

## Self-Reflective Tools – Judge’s Self Check

Did I say something in the bathroom that I wouldn’t want to be overheard?

Did I make unkind remarks or gestures = roll your eyes; difficult judge, changing score?

What was my body posture, was I you looking down? (Put on my Disney face)

Judging – put hand up or have support score on table upside down score

Am I rushing the gymnasts/coaches/other judge to benefit me-I don’t want to be last on beam/floor

Did behave appropriately as a support judge or as a chief judge?

Send note if you have to go to bathroom/allow judges to have a quick stand-up break?

Did I handle an uncomfortable judging situation appropriately?

Did I learn something new, look up something?

Was I receptive to listening to other judges/coaches?

Am I going through the correct chain of command?

Did I think before I spoke?

Did I socialize at an inappropriate time?

Did I react (even with body language) negatively when our event received an inquiry?

Did I give unsolicited advice?

Was I polite to the help staff; did I thank people before you leave meet or send thank you notes?

Did I come up with my start value and score independently?

Did I wait to acknowledge the gymnast before scoring the routine?

Did I stay focused on my event? Am I taking care of my business and not others’? (Not my job)

Was I professional in my appearance and demeanor?

Did I post anything online that would be inappropriate?

Did I follow the rules on communication /electronic devices/telephone?

Could anyone perceive that I had a bias?

Did I handle the coach appropriately that wanted to ask questions after the rotation?

Did I take an inquiry personally? Did I move one and not keep thinking about it? (Lack of focus on next routines)

How did my judging partner perceive me as co-worker?

Did I arrive on time and prepared for each session?

Did you go to a meet very sick?

Did I gossip about anybody?

Did I take advantage of a learning opportunity?

Did I introduce myself to a new judge? Did I provide mentoring to newer judges?

Did I make up any rules? Am I judging the rules or am I tweaking them?

Did I come prepared, as a meet referee, a chief judge, support judge

Am I aware of how many times I am looking down while judging?

Am I prepared for the possibility of switching events at the last moment?

What one thing would I change from this meet?

Are the shoes I choose to wear safe for the equipment/floor?

Did I go to the bathroom before starting a new session?

Did I complain about the food?

Did I leave the lines of communication open with my judging partner?

How am I perceived by coaches and parents – being too friendly with other coaches, gymnasts, parents?