

2014 Region 8 Championship – High Bar Report

Judged by Dave Moseley and Brandon Bruen

Overall evaluation

- There were a lot of deductions for not hitting handstands ($\pm 15^\circ$ of vertical.)
- The handstand deductions also apply to the giants with half turns, forward or backwards such as blind changes and pirouettes.
- We saw many gymnasts doing multiple extra giants, of which only the first one counts for difficulty. Any additional giants are just evaluated for execution errors such as bent arms, shoulder angles or leg form breaks.
- Many of the gymnasts had deductions on the dismount for landing low or lack of extension prior to landing

Session FR1- JE Technical Sequences

- There were a lot of deductions for not hitting the handstand position, especially with the JE technical rules requiring $\pm 5^\circ$ of vertical. There were many deductions on the toe on-toe off and on any turns.
- The hop with a turn to handstand were pretty good overall.
- There were a lot of gymnasts that had excess hand placements, which is a deduction of -0.1 for "additional or intermediate hand placements." Many gymnasts lost 0.3 to 0.5 on extra hand placements alone.
- In general the dismounts were very good and there was a lot of bonus for stuck landings.

Session FR2- Level 5

- There were a lot of deductions on both of the casts not fully being to horizontal.
- There were also a lot of deductions on the $\frac{1}{2}$ turn, usually for having leg separation or being off-axis in finishing the turn.
- Some had deductions on the undershoot for letting the hips drop too early or for not getting good extension at the end.
- There were a lot flyaways done for bonus as well as many stuck landings.

Session FR3- Level 6

- There were a lot of deductions on the baby giant for not getting good turnover and shifting the wrists prior to support.
- There were a lot of deductions on the height of the swings (minimum of horizontal) and small deductions on the hop and half turn.

- Most of the gymnasts had at least one set of bonus giants.
- There were a lot of stuck landings, but still had some deductions for feet apart, not showing lift and not stretching the body before landing.

Session SA1 & SU1- Level 8, 11-12, 13+

- Most of the routines were kind of like a stock level 7 routine. They started with a kip or free hip, did some giants and giants with $\frac{1}{2}$ turns and a dismount.
- Most of the start values were between 11.0 and 12.5 for the 13+ group and between 12.0 and 13.0 for the 11-12 group.
- Kip to handstand and free hips were the most common skill to receive credit for the in-bar element group. If there was a stop, an extra-long pause or even an extra movement like a "mini-cast" between the kip and cast to handstand, it would be broken up and they would not receive credit for the in-bar element group.
- There were a lot of extra giants that only were evaluated for execution.
- There were a lot of deductions for the handstand position not being $\pm 15^\circ$
- Most of the routines were still lacking either Element Groups 2 or 4.
- For the 13+ group; there was not a very high percentage of stuck dismounts. For the 11-12 group there were many more stuck landings, but many didn't count for bonus because they were only A value.

Session SA2- Level 10

- The rear vault catch was the most common Element Group 2 release move followed by voronins. There were a few Tkatchevs that were very well done and a few that swung giants right out of the catch with little or no deductions.
- Most gymnasts that did a jam received the JO C credit; however not many went the whole way to handstand.
- Many of the gymnasts who did an Endo also did an Endo with $\frac{1}{2}$ turn to receive another B value.
- The majority of the start scores were between 12.0 and 14.0.
- There was not a very high percentage of stuck dismounts.

Session SA3- Level 9

- There were a lot of deductions for free hips, $\frac{1}{2}$ pirouettes and Weiler kips not finishing within $\pm 15^\circ$ of handstand.
- Most gymnasts did not have full element group value; usually missing Groups 2 or 4 or having only partial value for an A dismount.
- Most start values were between 12.0 and 14.0.
- There were not a lot of stuck dismounts at this level.

If you have any questions about High Bar or if you would like a detailed report of your gymnast's High Bar routine from the Regional Championships, do not hesitate to e-mail me at davidmoseley@gmail.com.

Respectfully Submitted,

Dave Moseley
Region 8 Apparatus Leader on High Bar