymnast qualified AFTER the deadline, they ARE NOT eligible to compete!
 - i. It is not the Host club's decision to permit late entries.
 - ii. The JOGA Board does not have to permit late entries, as all deadlines are clearly marked.
2. All entries must be done at MeetMaker.com
3. Hard Copy along with payment must be mailed to the Competition Chair Person with the postmark matching the published deadline.
4. One (1) check from the Gym or Gym's Parents Association, or a Money Order made payable to: **JOGA** and enclosed with the hard copy of the entries is the ONLY acceptable form of payment. Personal checks are not acceptable and will be returned to the club.
 - a. If a personal check is submitted and not replaced by the entry deadline, a late fee will be incurred.
 - b. Returned check fee is \$20.00 for insufficient funds available.

If you are waiting for one more score for an athlete, you may send a separate check for unqualified athletes only. Please contact us on the deadline week end with the results. We will return the check if they do not qualify. This avoids late fees and last minute panic with paper work.

5. Cost per gymnast is \$85.00 for JOGA 1-4 States and \$75.00 for JOGA 5-6 States. (made payable to **JOGA**).
6. When entering your gymnasts, please verify the following information PRIOR to submitting your entry:
 - a. Gymnast Name – spelling is the responsibility of the COACH! Since entries are being sent electronically, the JOGA Secretary is copying directly from your entry.
 - b. Gymnast Date of Birth – Same as above with regards to the copying. This is also critical to make sure your athlete is competing in the correct age group.
 - c. JOGA Numbers – In order to verify gymnast validity this number needs to be accurate.
 - d. **Senior Designation** – If the gymnast is a graduating senior, it is the Coaches responsibility to designate their senior's. With this designation, the JOGA Board can recognize these athletes.
(Reminder: Scholarship question and rules for the essay are online.)
7. If you have questions regarding entries, DO NOT CALL the host club. The gatekeeper for this information sits with the Competition Chair Person.
8. It is the HOST Club's responsibility to have the competition schedule posted in a timely fashion (ideally 2 weeks prior) on the JOGANJ.com website. Coaches instruct your parents NOT TO CALL the host club for information regarding the competition. All the applicable information will be posted.

Best of luck at your Championships!

JOGA Injury Petition Form

Deadline 2 days following the last qualifying meet.

**** If this form is not completed correctly, it may not be accepted. It is the responsibility of the coach to provide all necessary information.**

Meet Petitioning To: _____
Gymnast Name: _____ JOGA # : _____
Birth date: _____ Age Division: _____ Level : _____
Coach's Name: _____ Phone #: _____
Email contact: _____ @ _____
Gym Name: _____
Address: _____
City: _____ , NJ Zip: _____
Fax #: _____

1. Photo copy results of a minimum of 1 Sanctioned Meet:
Meet: _____ Date: _____
Meet: _____ Date: _____

2. Physician's written verification of Illness or injury and release to return to activity.
3. If this petition is requested for any other reason besides an injury, please make a statement of the circumstances for consideration.

Send an email immediately to the board president at jason@aganj.com

Follow the email with a hard copy with the necessary copies and this petition for consideration to:

Jason Bauer
JOGA President
76 Carter Drive
Edison, NJ 08817



JOGA Gymnast Score Inquiry Form

Check One: Vault ___ Bars ___ Beam ___ Floor ___
 Gymnast #: _____ Name: _____ Score: _____

This inquiry is based upon the following (check one):

- 1. Start Value _____
- 2. Neutral Deductions _____
- 3. Score Range _____

List all elements that receive difficulty and bonus values

Judges Use

Element/Bonus Value	Description of Element(s)	Judges Use	
		Yes	No

Coach's Name: _____ Team: _____

	Judge # 1	Judge #2	Average
Start Value:	_____	_____	_____
Score:	_____	_____	_____
Adjusted SV:	_____	_____	_____

Adjusted Score: _____

Score Not Adjusted: _____

Meet Referee / Head Judge: _____

Signature: _____

Jersey Optional Gymnastics Association

CODE OF ETHICS

I. INTRODUCTION

The mission of the Jersey Optional Gymnastics Association "JOGA" is to encourage participation and the pursuit of excellence in gymnastics in the State of New Jersey. JOGA grants the privilege of membership to individuals and organizations committed to that mission. The privilege of membership may, therefore, be withdrawn by JOGA at any time where JOGA determines that a member's conduct is inconsistent with the mission of the organization or the best interest of the sport and those who participate in it.

