

# 2015 Region 8 Championships

## Pommel Horse Report

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### Technical Sequence

#### 11-14

Total Routines: 29

Score Range: 6.85-9.5

Average Score: 8.6

- For virtuosity bonus: three gymnasts received 0.1, two gymnasts received 0.2, and one gymnast received 0.3
- Circle counting has improved. Almost everyone did the required number of circles in each part. There is no deduction for extra circles, and execution deductions are taken globally per section, so there is little risk in doing an additional circle to ensure the four count is met.
- Circle extension is pretty good in this group.
- Common deductions were for hands skewing and hip rollover. These are taken per part and tended to worsen in the saddle circles.
- A rhythm deduction is now taken globally. Most circles were good until the dismount. If the circle decelerates before the flank, the gymnast will get hit for the rhythm deduction.
- Travels were deducted for lack of precise hand placement. The gymnast is allowed to travel within each 4 circle section but the on travelling circle must completely cross over into the next section of the horse. Many gymnasts make the whole sequence look like a slow Magyar.

#### 15-18

Total Routines: 13

Score Range: 3.8-8.6

Average Score: 7.3

- **Routine construction was a major issue.** 69% of gymnasts left out a circle before the handstand dismount. The Shwabenflank finishes in front support. Then an additional circle must be performed. Following this is an additional circle to handstand dismount. From the gymnast's perspective, it should feel like 3 downhill circles before the dismount. Missing circles are deducted 0.5
- Some gymnasts also did an extra circle after the Czechkehr and before the Stockli A. Unlike in the 11-14 yr old sequence, added circles are deducted 0.5.

- Flairs were heavily deducted for piking, lack of 135° straddle, and rolling of hips in ¼ position
- Czechkehers and direct stocklis were commonly deducted for elevation and rolling of hips. This over-rotation will often cause problems being square over the handle and being able to finish the skill without piking and decelerating the circle.
- The handstand dismount was deducted for rhythm, lack of acceleration, and use of strength instead of swing.
- Rhythm on basic circles is generally better in this age group.

#### Level 8 (11-12 yrs)

Total Routines: 84

Average Start Value: 13.0

Average Score: 11.3

#### D Panel Comments:

- 45% of gymnasts fulfilled all four element groups.
- A ½ spindle must be executed in one circle to be evaluated as a B and receive the JO bonus. Many gymnasts attempted the ½ spindle but broke the skill into two circles. This was evaluated as A+A.
- A full spindle must be executed in two circles to be evaluated as a D. Several gymnasts who attempted the full spindle did not complete it within two circles and received a B+A.
- Like the level 7 routine, a ¼ kehr and ¼ stockli are skills which start and finish in front support. They cannot share a circle with another skill. This problem sometimes led to short routines or missing element groups.

#### E Panel Comments:

- Six gymnasts received execution bonus.
- Magyars and Sivados were hit heavily for skew and piking. In addition, the preceding and subsequent loops were usually subject to the same deduction on a per loop basis.
- Checkkehers and direct stocklis were heavily deducted for imprecise hand placement. In extreme cases, no credit was given.
- At this level, the circle to handstand dismount almost universally receives the maximum .5 in deductions for use of strength, lack of rhythm, bending of arms and legs, and generally poor form.
- Russian and flank dismounts are not subject to the maximum .5 total deduction. These dismounts can be and often are deducted very heavily for lack of proper height, piking, hitting the horse, general form, etc. all taken as separate deductions.
- 19% of gymnasts had at least one fall.

### Level 9

Total Routines: 105

Average Start Value: 13.5

Average Score: 11.0

### Level 10

Total Routines: 87

Average Start Value: 14.0

Average Score: 11.7

#### D Panel Comments:

- 60% of level 9's and 84% of level 10's had all five element groups.
- Skills must finish in front support to receive credit. Gymnasts often fell on travels or Czechkehers and got no credit. This typically leads to loss of the element group as well.
- If a gymnast falls on a Magyar sometimes he receives credit for an A or B travel and doesn't need to repeat the skill to get element group credit.
- Unlike in the level 8 code, a flair and a circle are in the same box. A gymnast cannot do both for credit.
- Some gymnasts performed a 1/3 side travel to immediate handstand. This was evaluated as a handstand dismount only with no travel group given. The travel must finish in front support in uphill circle and then an additional circle must be completed to receive a circle to handstand for the dismount. The skills cannot share a circle. The same evaluation applies to a schwabenflank to immediate handstand dismount. To receive group IV credit, and additional downhill circle must be performed to ensure credit for both.
- While the JO exception grants a C value to a circle to handstand, dismount upgrades for travelling and turning are based on FIG. Therefore a gymnast must do two of the following to receive a D dismount (and must do all 3 for an E): Enter from a Stockli, Travel the length of the horse, and/or turn at least 450°. Simply circling to handstand and traveling to the end without sufficient turning will result in a FIG C value
- If a gymnast attempts a circle to handstand but falls, pushes off his feet or otherwise does not achieve the handstand or does not pass over the horse, he receives no value for the skill and no dismount credit. It is allowable and to his advantage to perform the skill again.

