

2014 REGION 8 CHAMPIONSHIPS – RINGS EVALUATION

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JE TECHNICAL SEQUENCE

Rings

Age 11-14

Low = 5.35

Average = 6.7

High = 9.15

Age 15-18

Low = 3.80

Average = 7.7

High = 8.50

As you can see there are quite a range of scores for both groups attempting the Technical Sequences. Some coaches may need to review the intention of these routines and the end goal they are aimed at. In my opinion, minimum event scores should be achieved at the State Championships in order to perform these routines at the Regional Championships.

In general, for both groups, there are a few areas to continue working on:

- There seems to be an improvement towards desired tap swing positions. Most gymnasts are still getting small and medium deductions in this area. In addition, judges saw no real difference between junior and senior swing heights. It would be assumed that seniors should swing higher based on physical strength difference.
- Lengths of holds were a problem with quite a few gymnasts not holding the required 3 seconds when called for.
- Gymnasts should continue working on the kick out before landing dismounts.
- Sticking is always an issue.

LEVEL 10

Rings

Age 15-16

Low = 9.8

Average = 11.85

High = 14.8

Age 17-18

Low = 9.3

Average = 11.95

High = 14.25

There are also quite a range of scores for both groups of Level 10 gymnasts. Many routines are very similar. So, the difference in scores between routines that are basically the same can usually be attributed to execution and length of hold deductions.

In general, for both groups, there are a few areas to continue working on:

- These gymnasts should also work on achieving desired tap swing positions called for in the Technical Sequences. Dislocates and Inlocates should show some rise.

- Lengths of holds were a problem with quite a few gymnasts not holding the required 2 seconds when called for.
- In general, Back Uprise to Straddled Planch continues to get too many deductions for piking, rings turned in, leaning on the straps, and length of hold.
- Press to Handstand is also an issue. Once again, rings turned in, leaning on the straps, and length of hold are problems. Handstand press with greater than a 45 degree arm bend receive "A" press value. Many gymnasts cheat on this skill by brushing the legs on the straps towards the end of the press in order to achieve the balanced handstand position. We (the judges) see that and deduct.
- Yamawaki and Jonasson should not show support.
- Gymnasts should continue working on the kick out before landing dismounts.
- Sticking is always an issue.

Some highlights included:

- Several well executed Back Double 1/1 dismounts.
- Some excellent lock arm Giant Swings to Handstand.
- In spite of my above criticism, there were some excellent Press Handstands and gymnasts that achieved very nice entry and hold positions on Group 3 and 4 strength skills.
- Many bonus points were awarded for Group 3 and 4 skills performed with .3 or less in deductions. One gymnast received .6 in total bonus points including a stuck dismount. Well done!

LEVEL 9 Rings

There were 72 Level 9 gymnasts competing. The score range for this group was similar to the Level 10 group. The low was a 9.05 and the high was 14.35. Once again, the difference in scores between routines that are basically the same can usually be attributed to execution and length of hold deductions. Half of the Level 9 gymnasts were able to complete 4 or more Element Groups and almost all gymnasts ended their routine with a "B" dismount

Here are a few areas to continue working on:

- These gymnasts should also work on achieving desired tap swing positions called for in the Technical Sequences. Dislocates and Inlocates should show some rise.
- Press to Handstand is also an issue. Once again, rings turned in, leaning on the straps, and length of hold are problems. Handstand press with greater than a 45 degree arm bend receive "A" press value. Many gymnasts cheat on this skill by brushing the legs on the straps towards the end of the press in order to achieve the balanced handstand position. We (the judges) see that and deduct.
- Not many Group 3 or 4 skills were awarded bonus due to receiving more than .3 in deductions.
- Gymnasts should continue working on the kick out and twist completion before landing dismounts.
- Stick.

Some highlights included:

- 11 gymnasts completed 5 element groups.
- 43 Back Double dismounts and 3 Back Double 1/1 dismounts.
- 27 Giant Swings to Handstand (need to work on straight arms here).
- 12 Yamawakis.
- Several stuck dismounts for bonus.
- Several gymnasts earned .3 total bonus and one gymnast received .4 in total bonus points including a stuck dismount. Well done!

LEVEL 8 Rings

Age 11-12

Low = 7.95

Most scores between 8.5 and 11.0

High = 13.2

Age 13+

Low = 5.45

Most scores between 10.0 and 11.5

High = 11.55

The Level 8 group is varied depending on the age of the gymnast. In the 11-12 year old group there were several gymnasts that scored 12.0 or higher and 15% of this age group received credit for 4 Element Groups. In contrast, only 9% of the 13+ age group achieved 4 Element Groups. Here again, most deductions for both groups can be attributed to execution and length of hold. Any "C" value skills performed were mostly limited to Swings to Handstand, Yamawakis, and Back Uprise to Straddle Planch.

