

You Know It's Time To Stop Judging When...

Most of us judge gymnastics because we are passionate about the sport. Since gymnastics is a big part of our lives, it's often hard to decide when to stop judging. A group of judges put together the following list to help our judging community recognize signs that it may be time to cut back, take a break, or even stop judging altogether.

It may be time for you to stop judging or take a break if:

Personal

- You no longer find it enjoyable.
- Your friends begin to give hints that it might be time to stop.
- You find yourself complaining about judging or judging specific meets.
- You complain about parking, food, pay, or other ancillary issues to judging.
- Your work and/or family life suffer because of your gymnastics commitments.
- Judging stresses you when juggling judging along with the rest of your life.
- You spend too much time managing your personal/work life while you are at gymnastics meets.

Physical/Mental

- Your medical issues compromise your ability to remain alert, think clearly, and focus for long periods of time.
- You fall asleep in the middle of meets.
- Your personal health requirements cause Meet Directors to make significant adjustments to accommodate your physical mobility needs.
- You have to use substances before or after a meet or even during a meet.
- Your mental or physical stamina wanes significantly at the end of a long day/weekend.
- It takes you longer and longer to recover from the meets.
- You find yourself continuously out of range.
- You make up your own rules.
- You begin to question your effectiveness/competence.

Preparation

- You quit reviewing updates.
- You no longer have the desire or time to prepare for the competition.
- You no longer practice judge, or go into gyms.
- You do just the minimum in education to get by.

Other

- You resist learning and using scoring or other technology.
- You have difficulty completing online tasks, such as availability and contracts.
- You struggle with travel—driving, flying, staying in hotels, etc.