

INSTRUCTION TO FILL JUDGE SPREADSHEET



JUDGES SPREADSHEET FOR YOGA SPORTS COMPETITIONS

ADULT DIVISION - WOMEN

Date: _____

Organized by: _____

Athlete Order of Performance No: _____

Athlete Name: _____

POSE (10)	SKILL POINTS	FAULTS	TOTAL SCORE	COMMENTS
1- FC category Rabbit Standing head to knee Tortoise-ful/lifting		Order Facing		
2- BB category Bow Standing bow pulling Dancer		Order Facing		
3- STRETCHING Category Stretching Upward stretching Standing splits		Order Facing		
4- SPINE TWIST Category Spine twist Wide angle twist Full spine twist		Order Facing		
OPTIONAL 1 _____	Extra skills ____ Less skills ____ Flourishes ____	Facing		
OPTIONAL 2 _____	Extra skills ____ Less skills ____ Flourishes ____	Facing		
TIME (head judge only)	00: __ : __			

DATE: _____

NAME of JUDGE: _____

SIGNATURE: _____

One Judge Spreadsheet must be distributed to each Judge for each competitor. This document is the only one that the Judge completes.

There are no additional SKILL POINTS for the Compulsory Category Postures. For the Optional Postures, the Judge determines the Extra Skill (+0.5, 1, or 2 points), Less Skill (-0.5, 1, or 2 points), and Accepted Flourishes, which do not receive any modifications. The Judge then puts the total score for each posture in the column "Total Score".

It is the responsibility of the Head Judge to fill out the total execution time of the routine on the Spreadsheet. The time will be used as a second Tiebreaker category after the average of the compulsory postures is taken into account.

Once the Judge Spreadsheet is completed, it is passed on to the Head Judge, who in turn passes it on to the Assistant Tabulator in order for it to be inputted by the Tabulator.

On the Spreadsheet there is a Faults column for all the Postures, for incorrect Facing of the Postures or for performing the compulsory category Posture in the incorrect Order. Each of these Faults carries a deduction of -1 points. There is no prescribed order for Optional postures.

The Judge gives the TOTAL SCORE for the 4 compulsory category postures and 2 Optional Postures out of a maximum of 10 points. For all postures, the Difficulty Rating of the posture, which is presented as a Percentage Variance, is multiplied by the Total Score given by each Judge. The Percentage Variance of the Difficulty Rating is presented as the total of the rating divided by 10. For example, if a posture has a Difficulty Rating of 7, the Percentage variance is 0.7.

For all Postures, including Optional Postures – the percentage variance (difficulty rating) for each Posture will be calculated automatically in the computer grid. Furthermore, the computer system will automatically calculate whether the combination of the two Option Postures has fulfilled the full range of the Characteristics of the Posture (Balance, Flexibility, Strength) and make the necessary deductions for the lack of one or more of these Characteristics. For Optional Postures, the Total Score also includes the point bonuses or deductions from the Skill Point column. As a result, the score can exceed 10. The Total Scores for all the Postures includes deductions for Faults.

An example of how a Posture would be scored is as follows: if an Optional Posture with a difficulty rating of 7 has been executed perfectly (maximum point 10/10) and there was an additional one point (+ 1) given for the demonstration of an Extra Skill, the Judge would write 11 points in the total score column of the Optional Posture. Once this Score is inputted into the computer, it is automatically multiplied by the Percentage Variance of the Difficulty Rating of the Posture, which in this case is 0.7. The sum would then be $11 \times 0.7 = 7.7$. As such, the grand total for the Optional Posture is 7.7 points.

The Tabulator fills the content of column "TOTAL SCORE" of the Judge Spreadsheet into each column 1-4 + optional (O1 and O2) and the system summarizes for each posture:

- the average mark for all judges, ignoring the highest and lowest value if the number of judges is 5 or more
- * multiplier for this Posture (calculated automatically)
- for optional postures only, negative points for missing characteristics of the Posture (Balance, Flexibility and Strength)

The Final Score is the sum of this calculation for all 4 compulsory category postures + 2 optional postures

The next column is the ranking of participants, which is updated every time a new line is completed.

In case competitors have exactly the same number of points, the winner is the one with best average of all compulsory category postures, then the one with total time for execution closest to 3 minutes.

Please refer to example given in the Judge spreadsheet of how a competitor's score would appear.

