

## 2015 REGION 8 CHAMPIONSHIPS – RINGS EVALUATION

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### JE TECHNICAL SEQUENCE

#### Rings

#### 2014 Age 11-14

Low = 5.35  
Average = 6.7  
High = 9.15

#### 2014 Age 15-18

Low = 3.80  
Average = 7.7  
High = 8.50

#### 2015 Age 11-14

Low = 6.55  
Average = 8.27  
High = 9.55

#### 2015 Age 15-18

Low = 6.40  
Average = 7.91  
High = 9.25

As you can see from the comparison scores between 2014 and 2015 above, Technical Sequences on Rings have gotten better. Last year I commented that some coaches may need to review the intention of these routines and the end goal they are aimed at. This year the routines were clearly better.

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. I felt that there was progress in height and execution compared to last year.
- Lengths of holds are still 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.
- 46% of the 15-18 age group and 90% of the 11-14 age group stuck dismounts! Well done.

### LEVEL 10

#### Rings

#### Age 15-16

Low = 10.1  
Average = 11.7  
High = 14.2

#### Age 17-18

Low = 10.65  
Average = 12.3  
High = 14.7

The Level 10 gymnasts had very similar scoring patterns and routine construction. So, the difference in scores between routines that are basically the same can usually be attributed to execution, length of hold deductions, and position during those holds. 51% received 2.3 or 2.5 in Element Groups. But, only one gymnast in the entire group stuck his dismount!

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 at this level.
- 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. 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 (-.3).
- Yamawaki and Jonasson should not show support and it should be clear which one is being performed.
- Gymnasts should continue working on the kick out before landing dismounts.
- Sticking was basically non-existent.

Some highlights included:

- Several well executed Back Double 1/1 (one was stretched), two Double Back Layouts, and three Back Layouts 3/2.
- Some good lock arm Giant Swings to Handstand.
- There were some excellent Press Handstands and gymnasts that only had minor deductions on entry and hold positions while performing Group 3 and 4 strength skills.
- Many bonus points were awarded for Group 3 and 4 skills performed with .3 or less in deductions.

## **LEVEL 9**

### **Rings**

There were 77 Level 9 gymnasts competing. The score range for this group was similar to the Level 10 group. The low was a 9.3 and the high was 14.3. Almost exactly the same as last year. 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. Many handstand presses with greater than a 45 degree arm bend received “A” value. Again, the 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 was done quite often.
- 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.

Some highlights included:

- 23 gymnasts completed 5 element groups.
- 5 Back Double 1/1 dismounts and one Front Layout 1/1.
- 32 Giant Swings to Handstand (need to work on straight arms here).

- 13 Yamawakis.
- 25 stuck dismounts for bonus.

## **LEVEL 8 Rings**

The Level 8 group is varied depending on the age of the gymnast. There were several gymnasts that scored 12.0 or higher. Most scored between 11.5 and 10.5. The high score was a 14.1 and the low was 8.6. Quite a spread. 21% of this age group received credit for 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.
- Very little bonus for Group 3 or 4 skills was awarded.
- Work on Sticking dismounts.

Some highlights from this group included:

- 17 gymnasts completed 4 element groups.
- 26 Back Double dismounts (without a fall) and 1 Back Double 1/1 dismounts.
- 9 Giant Swings to Handstand.
- 13 Yamawakis and several Back Uprise to Straddle Planch.
- 12 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.

### **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. Only one did not perform the “L” (SB#2). In addition, 80% 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 69% 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. 59% of the competitors got credit for stuck dismounts. Overall, a great job!

The highlight performances of this session were two gymnasts from Prestige Gymnastics that earned scores of 12.0 and 12.1 Excellent job!!

A note on the German Hang position: It is just a hang, but it should be held for two seconds. Finally, keep working on swing height and execution.

### **Level 6**

The Level 6 gymnasts did a good job overall. 79% of them received bonus for SB#1 but had small and/or medium deductions for body positions. 40% 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 with generally all getting a small and/or medium deductions for position and rise. 50% of the Level 6 gymnasts got bonus for sticking dismounts. All of these numbers are better than, or equal to last year.

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 as well.

### **Level 7**

The Level 7 gymnasts performed well. Most scores fell between 8.5 and 10.5 with a high score of 12.0. 40% of them received points for SB#1 but had small and or medium deductions for lack of rise before the Straddle “L”. 65% 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! 38% 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. 32% of the Level 7 gymnasts performed the Double Back (SB#4). 8 of those received no credit due to falls of (-1.0) upon landing. 57% of the Level 7 gymnasts got bonus for sticking dismounts. All of these percentages are significantly better than last year, especially Handstands and virtuosity bonus for pressing to that position.

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. Many of the highest scoring gymnasts in this group opted to stick a layout rather than attempting the double.

Respectfully submitted,  
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Dave Wise