

Region 8 Championship 2014

Vault

The regional Championships was held at Samford University, in Birmingham, AL from April 11 to the 13. I judged with Dean Dryer from FL, our panel was very efficient. The total of vaults judged were six hundred and sixty vaults.

Compulsory levels

| <i>Level</i> | <i>Number of Vaults</i> | <i>Stick landings</i> |
|--------------|-------------------------|-----------------------|
| 5 | 134 | 98 (73.1%) |
| 6 | 124 | 37 (29.8%) |
| 7 | 59 | 4 (6.7%) |

Level 5

We judged one hundred and thirty-four level 5 gymnasts. In this level we still have some gymnasts that are not running properly about 30% of the gymnasts got 0.3 deductions for running with arms straight. 90% of the gymnasts were deducted on the hurdle and board strike (arms position, knee lift and angle of contact). About 98% of the gymnast got deductions on the blocking action this because they are not showing the vertical rise. The gymnast must leave the blocking surface within 15 degrees of vertical.

Other important issue is the landing. About ninety-eight gymnasts (73.1%) earned the 0.2 bonus for stick landing but some of them got more that 0.20 in deductions because the way that the rebound was executed (legs apart, bend and lack of control).

Only four gymnasts scored more that 9.5pts (2.9%), sixty gymnasts scored between 9.00pts and less then 9.5pts (44.7%), sixty eight gymnasts scored between 8.00pts and 8.95pts (50.7%), and two gymnasts score between 7:00pts and 8.00pts (1.4%)

Level 6

In this level we judged one hundred and twenty four gymnasts. On this level we saw less gymnasts having deductions on the run. About 98% of the gymnasts were deducted on the hurdle and board strike (arms position, knee lift and angle of contact) Feet must be in front of the hips on contact with the springboard. Arms swing must begin from behind the shoulders and circle forward to an extended position through the hurdle. Arms can be ben or straight during the arm swing.

99% of the gymnasts got deductions on the blocking because they are not blocking within 15 degrees of vertical. The gymnast must show a distinct rise from the blocking surface. On the post flight the common deductions were for arch body, legs separation, legs apart. And lack of preparation to land. Thirty-seven gymnasts (29.8%) got the 0.2 bonuses for sticking their landings. Two gymnast scored 9.50pts or above (1.6%), forty four gymnasts scored

between 9.00pts and 9.45pt (35.4%), seventy six gymnasts scored between 8.00pts and 8.95pts (61.2%) and two gymnasts scored between 7.00pts and 7.95pts (1.6%).

Level 7

On this level we judged fifty-nine gymnasts. Twenty-four gymnasts (40.7%) did Yamashita, twenty-five gymnasts (42.3%) did Yamashita with ½ turn, eight gymnasts (13.6%) did Handspring and two gymnasts did Handspring with full turn. The following table will show you the percentage of gymnasts on this level that score between those ranges.

| Scores | Number of gymnast | Percentage |
|----------------------|-------------------|------------|
| 12.00pts and Up | 3 | 5.1% |
| 11.00pts to 11.95pts | 43 | 72.9% |
| 10.00pts to 10.95pts | 11 | 18.6% |
| 9.00pts to 9.95pts | 2 | 3.4% |

About 54% of the gymnast got deducted on the run, 96% of the gymnasts were deducted on the hurdle and board strike (arms position, knee lift and angle of contact) Feet must be in front of the hips on contact with the springboard. 80% of the gymnasts got deductions on the blocking 0.3 to 0.5 tens because they are not blocking within 15 degrees of vertical. On the post flight the common deductions during the Yamashita were for lack of piking, legs separation, legs apart. And the lack preparation for landing, on the Handspring vaults the arch body on the pre, post flight, and the lack of preparation for landing were the common deductions. One gymnast had 1.0pts deductions for a fall.

Optional levels

| Level | Number of Vaults | Stick landings |
|---------------------|------------------|----------------|
| 8 | 129 | 17 (13.1%) |
| 9 | 67 | 4 (5.9%) |
| 10 | 84 | 3 (3.5%) |
| 10 Bonus Vaults | 31 | 3 (9.6%) |
| Technical Sequences | 32 | N/A |

Level 8

On this level we judged one hundred and twenty-nine gymnasts, seventy-nine were 11 to 10 years old and fifty were 13 years old or older. The gymnasts showed us thirteen types of vaults.

