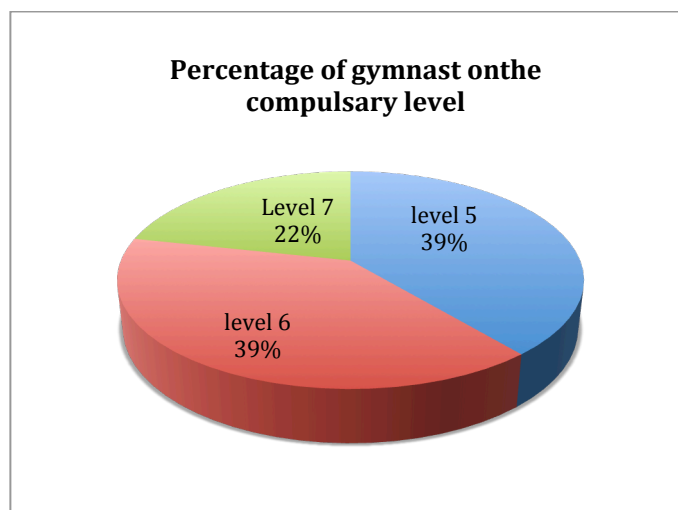


Region 8 Championship 2015 Vault

The regional Championships was held at Palm Beach Convention Center in West Palm Beach, FL from April 9 to the 12, 2015. I judged with Robert Boudreaux from NC, our panel was very efficient, we got one official enquire on a level 5 vault. The total of vaults judged were six hundred and ninety three vaults.

Compulsory levels

<i>Level</i>	<i>Number of Vaults</i>	<i>Stick landings</i>
5	130	101 (77.6%)
6	132	37 (28.2%)
7	72	8 (11.1%)



Level 5

We judged one hundred and thirty level 5 gymnasts. In this level we still have some gymnasts that are not running properly about 16.9% of the gymnasts got 0.3 deductions for running with arms straight compare with 30% from last year, 7.7% of the gymnasts did not get deductions on the run, the average deduction on the run was 0.20 tens.

17.7% of the gymnasts were deducted 0.30 tens on the hurdle and/or board strike (arms position, and angle of contact) Feet must be in front of the hips on contact with the springboard. Arms swing must begin from behind the shoulders and circle forward to an extended position through the hurdle. Arms can be bent or straight during the arm swing.

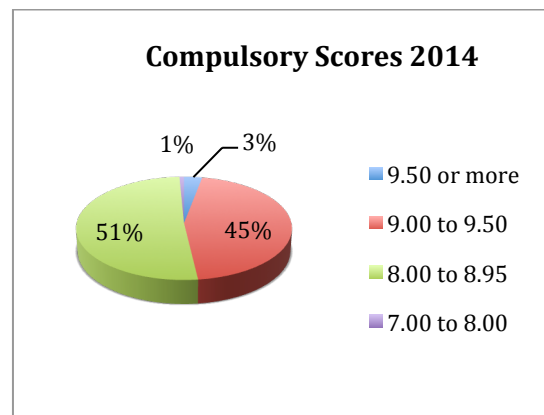
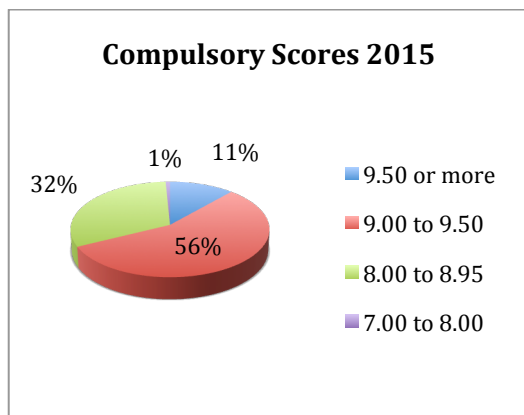
6.9% of the gymnasts got between 0.0 and 0.10 ten deductions on the hurdle and the board strike, 3.0% did not get any deductions on the hurdle and the

board strike. The average deduction on the hurdle and the board strike was 0.20 tens.

