

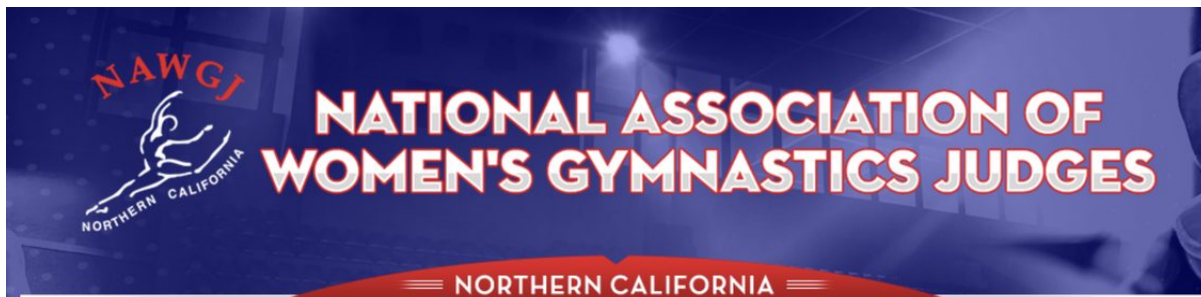
**Subject:** NAWGJ NorCal August Newsletter

**Date:** Tuesday, August 1, 2023 at 8:16:19 PM Pacific Daylight Time

**From:** Julie Andrews

**To:** sevenout00@mac.com

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**CONTENT: Updates Testing Reminders**

## **USAG Updates for 2023-24 Season**

[USAG Committee Meeting Minutes Link](#)

Changes to both the Developmental and Xcel programs can be found on the USAG website (link above). **Please read minutes thoroughly**...lots of changes! Some of the highlights:

- Xcel Sapphire now nationwide
- "Pit pillow" allowed for vault warm-ups to perform "timer" for salto vaults at Diamond and levels 8/9/10
- "Junior board" no longer allowed on vault at any level; levels 1-3 may use alternative/tramp board
- Athletes may move directly from level 4 to 6 by obtaining 36.0 all-around score at 2 sanctioned competitions
- Now 2 options for level 5 UB dismount; current flyaway for 10.0 SV or level 4 dismount for 9.5 SV

## **Testing at National Congress**

[Link to register for test here!](#)

Practical (Video) testing exam for levels 7/8, 9 and 10 will be offered at National Congress.

August 26, 2023

San Jose McEnergy Convention Center

150 W. San Carlos St.  
San Jose, CA 95113

\*\*\*must register minimum one week before test\*\*\*

## Safesport Renewal

Safesport is open for full year renewal as of August 1st. Please log into your USAG account and renew ASAP. You must be current to judge.

If you renewed Safesport in June or July, it will expire on Dec. 31st of this year. You must take again to get expiration date of July 31st, 2024.

\*\*\*Please also check all of your all expiration dates to make sure they are current and update all of your dates in gymjas\*\*\*



## National Congress Stipend



A stipend of up to \$300 for travel related expenses (hotel, meals, mileage) to attend National Congress is available to all active NorCal NAWGJ judges who were members as of Jan. 1st, 2023. Send receipts all at once (pics are fine) at the conclusion of the event to Scott Slater at [sevenout00@mac.com](mailto:sevenout00@mac.com).

\*\*please submit by 9/3/23, checks will be processed the following week

## Upcoming NorCal/Region 1 Events

- Sept. 9-10, 2023 - NAWGJ NorCal Compulsory Judges Cup at Technique Gymnastics in Rancho Cordova (practice judging sessions offered)
- Nov. 18-19, 2023 - NorCal Level 3,4,5 State Championships in McClellan Park
- Dec. 2-3, 2023 - Region 1 Athlete Clinic at San Mateo Gymnastics  
<https://www.region-one-gymnastics.com/camps-clinics>

- Dec. 3, 2023 - Region 1 Base Score Clinic in SoCal (more details to come, NAWGJ NorCal will offer \$350 travel stipend)
- Dec. 9-10, 2023 - NAWGJ NorCal Level 7 Qualifier and L6-10/Xcel Critique Meet at CGA in Livermore (more details to come, CPE/practice judging sessions will be offered) <https://www.norcal-nawgj-events.com/>
- Jan. 5-7, 2024 - National Judges Cup in Tinley Park, IL <https://www.gymnasticsjudgescup.com/>

NAWGJ NorCal Website

Send questions to Julie Andrews, NAWGJ NorCal Co-SJD at [julieandrews2@yahoo.com](mailto:julieandrews2@yahoo.com)



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