TABULATION GRID - YOGA SPORTS COMPETITIONS																																			
ADULTS - WOMEN																																			
Number of Judges: 3																																			
Ignore maximum quote:																																			
Nb	Last name	First name	Country/Town	Forward compress	Backward bend	Traction stretching	Torison Twist	Optional 1	Optional 2	Judge 1 name				Judge 2 name				Judge 3 name				Average 1	Average 2	Average 3	Average 4	Average D1	Average D2	Multiplier 1	Multiplier 2	Multiplier 3	Multiplier 4	M			
										1	2	3	4	D1	D2	1	2	3	4	D1	D2												1	2	3
1	Anna	Heburn	Toronto	STANDING	DANCER	STRETCH	FULL SPIN	CRANE	FULL STAND	6.0	8.0	7.0	6.0	5.0	9.0	7.0	8.0	9.0	6.0	8.0	8.0	9.0	6.0	6.0	7.0	7.7	8.0	7.3	6.0	5.7	8.0	0.7	0.8	0.6	0.7
2	Sarah	Kuermann	Seattle	TORTICSEBOW	STANDING	SPINE TW	FLAG POSE	HEADSTAN	6.0	9.0	9.0	8.0	7.0	5.0	9.0	8.5	7.0	7.0	4.0	9.0	10.0	8.0	7.5	7.0	5.0	9.0	9.3	8.2	7.2	7.2	0.8	0.6	0.8	0.6	

For national and regional competitions only:

The second sheet "List_Optional_Postures" is open for modification from line #64, where any Posture not described in the upper part of the list (i.e. any Posture that does not appear in the SR) can be added. Difficulty Rating and the Characteristics of the Posture (Balance, Flexibility, Strength) must be completed as with any other Posture. The last column (#7) is calculated automatically and does not need modification.

The Head Judge is to decide the difficulty rating and characteristics of the Posture (Balance, Flexibility, Strength) of any Posture that is submitted by an Athlete, which does not appear in the upper part of the list. For this reason, the Athletes must submit their optional Postures at least two hours before the Competition to allow for the appropriate consideration by the Head Judge.

	PALM TREE	9.0	S	B		SB
Youth only	YOUTH-STANDING HEAD TO KNEE	7.0	S	B	F	SBF
	YOUTH-STANDING BOW PULLING	7.0		B	F	BF
New Added Optional Posture	MULABANDHASANA	8.0		B	F	BF
	FLAG POSE	8.0		B	F	BF
	REVERSE STRETCH	8.0			F	F
	HANDSTAND LOTUS SCORPION	10.0	S	B	F	SBF
	BOW LEG HANDSTAND SCORPION	10.0	S	B	F	SBF
	TWO LEGS BEHIND THE HEAD HANDSTAND	10.0	S	B	F	SBF
	ONE LEG BEHIND THE HEAD HANDSTAND	10.0	S	B	F	SBF
	ONE ARMED HANDSTAND	10.0	S	B		SB
	BOW LEG MOUNTAIN	10.0		B	F	BF
Additional posture (please fill Max value + characteristics S, B and/or F)						
	LEG BREAKING	5.0			F	F

STEP-BY-STEP GUIDE TO FILLING OUT THE TABULATION GRID

The steps to filling out the Tabulation Grids are the same for all the Youth, Adult and Senior Categories.

Prior to Competition:

Filling out the Names of Judges

1. Open the file
2. Put the number of Judges into Cell C4. The minimum number of Judges is 3 and the maximum is 7.
3. Add the name of the Judges into the cells on Row 7. Make sure that the correct scores from each Judge are put into the correct column.

Filling out the Names and all 6 postures of Athletes

1. Fill out the name of the Athlete by first putting in the last name and then the first name
2. Fill out the country or region of origin of the Athlete if you need to (optional)
3. Fill out Compulsory category postures (Column E-H) and Optional Postures (Column I-J).
4. The Optional Postures are listed in the separate Excel sheet called "List_Optional_Postures" found at the bottom right of the "Marking_Grid".
5. The Optional Postures must be entered exactly as they appear in "List_Optional_Postures".
6. If in a Regional or National Competition an Athlete perform a posture not in the list: First, click on "List_Optional_Postures"; Second, in Cell B75 enter the name of the Posture; Third, in Cell C75 enter the score that has been given for that posture (score must be a whole number); Fourth, in Cells D-F75 fill out the Characteristics of the pose by inputting upper case S (Strength), upper case B (Balance), upper case F (Flexibility). Once Row 75 has been used, please use 76 onwards.

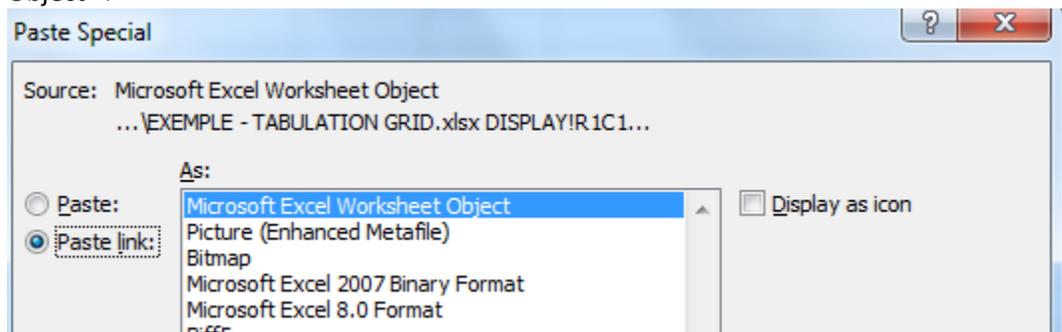
During Competition:

