

2015 Region VIII Championships Parallel Bars

Technical Sequences

15-18 Age Group – 13 gymnasts

- The back up-rise to handstand could be more explosive. Some of the athletes struggled with this skill.
- Minor travelling on both the Giant and Peach
 - These two skills were the most heavily deducted
- Overall, this group performed well

11-14 Age Group – 27 gymnasts

- Timing the tap for the front up-rise seemed to be the consistent error for most of the athletes. Early taps for the front up-rise caused some knee bends, and piking upon completing the up-rise.
- Similar to the 15-18 age group, the Giant and Peach generally travelled, and were the most heavily deducted skills of the routine.

Level 10 - 87 gymnasts

Scores

	High	Ave.	Low
SV	6.5	3.9	2.3
Execution Deductions	3.8	1.3	0.3
Final Score	15.75	12.55	9.0

Level 9 - 114 gymnasts

Scores

	High	Ave.	Low
SV	4.6	3.6	2.4
Execution Deductions	3.7	1.2	0.25
Final Score	14.0	12.4	9.8

Level 8 - 116 gymnasts

Scores

	High	Ave.	Low
SV	4.2	2.8	1.9
Execution Deductions	6.2	1.75	0.2
Final Score	13.85	11.05	6.0

Execution notes

- Hold elements: L-sits and press handstands require a 2-second hold to avoid deduction. Additionally, if a routine is short parts, a swing handstand held for 2 seconds counts as an extra A value skill with no extra swing deduction.
- Giants – Many gymnasts had giants in their routines, however, few took advantage of the allowance for two giants for credit.
- Routine construction: several gymnasts had half extra swings not related to gp 3 or 4 skills. Keep in mind a Moy to upper-arm is a non-element group A, so any half empty swing prior will receive a 0.3 deduction.
- Presentation Bonus: six Level 8s, 19 Level 9s and eight Level 10s received presentation bonus for cleanly performed routines. This is by far the most GPA awarded in a single competition this year.

If anyone has any further questions or would like a complete analysis of their gymnast's PB routine, please e-mail me at: adamhattersley@hotmail.com

Respectfully Submitted,

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