About 96.2% of the gymnast got deductions on the blocking action this because they did not showed the vertical rise. The gymnast must leave the blocking surface within 15 degrees of vertical. 3.8% of the gymnasts did not get deductions on the block.

Landing. About ninety-eight gymnasts (77.7%) earned the 0.2 bonus for stick landing but some of them got more that 0.20 in deductions because the way that the rebound was executed (legs apart, bend and lack of control).

Only fifteen gymnasts scored more that 9.5pts, seventy three gymnasts scored between 9.00pts and less then 9.5pts, forty-one gymnasts scored between 8.00pts and 8.95pts, and one gymnast score between 7:00pts and 8.00pts. On the following charts you can see the improvement on the scores compare with last years results.



Level 6

In this level we judged one hundred thirty one gymnasts. 32.8% of the gymnasts got 0.3 deductions for running with arms straight, 13.7% of the gymnasts did not get deductions on the run, the average deduction on the run was 0.20 tens.

11.5% of the gymnasts were deducted 0.30 tens on the hurdle and/or board strike (arms position, and angle of contact) Feet must be in front of the hips on contact with the springboard. Arms swing must begin from behind the shoulders and circle forward to an extended position through the hurdle. Arms can be ben or straight during the arm swing. 3.0% of the gymnasts got between 0.0 and 0.10 ten deductions on the hurdle and the board strike, 1.5% did not get any deductions on the hurdle and the board strike. The average deduction on the hurdle and the board strike was 0.20 tens.

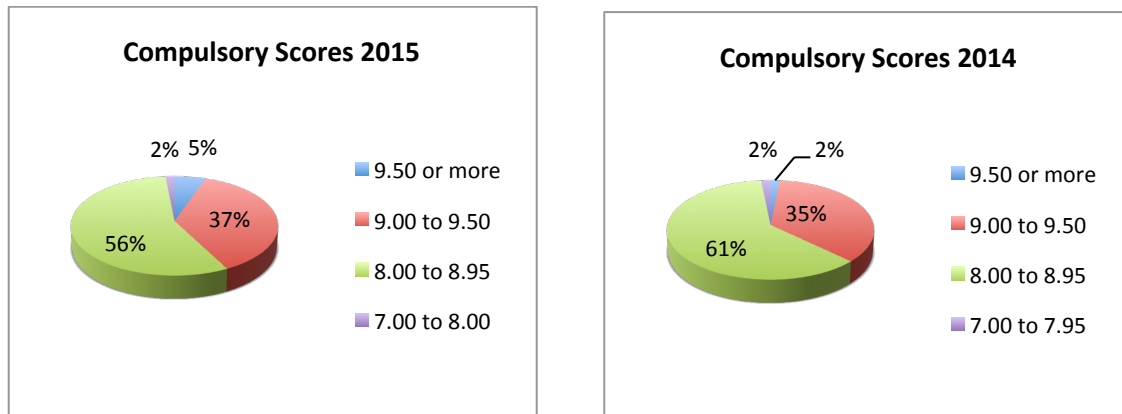
98.5% of the gymnasts got deductions on the blocking because they are not blocking within 15 degrees of vertical. The gymnast must show a distinct rise from the blocking surface.

8.4% of the gymnasts got between 0.0 and 0.10 ten deductions on the block, 1.5% of the gymnasts did not get any deductions on the block. On the post flight

the common deductions were for arch body, legs separation, legs bend. And lack of preparation to land.

Thirty-seven gymnasts (28.2%) got the 0.2 bonuses for sticking their landings. Seven gymnast scored 9.50pts or above, forty-eight gymnasts scored between 9.00pts and 9.45pt, seventy-three gymnasts scored between 8.00pts and 8.95pts and three gymnasts scored between 7.00pts and 7.95pts.

On the following charts you can see the improvement on the scores compare with last years results.



Level 7

On this level we judged seventy-two gymnasts. Twenty gymnasts (28%) did Yamashita, forty-four gymnasts (61%) did Yamashita with ½ turn, seven gymnasts (10%) did Handspring and one gymnast did Handspring sideways with half turn (1%). The following table will show you the percentage of gymnasts on this level that score between those ranges.