In order to assist all members to better serve the interests of those who participate in gymnastics, JOGA has adopted the Ethical Code which follows.

II. ELEMENTS OF THE CODE

A. Participant Relationships

Members of JOGA are charged with the responsibility for contributing to an environment which makes participation in the sport a positive and rewarding experience. In order to achieve that result, each member has a special obligation to make decisions based on the best interest of the athlete. It is inconsistent with this obligation for any member to:

1. Fail to follow the safety guidelines established by JOGA, as well as USA Gymnastics (the National Governing body for gymnastics), or otherwise knowingly subject a participant to unreasonable physical or emotional risk.
2. Engage in unsportsmanlike conduct including, in particular, attempting to injure, disable or intentionally interfere with the preparation of a competitor.
3. Engage in conduct toward another participant in the sport which is excessively or repeatedly abusive. JOGA recognizes that the process for training and motivating athletes will vary with each coach and each athlete, but it is nevertheless incumbent on everyone involved in the sport to support the development and use of motivational and training methods which avoid conduct which is, or is likely to be perceived as being, abusive.
4. Discriminate in the provision of resources or opportunities to any member or prospective member on the basis of race, sex, creed, sexual orientation, age, national origin, or mental or physical disability.
5. Attempt to intimidate, embarrass, or improperly influence any individual responsible for judging or administering a competition.
6. Engage in business practices directed toward another member which are determined by a court or other similar adjudicatory body to be unethical, illegal, or a breach of contract.

B. Participation

Any JOGA activity or event should be open to any member properly qualified under the rules of that activity or event, and every member participating in a JOGA activity or event has an obligation to participate to the best of their abilities. It is inconsistent with this obligation for any member to:

1. Restrict the ability of a member to qualify for or participate in competition because of the member's association with a particular organization or individual or because of that member's race, sex, creed, sexual orientation, age, national origin, or mental or physical disability.
2. Participate as a judge, coach, athlete, or administrator in any activity where that judge, coach, or athlete is inadequately prepared, unable to participate, or fails to participate to the best of his or her ability.
3. Engage in behavior that is so disorderly or inappropriate as to interfere with the orderly conduct of the activity or other members' participation in, or enjoyment of, the activity.

C. Loyalty

A member of JOGA has a duty of loyalty to the sport of gymnastics and the rules and regulations that govern it. It is inconsistent with this obligation for any member to:

1. Knowingly misrepresent the policies or actions of JOGA or its authorized representatives.
2. Fail to resort in the first instance to the established procedures for challenging a competitive result, contesting a team selection decision, complaining about the conduct of another member, or attempting to reverse a policy adopted by JOGA.
3. Breach the duty to maintain appropriately established confidences of JOGA or its members.

D. Communication

Members of JOGA have a duty to communicate honestly and openly with the organization and its members. It is inconsistent with this obligation for any member to:

1. Misrepresent competitive achievements, professional qualifications, education, experience, eligibility, criminal record, or affiliations.
2. Knowingly disseminate false or misleading information about another member.
3. Withhold from athlete members information or resources likely to enhance the athletes' enjoyment of the sport or reduce their risk of injury or illness.
4. Fail to consult with or inform fully the athlete or the athlete's parents about opportunities made available to the athlete involving competitions, commercial activities, or recognition.
5. Misrepresent the nature or extent of an injury in order to decline an invitation to participate in or withdraw from a competition assignment, training camp or other similar activity.
6. Misrepresent the nature or extent of an injury in order to participate in (or cause an athlete to participate in) a competition, training camp, or other similar activity when such participation is inconsistent with the appropriate medical response to the injury.

