

## 2014 Region 8 Men's Championships Event Report - Floor Exercise

### Level 5

- A lot of gymnasts who performed the pirouette bonus received either a 0.1 or 0.3 deduction for body position.
- If a gymnast performs the press bonus (press to handstand or Endo roll press), then he must hold it for two seconds in order to receive no deduction.
- The back extension roll does not have a height requirement. However, it must be performed with straight arms. Many gymnasts received a 0.1 or 0.3 deduction for bent arms in their back extension rolls.
- Make sure each gymnast shows the prone position after the back extension roll before lowering to arch support. A few gymnasts executed a back extension roll to arch support, which is incorrect.
- There is no step into the scale. After the assemblé, the gymnast simply needs to lift one leg into the scale.
- All transitions should show continuous rhythm. Multiple long pauses should not occur.

### Level 6

- A lot of gymnasts received a 0.1 or 0.3 deduction for body position during the full pirouette.
- The half pirouette should finish in a handstand before piking or tucking down into the back extension roll.
- A two second hold is required for the press handstand in order to receive no deduction.
- All transitions should show continuous rhythm. Multiple long pauses should not occur.

### Level 7

- The back extension roll with half pirouette should hit a handstand position. Also, remember to show a prone position before lowering to arch support.
- After the front salto, the gymnast should only take one step before the Swedish fall.
- All transitions should show continuous rhythm. Multiple long pauses should not occur.
- If a gymnast performs the last pass for bonus, he must either do: round-off, back handspring, whip, back handspring, back salto **OR** round-off, back handspring, whip, back salto. A few gymnasts did the following: round-off, **whip**, back handspring, back salto, which is incorrect. A back handspring must always follow the round-off.

### Levels 8-10

- A lot of Level 8 gymnasts are doing "too much" in their floor routines and the deductions outweigh the difficulty. It may be better to perform a clean routine that meets all of the requirements.
- A back layout was the most common dismount for Level 8 and 9 gymnasts. The gymnasts would usually stick this dismount in order to receive the 0.2 stick bonus.

- Make sure all transitions and basic skills are performed with proper execution. Cartwheels, handstands, scales, pirouettes, back extension rolls, etc. received a lot of form deductions when performed incorrectly.
- A press handstand needs to be held for two seconds in order to receive no deduction. A lot of gymnasts pressed to handstand and completed a pirouette before holding the handstand for two seconds, which resulted in a 0.3 hold deduction or 0.5 hold deduction and no credit for the press.

### **Technical Sequences**

- A lot of gymnasts received deductions for their take off position into the Arabian. The take off should be vertical and the 1/4 set position should be shown. Many gymnasts began their somersault prior to the completion of the 1/2 turn.
- Transitions should be executed with proper extension, flexibility, and posture. Pausing before, during, or after transitions resulted in deductions.
- The back handsprings and back whips should show sufficient turnover.
- The front handspring pass usually received the most deductions out of any pass. Lack of efficient turnover, non-vertical take-off position into the dive roll, and piking in the dive roll were the most common deductions.
- The dismount should show a 90 degree pike with a full extension before horizontal in preparation for landing.

If you have any questions about Floor Exercise or if you would like a detailed report of your gymnast's floor routine from the Regional Championships, do not hesitate to e-mail me at [cummings.shane9@gmail.com](mailto:cummings.shane9@gmail.com).

Respectfully Submitted,

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