

2014 Region 8 Championship – Parallel Bar Report

Technical Sequences

15 to 18 Age Group

The back up-rise to handstand could be more explosive. Some of the athletes struggled with this skill. And, there were a lot of peaches catching with the feet below bar height.

11 to 14 Age Group

Timing the tap for the front up-rise seemed to be the consistent error for most of the athletes. Most of the gymnasts were tapping a little early for the front up-rise which caused some knee bends through the tap, and piking upon completing the up-rise. And, there were a lot of peaches catching with the feet below bar height.

Both Age Groups did very well opening up for their dismounts and preparing for landings. Also the early pirouettes looked outstanding.

Levels 8, 9 and 10

I didn't see a lot of technical errors for the optionals; just some key points to address:

1. Hold all L-sits and Presses, even if repeating the skills. No hold = -0.5, short hold (less than 2 sec. = -0.3)
2. A half empty swing backwards before EG III and IV skills allowed. This does not include a Moy to underarm, due to this is not a listed skill under EG III or IV. As a result, all routines which included a half empty swing to moy (underarm) were deducted 0.3 from execution.
3. Half empty swing to layaway front up-rise were also deducted 0.3 from execution.
4. Hand-on-hand spots are not allowed for optional level athletes. This could have been evaluated as a coach spot which is a 1.0 deduction, but we determined that would have been too severe, so we considered this a 0.5 deduction.
5. There were a few back up-rises which received no credit, if the athlete's legs hit the bar and skill was interrupted.

Thank you,

Adam