#### E Panel Comments:

- Dismounts were deducted heavily. (See Level 8 comments above)
- The single leg stockli is a commonly used transition skill. Many gymnasts pause or stop upon completing the skill. This results in a .3 rhythm deduction.
- Scissors are very prone to height deductions. The cutting leg must be at head height. Travelling and turning scissors are also often subject to a .3 rhythm deduction. Continuous motion of the legs must be shown out of the skill.

- Several gymnasts performed a false scissor to handstand, lower to support. This skill has only a B value and is supposed to be performed without stopping or strength. Gymnasts almost always lose 0.6-1.0 for lack of swing and rhythm on this skill.
- Most travels including the ½ and full Magyars and Sivados receive a skewing deduction for the whole skill. In addition, the loops preceding and following these travels can also receive a separate skewing deduction per loop.
- Several gymnasts did not touch all three parts of the horse. This is a 0.3 deduction.
- 41% of level 9's and 33% of level 10's had at least one fall. Consistency is always an issue.

### Compulsories

#### Level 5

Total Routines: 128

Average Start Value: 11.4

Average Score: 9.9

- 97% performed the five circle bonus. 89% performed the spindle. 49% performed flairs.
- For virtuosity bonus: 17 gymnasts received 0.1, 4 gymnasts received 0.2, 3 gymnasts received 0.3, and one gymnast received 0.4!
- The most common deductions on the Pommel Horse portion were for arm bending during pendulum swings, use of strength instead of swing in back support swings, leg cut height (all cuts must be at horizontal), and piking of hips in leg cuts.
- Bonus flairs were often deducted .6-.8 for piking and lack of leg separation. 14% of gymnasts attempting flairs were not rewarded bonus due to a large error or fall.
- Several gymnasts left out a circle after the flairs or spindle prior to the dismount. At least one circle must be completed before the dismount.
- 10% of gymnasts had a fall.

#### Level 6

Total Routines: 131

Average Start Value: 11.1

Average Score: 9.1

- 76% performed the Stockli. 50% performed the spindle flairs. 50% performed the Russian.
- For virtuosity bonus: 7 gymnasts received 0.1, 1 gymnast received 0.2
- There was some confusion with regards to routine composition. Both the first cutting leg and feinting leg must be towards the same side which the gymnast traveled up from.

Several gymnasts performed an extra swing between false scissors or before the feint dismount.

- Czechkehers and Stocklis were deducted for imprecise hand placement and incomplete turning. These skills must be executed as if done with pommels. At the halfway point, the hands must be close together, perpendicular with and splitting the marked line on the mushroom and the body must be squarely over or under the hands. At the completion of the skill both hands must be fully 180° from starting position. In extreme cases (11% of all gymnasts), credit for the Czechkehr was nullified and Stockli credit was given instead or vice versa.
- Spindle flairs were often performed piked and with legs coming together in front support resulting in a minimum .6-.8 deduction.
- 21% of gymnasts had at least one fall.

### Level 7

Total Routines: 72

Average Start Value: 11.3

Average Score: 9.6

- 69% performed flairs. 71% performed a spindle. 46% performed a Magyar. 11% performed a Sivado. 26% performed a Russian.
- For virtuosity bonus: one gymnast received 0.1, two gymnasts received 0.2
- 17% of gymnasts had short routines or missed parts. Many miscounted their circles causing them to leave out a side loop or back loop. Remember, the ¼ turn counts as an individual skill ending in front support. Counting of loops commences after the ¼ is completed.
- Bonus flairs were improved at this level.
- If the back loop preceding a bonus spindle received a skew deduction, the spindle was prone to the same deduction. An entire 180° turn must be completed. If skew was major at both the beginning and end of the spindle causing less than a 90° turn to be completed, a large deduction was taken and no bonus was awarded.
- 18% of gymnasts had at least one fall.

If you have any questions about pommel horse or would like a detailed analysis of your gymnast's routine, please contact me at [timothy.j.michaels@Vanderbilt.edu](mailto:timothy.j.michaels@Vanderbilt.edu).

Respectfully submitted,

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Region 8 Pommel Horse RAL