

2015 Region 8 Championships Report - Floor Exercise
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Level 5

- There is no height requirement on the back extension roll. However, it must be done with straight arms.
- Almost all of the gymnasts who performed the pirouette bonus had at least 0.3 off on the skill for body position and/or form.
- The press handstand needs to be held if performing the press bonus.
- Show a prone position before lowering or rebounding into the arch support.
- Up to 3 steps before the assemblé. Each additional step after 3 results in a 0.1 deduction per step.
- Make sure the scale is held for a full two seconds.
- Pay attention to the transitions! Athletes are receiving deductions on their transitions, which can be avoided easily.

Level 6

- A lot of body shape and form deductions on the handstand pirouette.
- It is a pike up to handstand, not a tuck up to handstand. Make sure the half pirouette finishes in a handstand before piking or tucking down into the back extension roll.
- Show the prone support, then arch support, then straddle stand before the press (or the Endo!). Be sure to show everything with good rhythm.
- The press is required to be held for a full two seconds. A lot of gymnasts jump into the press and do not hold it, which results in a bunch of deductions.
- Up to 3 steps before the assemblé. Each additional step after 3 results in a 0.1 deduction per step.
- Pay attention to the transitions! Athletes are receiving deductions on their transitions, which can be avoided easily.

Level 7

- The back extension roll half pirouette should hit handstand with a good body shape.
- Show the prone support and then arch before the sissone. A lot of athletes go straight into the arch support after the back extension roll, which is a deduction.
- There should be one step before the 180 degree turn and Swedish fall. Some athletes performed multiple steps or no step at all.
- Show the prone support, arch, and then straddle stand before the press handstand. Some athletes did not show these items and/or pressed directly from a prone support.
- Up to 3 steps before the assemblé.
- You have two options for the last bonus:
 - Round-off, back handspring, whip, back handspring, back tuck OR
 - Round-off, back handspring, whip, back tuck.
- Some athletes performed the round-off straight into the whip, which is not allowed.

Levels 8-10

- Routine Construction! Most of the athletes in Levels 8 and 9 are doing too much and receiving tons of deductions. Clean up and shorten the routines to benefit the athlete.
- Remember that Level 8 and 9 athletes must dismount with a B skill in order to receive full element group credit.
- Pay attention to transitions! A lot of athletes performed “simple steps” into a corner, which results in a 0.1 deduction for each step.

Technical Sequences

- The first two tumbling passes MUST start from a power hurdle. The second two tumbling passes have the option to start from a run.
- A lot of athletes received deductions for their lack of extension out of the Arabian.
- Some of the athletes received almost as many deductions on transitions as they did on their tumbling! Pay attention to detail when the athletes complete their transitions. For example, both legs must be at horizontal on a hitch kick.
- The tumbling pass that received the most deductions was the front handspring pass.
- Pay attention to rhythm! A lot of athletes received a global rhythm deduction.

If you have any questions about Floor or would like a complete analysis of a floor routine, do not hesitate to e-mail me at cummings.shane9@gmail.com.

Respectfully Submitted,

-Shane Cummings