E. Alcohol and Drug Abuse

Members of JOGA must ensure that the sport is conducted in an environment free of drug or alcohol abuse. It is inconsistent with this obligation for any member to:

1. Use or provide to a third party any drug proscribed by applicable federal, state, or municipal law.
2. Assist or condone any competing athlete's use of a drug banned by the International Olympic Committee, International Gymnastics Federation (FIG), United States Olympic Committee, USA Gymnastics, JOGA, or National Collegiate Athletic Association, or, in case of athlete members, to use such drugs or refuse to submit to properly conducted drug tests administered by one of those organizations.
3. Provide alcohol to, or condone the use of alcohol by minors, abuse alcohol in the presence of athlete members or at JOGA activities or, in the case of athlete members, consume alcoholic beverages while a minor.

F. Criminal Conduct

Members of JOGA are expected to comply with all applicable criminal codes. This obligation is violated by any member who has been convicted of or has entered a plea of guilty or no contest to a criminal charge or indictment involving sexual misconduct, child abuse, or conduct that is a violation of a law specifically designed to protect minors, and, depending on the nature of the crime, may be violated by any member who has been convicted of or has entered a plea of guilty or no contest to any felony charge or indictment involving conduct other than that specifically described above.

G. Sexual Misconduct

Members of JOGA must protect the integrity of the sport and the interests of the athletes they serve by avoiding sexual relationships with athletes except where the capacity and quality of the athlete's consent to enter that relationship is beyond question. It is inconsistent with this obligation for any member to:

1. Solicit or engage in sexual relations with any minor.
2. Engage in any behavior that utilizes the influence of a professional member's position as coach, judge, or administrator to encourage sexual relations with an athlete.
3. Engage in sexual harassment by making unwelcome advances, requests for sexual favors, or other verbal or physical conduct of a sexual nature where such conduct creates an intimidating, hostile, or offensive environment.

H. Professional and Athletic Development

Members of JOGA should strive to increase their level of proficiency and skill. To fulfill this obligation, members should:

1. Participate in continuing education programs like the safety certification and professional development programs made available by USA Gymnastics or other educational outlets.
2. Members should remain current on safety, health and training developments relevant to the sport and seek advice and counsel of colleagues and experts whenever such consultation is in the best interests of the athlete.

I. Conflict of Interest

Members of JOGA are responsible for avoiding both actual and perceived conflicts of interest in the conduct of business on behalf of the organization. It is inconsistent with this obligation for any member to:

1. Use, or be perceived as using, JOGA properties, services, opportunities, authority, or influence to gain private benefit.
2. Fail, as an employee, director, officer, or committee member of JOGA, to complete an annual conflict of interest form, or fail to complete that form accurately.
3. Incur expenses in furtherance of JOGA business which are unreasonable, unnecessary, or unsubstantiated.
4. Participate in the deliberation or decision making process about any issue for which the member has a direct financial interest.

III. ENFORCEMENT OF THE CODE

Compliance with this Code depends primarily upon understanding and voluntary compliance, secondarily upon reinforcement by peers, and, when necessary, upon enforcement through disciplinary action. Any individual who believes that a member of JOGA has failed to meet his or her obligations under this Code is, under all but the most egregious circumstances, encouraged to first address that concern directly to that member. If that action does not result in a satisfactory resolution, the individual may file a written complaint with the President, or other appropriate Board members of JOGA. That complaint must be signed and must state specifically the nature of the alleged misconduct. Upon review of the complaint and, where appropriate, additional discussions with the complainant and/or member who are the subject of the complaint, the President may:

- A. Determine that the complaint does not merit further action.
- B. Counsel the member who is the subject of the complaint and record both the complaint and the nature of the counseling in the member's permanent record.
- C. Process the complaint under the member misconduct or grievance procedures of JOGA's Bylaws.

Note: This Code was approved by the JOGA Board of Directors at the July 2008 meeting.