Scores	Number of gymnast	Percentage
12.00pts and Up	8	11.1%
11.00pts to 11.95pts	55	76.4%
10.00pts to 10.95pts	8	11.1%
9.00pts to 9.95pts	1	1.4%

27.8% of the gymnasts got 0.3 deductions for running with arms straight, 20.8% of the gymnasts did not get deductions on the run, the average deduction on the run was 0.10 ten.

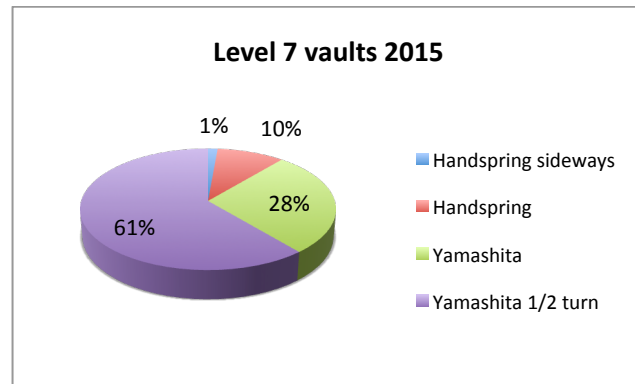
1.4% of the gymnasts were deducted 0.30 tens on the hurdle and/or board strike (arms position, and angle of contact) Feet must be in front of the hips on contact with the springboard. Arms swing must begin from behind the shoulders and circle forward to an extended position through the hurdle. Arms can be ben or straight during the arm swing.

37.5% of the gymnasts got between 0.0 and 0.10 ten deductions on the hurdle and the board strike, The average deduction on the hurdle and the board strike was 0.10 ten.

80.6% of the gymnasts got deductions on the blocking because they are not blocking within 15 degrees of vertical. The gymnast must show a distinct rise from the blocking surface

19.4% of the gymnasts got between 0.0 and 0.10 ten deductions on the block. The average deduction on the block was 0.30 tens. On the post flight the common deductions were for arch body, legs separation, legs bend, and lack of preparation to land.

Eight gymnasts (11.1%) got the 0.2 bonuses for sticking their landings. Eight gymnast scored 12.00pts or more, fifty-five gymnasts scored between 11.00pts and 11.95pt, eight gymnasts scored between 10.00pts and 10.95pts and one gymnast scored between 7.00pts and 7.95pts.



89 % of the vaults presented during the competition were from the Yamashita family. 18.7% got 0.10 ten or less in deductions on the block. 28.1% of these vaults were pike on the pre flight getting deductions from 0.10 to 0.50 tens. 80.2% of these vaults got 0.30 to 0.50 tens deductions on the block. The expectations on how to perform this vault are explain on the Technical Sequences manual it is a great tool that coaches and judges can use.

Optional levels

Level	Number of Vaults	Stick landings
8	116	5 (4.3%)
9	112	8 (7.1%)
10	89	3 (3.4%)
10 Bonus Vaults	27	3 (11.1%)
Technical Sequences	44	N/A

Level 8

On this level we judged one hundred and sixteen gymnasts, eighty-four were 11 to 12 years old and thirty-two were 13 years old or older. The gymnasts showed fourteen different types of vaults.

Five gymnasts got 0.20 bonuses for stick their landings, eleven gymnasts got penalized 1.0pt for fall, and fifteen gymnasts got axis deductions three of them got penalized with 0.30 tens the other ten got penalized with 0.10 ten. One gymnast got penalized for incomplete twist with 0.30 tens on Handspring 1/1 turn.

The highest numbers of vaults presented on this level were handspring and Tsukahara type vaults. The majority of the deductions on the pre flight came from arch, leg separation, legs bend and toes flex. The average deduction on the pre flight was 0.30 tens. On the post flight the common deductions were for arch body, legs separation, legs bend, and lack of preparation to land.

The following table will show you the percentage of gymnasts on this level that score between those ranges.