Filling out the Scores of the Athletes

1. Once the Judges have given the Assistant Tabulator the Score Sheets make sure the scores for each Judge are correctly put into their respective column.
2. Fill out the scores for the Compulsory category postures in the correct order. Forward Compressions in Column E under the Heading 1; Backward Bends in Column F under the Heading 2; Stretching in Column G under the Heading 3; Spine Twist in Column H under the Heading 4; Optional 1 in Column I under the Heading O1; Optional 2 in Column J under the Heading O2.
3. Fill in time in column K; use mandatory format hh:mm:ss (any other value will be refused by the system)
4. When filling out the scores put a decimal point in for the scores e.g. 5.5.
5. Check the Columns BB-BS to make sure that the scores have gone through.
6. The Tabulation Grid automatically calculates the scores by posture, deducts the highest and lowest score from the Judges (if applicable), calculates the multiplier by posture and deducts points for the missing Characteristics from the Optional Postures (if applicable)

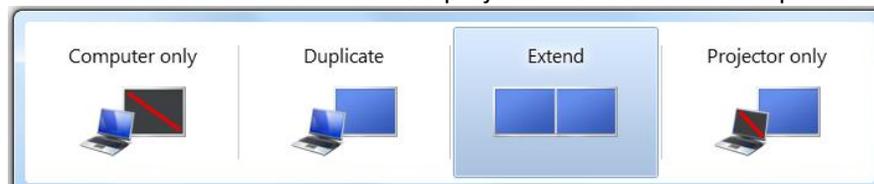
7. The Tabulation automatically gives the Athlete's Average Score (Column BR), their Ranking (Column BS), the first Tie Breaker Average Compulsory (Column BT), and finally the second Tie Breaker Time (must be closest possible to 3 minutes)
8. You can use (optional) the third sheet "display" to project the results of each competitor on a separate screen. We recommend you the following way to proceed:

- a. Open a new session of Microsoft Excel with an empty document - run the program again, you must have 2 different windows of Excel on open on your desk
- b. Go to the sheet "DISPLAY" and select the cells that you want to project, corresponding to the number of your participating athletes.
- c. Copy all these cells (Ctrl+C in Windows, ⌘+C in Mac OS)
- d. Go to the second, blank Excel spreadsheet, and chose option Paste + past special. Select the second radio button "Paste link" and the option "Microsoft Excel Worksheet Object" :

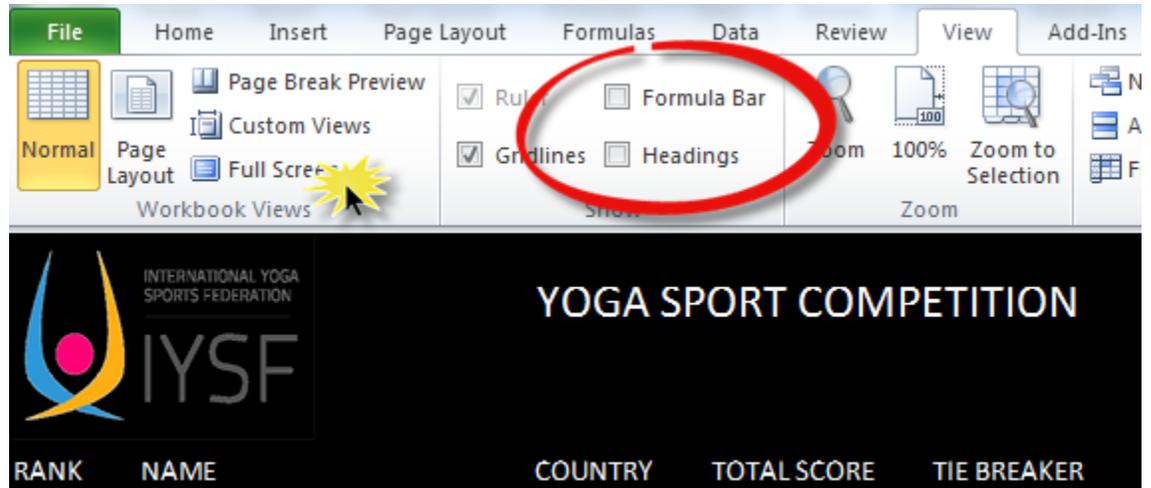


This will display an image of the "DISPLAY" sheet into your second Excel spreadsheet

- e. Activate the dual screen function on your computer:
 - In Windows click on "Connect to a projector" and select third option "Extend"



- In Mac OS, read instructions at <http://support.apple.com/kb/ht5019>
- f. Move the 2nd "image" spreadsheet on the second, extended screen and display it fullscreen. For this, select the tabulation "View", and chose the following options, then click on Full screen:



Extend the size of your image if required so that you have a nice, full black screen over the whole screen

- g. You do not need to worry about the second “image” spreadsheet, as it will be updated automatically once you complete the tabulation grid. At the end of the competition the second “image” spreadsheet since all the relevant information is stored in the main file.