Here are a few areas to continue working on:

- These gymnasts should also work on achieving desired tap swing positions called for in the Technical Sequences. Dislocates and Inlocates should show some rise.
- Press to Handstand is also an issue. Once again, rings turned in, leaning on the straps, and length of hold are problems. Most Handstand Presses received "A" value. Many gymnasts cheat on this skill by brushing the legs on the straps towards the end of the press in order to achieve the balanced handstand position.
- Very little bonus for Group 3 or 4 skills was awarded.
- Work on Sticking dismounts.

Some highlights from the 11-12 age group included:

- 13 gymnasts completed 4 element groups.
- 25 Back Double dismounts and 2 Back Double 1/1 dismounts.
- 5 Giant Swings to Handstand.
- 5 Yamawakis and 10 Back Uprise to Straddle Planch.
- Several stuck dismounts for bonus.
- Several gymnasts earned .3 total bonus and one gymnast received .4 in total bonus points including a stuck dismount. Well done!

Some highlights from the 13+ age group included:

- 5 gymnasts completed 4 element groups.
- 9 Back Double dismounts and 1 Back 3/2 dismount.
- 2 stuck dismounts for bonus.

COMPULSORIES

Rings

General

The Compulsory routines have several common areas where athletes receive deductions. First and foremost is general execution. Gymnasts that have been taught to pay attention to the details of proper form throughout the routines generally do better even without attempting all of the special bonus. Another general area to address are swing positions. Dislocates and Inlocates should pass through the same positions described in the Technical Sequences and show some rise. The same is true for simple compulsory swings. Many athletes at all compulsory levels were deducted for holds that were too short.

Some other common areas of deduction were:

- Jumping up to begin the routine with poor form.
- Poor head position on simple Inverted Hangs.
- Bending the arms and lack of rise on Back Uprises.
- German hangs with exaggerated body positions (almost levers as opposed to hangs).
- Lack of turn out of rings while in Support Positions.
- Lack of rise during Dislocates and Inlocates.
- Using the body to “cheat” on Back Levers.
- Releasing too late and lack of rise on Dismounts.
- Not opening before landings on Dismounts.
- Not sticking Dismounts.

Level 5

The Level 5 gymnasts did a very good job of holding both the 2 second support and the Special Bonus “L” while performing their routine. 99% of them received SB#2. In addition, 76% of them were also able to do the Muscle Up for SB#1. Rolling down to the Back Lever position was a problem for about half of the gymnasts with mostly small and medium deductions for lack of control. We awarded 71% of the gymnasts credit for the Back Lever (SB#3) but most had deductions for body pike and using their lats to cheat on the final hold position. 58% of the competitors got credit for all three SB elements and lots of gymnasts stuck dismounts. Overall, a great job!

A note on the German Hang position: It is just a hang. You don’t get anything for contorting your body into some kind of arched lever. Just hang (with good form). Finally, keep working on swing height and execution.

Level 6

The Level 6 gymnasts did a good job overall. 67% of them received bonus for SB#1 but had small and or medium deductions for body positions. 31% were awarded bonus for the Handstand (SB#2) and some

of those were very nice presses that received an additional virtuosity +.1 for no use of straps on the press portion. Unless the gymnast can perform a very nice inlocate, SB#3 is not recommended due to the required body position and distinct rise. 12% of the Level 6 gymnasts earned SB#3. 35 tried for the bonus but only 43% of those got credit. Nearly all had small and/or medium deductions for position and rise. 9% of the Level 6 gymnasts got bonus for all 3 Special Bonus elements.

For this group the greatest areas for deductions were for lack of rise and bent arms during the Back Uprise to "L" Sit. Gymnasts also sometimes allow their legs to drop between these two skills resulting in a medium extra swing deduction. They should Uprise directly to the "L" position. The Dislocate should also show some rise and good form.

Level 7

The Level 7 gymnasts performed well. Most scores fell between 8.5 and 10.5 with a high score of 11.4. 32% of them received points for SB#1 but had small and or medium deductions for lack of rise before the Straddle "L". 53% were awarded bonus for the Handstand (SB#2) and a few of those also received an additional virtuosity +.1 for no use of straps on the press portion. 23% performed SB#3 but most were deducted for not showing the desired reverse tap position and piking in order to get back to the shoulder stand position. 27% of the Level 7 gymnasts performed the Double Back (SB#4). 5 of those received no credit due to falls of -1.0 8% of the Level 7 gymnasts got bonus for all 4 Special Bonus elements.

For this group the greatest areas for deductions were for lack of rise and bent arms during the Back Uprise to Straddle "L" and the Back Uprise before the Dislocates. They also need to show more rise and work on execution during the Inlocate and the Dislocates before the Dismount. Overall, the Level 7 gymnasts did a good job of holding required positions when called for and sticking Dismounts. We also felt that the Level 7's that attempted the double backs showed great turn over and rise (better in some cases than some of the level 8s & 9s).