Seventeen gymnasts got 0.2 bonuses for stick their landings, eight gymnasts got penalized 1.0pt for fall, and thirteen gymnasts got axis deductions one of them got penalized with 0.3 tens the other twelve got penalized with 0.1 ten.

The following table will show you the percentage of gymnasts on this level that score between those ranges.

| Scores | Number of gymnast | Percentage |
|----------------------|-------------------|------------|
| 12.00pts and Up | 8 | 6.2% |
| 11.00pts to 11.95pts | 91 | 70.6% |
| 10.00pts to 10.95pts | 27 | 20.9% |
| 9.00pts to 9.95pts | 3 | 2.3% |

Table of vaults executed during the 2014 regional meet:

| Element | Number of elements | Stick landing |
|----------------------------|--------------------|---------------|
| Handspring | 48 | 10 |
| Handspring ½ | 11 | |
| Handspring 1/1 | 4 | |
| Handspring 1 ½ | 1 | |
| | | |
| Yamashita | 6 | 1 |
| Yamashita ½ | 3 | |
| Handspring front tuck | 3 | |
| | | |
| Side handspring | 6 | 1 |
| Side handspring ¼ T | 6 | 3 |
| | | |
| Tsukahara tuck | 29 | |
| Tsuk tuck 1/1 T - Kas tuck | 1 | 1 |
| | | |
| Tsukahara pike | 9 | 1 |
| | | |
| Tsukahara stretch | 6 | 1 |

Level 9

We had only 67 gymnasts on this level. They presented 13 different kinds of vaults. Only four gymnasts stick their landings. Eight gymnasts got 1.00pts on deduction for fall, also eight gymnasts got axis deduction one got 0.1 ten and seven got 0.3 tens.

The following table will show you the percentage of gymnasts on this level that score between those ranges.

| Scores | Number of gymnast | Percentage |
|----------------------|-------------------|------------|
| 13.00pts and Up | 2 | 3.0% |
| 12.00pts to 12.95pts | 20 | 29.8% |
| 11.00pts to 11.95pts | 32 | 47.8% |
| 10.00pts to 10.95pts | 13 | 19.4% |

Table of vaults executed during the 2014 regional meet:

| <i>Element</i> | <i>Number of elements</i> | <i>Stick landing</i> |
|----------------------------------|---------------------------|----------------------|
| Handspring | 7 | 1 |
| Handspring ½ | 1 | |
| Handspring 1/1 | 1 | |
| | | |
| Handspring front tuck | 4 | 1 |
| | | |
| Side handspring ¼ T | 2 | |
| | | |
| Tsukahara tuck | 20 | |
| Tsukahara tuck ½ T | 1 | |
| Tsuk tuck 1/1 T - Kas tuck | 3 | |
| | | |
| Tsukahara pike | 10 | 1 |
| | | |
| Tsukahara stretch | 14 | |
| Tsukahara stretch ½ T | | |
| Tsuk stretch 1/1 T - Kas stretch | 2 | 1 |
| | | |
| Yurchenko pike | 1 | |
| Yurchenko stretch | 1 | |
| | | |

Level 10

We had only eighty-four gymnasts on this level. They presented sixteen different kinds of vaults. Only three gymnasts stick their landings. Seven gymnasts got 1.00pts on deduction for fall. Eighteen gymnasts got axis deduction sixteen got 0.1 ten and two got 0.3 tens. One gymnast got 1.0pts deduction for second run approach. Thirty-one gymnasts (36.9%) on this level attempted a second vault for bonus and twenty-seven of them (87.1%) got credit for the second vault. Only three gymnasts (6.4%) got the 0.2 tens bonus for landing on the bonus vault. The following table will show you the percentage of gymnasts on this level that score between those ranges.

| <i>Scores</i> | <i>Number of gymnast</i> | <i>Percentage</i> |
|----------------------|--------------------------|-------------------|
| 14.00pts and Up | 4 | 4.7% |
| 13.00pts to 13.95pts | 16 | 19.1% |
| 12.00pts to 12.95pts | 34 | 40.5% |
| 11.00pts to 11.95pts | 22 | 26.2% |
| 10.00pts to 9.00pts | 8 | 9.5% |

