

2015 Region 8 Championship – High Bar Report

Judged by Dave Moseley and Amanda Stroud

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. Many deductions on the finishing position of the blind change and the pirouette.
- There were many execution deductions on the toe on-toe off.
- The execution of the hop with a $\frac{1}{2}$ turn to handstand and the swing $\frac{1}{2}$ turn were pretty good overall, but there were many deductions for not hitting nominal handstand.
- In general the dismounts were very good and there was a lot of bonus for stuck landings, especially for the layout.

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.
- Bonus:
 - The majority of the bonus completed were flyaways. For the most part they were done well and there were many stuck landings. Most of the deductions were for landing low or lack of extension before the landing.
 - The kip immediate cast was the second most attempted bonus. Many times there were small deductions for form like bent arms or legs.
 - The free hip circle to support was the least attempted. If there was any question whether it was a free hip or not, bonus was not awarded.

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. The majority of the front and back giants did have some small form deductions.
- There were a few virtuosity bonus points awarded for the cast above 45° or higher. There were even less awarded for the kip to immediate cast, but most who attempted to do this bonus did it fairly well.
- There were many backward flyaway stretched saltos attempted, some were deemed to be piked instead of stretched.
- There were a lot of stuck landings, but still had some deductions for feet apart, not showing lift and not opening 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 back giants, a blind change or ½ turn, front giants, a pirouette and with and a dismount.
- Most of the start values were between 11.0 and 12.5 for the 13+ group and between 11.8 and 13.0 for the 11-12 group.
- Stalders, Endos, Full Pirouettes and Double back dismounts were the most common B value skills. We did have a few from this group do a B value Jam (Adler) and El-grip giant swings.
- 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. 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. There were also some Yamawakis done fairly well that received the JO bonus credit.

- 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 and Endo also did an Endo with ½ turn to receive another B value.
- The majority of the start scores were between 12.0 and 14.0.
- Approximately 40% of the gymnasts did a C value dismount for full Element Group Credit. There was not a very high percentage of stuck dismounts.

Session SA3- Level 9

- The Rear Vault Catch was the most common Element Group 2 release move. Some gymnasts did straddle cut catches, but few were done very well without many deductions.
- There were a lot of deductions for free hips, ½ 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. Only 50 % of the routines had a B or a C for a dismount for full element group credit, the other 50% had 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.

Session SU2- Level 7

- The majority of athletes had at least one bonus skill. The flyaway from giants was most often used. Second most used was the Free Hip Circle through handstand, although there was usually a small deduction for not being to nominal handstand. The Toe on – Toe off or Endo was the third most used bonus skill.
- There were many deductions on the cast to the forward giants. If the cast was really low, the gymnast would usually have form deductions on the giants as well such as bent arms and legs.
- There were also many deductions on the Pirouette for not being completed within 15° of nominal handstand.
- There were only about 40% of the dismounts received stick bonus 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