

# 2014 Regional Apparatus Leader Report

## Pommel Horse-Region 8 Championships

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### Level 5

Average Score: 9.2

- The most common deductions on the Pommel Horse portion were for arm bending during pendulum swings, use of strength vs. swing in back support swings, leg cut height (all cuts must be at horizontal), and piking of hips in leg cuts.
- Bonus spindles were often deducted up to .3 for incomplete or imprecise turning. Hands must finish in exactly a 180° turn from where they began.
- Bonus flairs were often deducted .6-.8 for piking and lack of leg separation.

### Level 6

Average Score: 8.7

- Single leg travels were commonly deducted for rhythm errors and leg height of the first cut (must be at horizontal)
- Czechkehrls and Stocklis were deducted for imprecise hand placement and incomplete turning. These skills must be executed as if done with pommels. At the halfway point, the hands must be close together, perpendicular with and splitting the marked line on the mushroom and the body must be squarely over or under the hands. At the completion of the skill both hands must be fully 180° from starting position. In extreme cases, credit for the Czechkehr was nullified and Stockli credit was given instead.
- Spindle flairs were often performed piked and with legs coming together in front support resulting in a minimum .6-.8 deduction.

### Level 7

Average Start Value: 11.1

Average Score: 9.6

- Several gymnasts miscounted their circles causing them to leave out a side loop or back loop. Remember, the ¼ turn counts as an individual skill ending in front support. Counting of loops commences after the ¼ is completed.
- Bonus flairs were often deducted .6-.8 for piking and lack of leg separation.

- If the back loop preceding a bonus spindle received a skew deduction, the spindle was prone to the same deduction. An entire 180° turn must be completed. If skew was major at both the beginning and ending of the spindle causing less than a 90° turn to be completed, a large deduction was taken and no bonus was awarded.

Level 8 (11-12 yrs)

Average Start Value: 12.9

Average Score: 11.2

D Panel Comments:

- A ½ spindle must be executed in one circle to be evaluated as a B and receive the JO bonus. Many gymnasts attempted the ½ spindle but broke the skill into two circles. This was evaluated as A+A.
- Several gymnasts had short routine problems. Often this was caused by missing side loops or back loops after a ¼ stockli. Like the level 7 routine, the ¼ stockli is a separate counting skill finishing in front support. Counting for additional loops or circles begins after a ¼ stockli is finished.
- From front loop, a ¼ turn into immediate circle to handstand receives group V credit only. To receive group IV credit, an additional side loop must be done to complete the ¼ stockli and distinguish the circle to handstand dismount as a separate skill.

E Panel Comments:

- Magyars and Sivados were usually deducted .1-.3 for skew. In addition, the preceding and subsequent loops were individually subject to the same deduction.
- At this level, the circle to handstand dismount almost universally receives the maximum .5 in deductions for use of strength, lack of rhythm, bending of arms and legs, and generally poor form.
- Russian dismounts are not subject to the maximum .5 total deduction. These dismounts can be and often are deducted very heavily for lack of proper height, piking, brushing the horse, general form, etc. all taken as separate deductions.

### Level 9

Average Start Value: 13.5

Average Score: 11.6

### Level 10

Average Start Value: 13.9

Average Score: 11.7

#### D Panel Comments:

- Multiple gymnasts mounted with an immediate jump to reverse stockli with no preceding circle. This is evaluated as an A with no element group.
- Skills must finish in front support to receive credit. Gymnasts often fell on travels or Czechkehers and got no credit. This typically leads to loss of the element group as well.
- Some gymnasts performed a 1/3 side travel to immediate handstand. This was evaluated as a handstand dismount only with no travel group given. The travel must finish in front support in uphill circle and then an additional circle must be completed to receive a circle to handstand for the dismount. The skills cannot share a circle. The same evaluation applies to a schwabenflank to immediate handstand dismount. To receive group IV credit, and additional downhill circle must be performed to ensure credit for both.
- While the JO exception grants a C value to a circle to handstand, dismount upgrades for travelling and turning are based on FIG. Therefore a gymnast must do two of the following to receive a D dismount (and must do all 3 for an E): Enter from a Stockli, Travel the length of the horse, and/or turn at least 450°. Simply circling to handstand and traveling to the end without sufficient turning will result in a FIG C value
- The JO handstand dismount exception applies only to a circle to handstand. Hence, a pickup to immediate handstand or a leg cut to handstand do not receive dismount credit.
- If a gymnast attempts a circle to handstand but falls, pushes off his feet or otherwise does not achieve the handstand or does not pass over the horse, he receives no value for the skill and no dismount credit. It is allowable and to his advantage to perform the skill again.
- Stick bonus was not awarded if the gymnast was still holding onto the leather for balance upon landing.

#### E Panel Comments:

- Dismounts were deducted heavily. (See Level 8 comments above)
- The single leg stockli is a commonly used transition skill. Many gymnasts pause or stop upon completing the skill. This results in a .3 rhythm deduction.
- Scissors are very prone to height deductions. The cutting leg must be at head height. Travelling and turning scissors are also often subject to a .3 rhythm deduction. Continuous motion of the legs must be shown out of the skill.

- Most travels including the  $\frac{1}{2}$  and full Magyars and Sivados receive a skewing deduction for the whole skill. In addition, the loops preceding and following these travels can also receive a separate skewing deduction per loop.

### Technical Sequence

11-14

Average Score: 7.9

- Multiple gymnasts omitted a circle in the middle section. The four circle count begins when both hands are over the line in front support. Four full circles (8 hand placements) must be completed prior to beginning the travel. Remember, there is no deduction for extra circles, and execution deductions are taken globally per section, so there is little risk in doing an additional circle to ensure the four count is met.
- The most common deductions were for rhythm of circles, skew, piking, and rolling of hips in the  $\frac{1}{4}$  and  $\frac{3}{4}$  positions.

15-18

Average Score: 5.6

- Flair were heavily deducted for piking, lack of  $135^\circ$  straddle, and rolling of hips in  $\frac{3}{4}$  position
- Czechkehers and direct stocklis were commonly deducted for elevation and rolling of hips. This over-rotation will often cause problems being square over the handle and being able to finish the skill without piking and decelerating the circle.
- The handstand dismount was deducted for rhythm and use of strength instead of swing.