Table of vaults executed during the 2014 regional meet:

| <i>Element</i> | <i>Number of elements</i> | <i>Stick landing</i> |
|---|---------------------------|----------------------|
| Handspring | 2 | 1 |
| Handspring front tuck | 2 | |
| Handspring front pike | 1 | |
| Handspring front stretch | 1 | |
| Side handspring $\frac{1}{4}$ T front tuck | 1 | |
| Tsukahara tuck | 17 | |
| Tsuk tuck 1/1 T - Kas tuck | 7 | |
| Tsuk tuck 1 $\frac{1}{2}$ T - Kas tuck with $\frac{1}{2}$ T | 1 | |
| Tsukahara pike | 6 | |
| Tsukahara stretch | 29 | 2 |
| Tsukahara stretch $\frac{1}{2}$ T | 1 | |
| Tsuk stretch 1/1 T - Kas stretch | 9 | |
| Yurchenko pike | 1 | |
| Yurchenko stretch | 2 | |
| Yurchenko stretch 1/1 T | 3 | |
| Yurchenko stretch 1 $\frac{1}{2}$ T | 1 | |

Table of vaults executed for bonus during the 2014 regional meet:

| <i>Element</i> | <i>Number of elements</i> | <i>Stick landing</i> |
|-------------------------------------|---------------------------|----------------------|
| Handspring front tuck | 13 | 1 |
| Handspring front pike | 10 | |
| Handspring front tuck $\frac{1}{2}$ | 1 | 1 |
| Tsuk tuck 1/1 T - Kas tuck | 1 | |
| Tsukahara pike | 1 | |
| Tsukahara stretch | 3 | 1 |
| Tsuk stretch 1/1 T - Kas stretch | 2 | |

Technical Sequences

We judged thirty-two gymnasts during the technical sequences session. Eighteen did Yamashita, six did Yurchenko and eight did handspring front pike. Two gymnasts that did handspring front pike got 2.0pts because they did handspring front tuck.

| <i>Vault</i> | <i>Number of gymnasts</i> | <i>High score</i> | <i>Low score</i> |
|-----------------------|---------------------------|-------------------|------------------|
| Yamashita | 18 | 8.95pts | 7.85pts |
| Handspring front pike | 8 | 8.80pts | 5.45pts |
| Yurchenko stretch | 6 | 9.25pts | 8.15pts |

Yamashita Vaults

The majority of the gymnasts were deducted at least 0.3 tens on the arm swing on the hurdle (0.2tens) and on the knee lift (0.1ten). 61.1% of the gymnast were deducted 0.2 tens on the board strike. And 72.2% of the gymnasts were deducted on the vertical block 0.2 or 0.3 tens.

Handspring front pike Vaults

50% of the gymnasts that did this vault got deducted at least 0.3 tens, 0.2 tens on the arm swing on the hurdle and 0.1 ten on the knee lift. The other 50% of the gymnasts were deduct 0.3 tens on the arm swing and 0.1 ten on the knee lift. 62.5% of the gymnast lost 0.3 tens on the vertical bock from the table. Two gymnasts were deducted with 2.0pts because they did handspring front tuck this deduction is on top of the other deductions.

Yurchenko Vaults

The majority of deductions on this vault were on the pre flight, vertical block and the post flight. 66.6% of the gymnasts got in average 0.3 tens on each one of these three parts, the deductions consisted on leg separation, legs ben and or apart and lack of blocking.

Thinks to be aware and fix before National

Technical Sequences

- Arm swing on hurdle 0.2 or 0.3 tens deduction
- Board strike – angle at contact with the board 0.1 or 0.2 tens deduction
- Vertical block from table 0.1, 0.2 or 0.3 tens deductions

Tsukahara, Handspring and Yurchenko vaults

- Preflight legs bend or apart 0.1, 0.3 or 0.5 tens deductions
- Preflight arms 0.1, 0.3 or 0.5 tens deductions
- Vertical block from the table 0.1, 0.3 or 0.5 tens deductions
- Lack of extension in preparation for landing 0.1 or 0.3 tens deductions

I wish the best of luck to the gymnast and coaches of our region that will be participating at JO Nationals. I hope that this report can help you and your gymnasts in preparation for this competition and the future ones. Please let me know how can I help you. If you have any question or concerns don't hesitate and contact me. my email is jucebe@msn.com

Julio Bernal
JO National Apparatus Leader