Scores	Number of gymnast	Percentage
13.00pts and Up	2	1.7%
12.00pts to 12.95pts	21	18.1%
11.00pts to 11.95pts	57	49.1%
10.00pts to 10.95pts	33	28.5%
9.00pts to 9.95pts	3	2.6%

Table of vaults executed during the 2015 regional meet:

Element	Number of elements	Stick landing
Handspring	31	2
Handspring ½ T	6	
Handspring 1/1 T	3	
Handspring 1 ½ T	1	
Yamashita	4	
Yamashita ½ T	8	
Handspring front tuck	2	
Handspring front pike	1	
Side handspring	3	1
Side handspring ¼ T	7	
Side handspring ¾ T	1	
Tsukahara tuck	29	
Tsuk tuck 1/1 T - Kas tuck	1	
Tsukahara pike	13	
Tsukahara stretch	9	2

Level 9

We judged one hundred and twelve gymnasts on this level, one hundred and three gymnasts were 11 to 12 years old and nine were 13 years old or older They presented six teen different kinds of vaults. Only eight gymnasts stick their landings, earning 0.20 ten on bonus. Nine gymnasts got 1.00pts on deduction for fall, also twenty-six gymnasts got axis deduction twelve got 0.10 ten and nine got

0.30 tens. One gymnast got 0.30 tens deduction for incomplete twist on a handspring 1/1 turn.

The majority of the vaults presented on this level were from the Tsukahara family seventy-two vaults (64.3%). The deductions on the pre flight came from leg separation, legs bend and toes flex. The average deduction on the pre flight was 0.30 tens. On the post flight the common deductions were for legs separation, legs bend, and lack of preparation to land.

The following table will show you the percentage of gymnasts on this level that score between those ranges.

<i>Scores</i>	<i>Number of gymnast</i>	<i>Percentage</i>
13.00pts and Up	3	2.7%
12.00pts to 12.95pts	34	30.4%
11.00pts to 11.95pts	56	50.0%
10.00pts to 10.95pts	18	16.0%
9.00pts to 9.95pts	1	0.9%

Table of vaults executed during the 2015 regional meet:

<i>Element</i>	<i>Number of elements</i>	<i>Stick landing</i>
Handspring	15	2
Handspring ½ T	4	1
Handspring 1/1 T	5	2
Handspring 1 ½ T	1	
Yamashita ½ T	1	
Handspring front tuck	3	
Side handspring ¼ T	2	
Tsukahara tuck	31	1
Tsuk tuck 1/1 T - Kas tuck	2	1
Tsukahara pike	18	
Tsukahara stretch	23	1
Tsuk stretch 1/1 T - Kas stretch	3	
Round off back handspring ½ T	1	
Yurchenko tuck	1	
Yurchenko pike	1	
Yurchenko stretch	1	

Level 10

We had eighty-nine gymnasts on this level. They presented thirteen different kinds of vaults.

On the pre flight the common deductions were for arch body, legs separation, legs bend, toes flex and some on early piking

On the post flight the common deductions were for arch body, legs separation, legs bend, and lack of preparation to land.

Only three gymnast (3.4%) stick their landings, earning 0.20 ten on bonus. Seven gymnasts got 1.00pts on deduction for fall, also eighteen gymnasts got axis deduction fifteen got 0.10 ten and three got 0.30 tens.

Thirty-nine gymnasts (43.8%) on this level attempted a second vault for bonus and twenty-seven of them (30.3%) got credit for the second vault. Only three gymnasts (11.1%) got the 0.2 tens bonus for landing on the bonus vault.

We had ten gymnasts (11.2%) with start values between 14.80pts to 14.90pts those were the highest starts values of the competition.

The following table will show you the percentage of gymnasts on this level that score between those ranges.

<i>Scores</i>	<i>Number of gymnast</i>	<i>Percentage</i>
14.00pts and Up	7	7.9%
13.00pts to13.95pts	14	15.7%
12.00pts to12.95pts	37	41.6%
11.00pts to11.95pts	25	28.1%
10.00pts to 9.00pts	6	6.7%

Table of vaults executed during the 2015 regional meet:

<i>Element</i>	<i>Number of elements</i>	<i>Stick landing</i>
Handspring	3	
Yamashita	1	
Handspring front tuck	1	
Handspring front pike	1	
Handspring front pike ½ T	1	
Tsukahara tuck	11	
Tsuk tuck 1/1 T - Kas tuck	7	
Tsukahara pike	12	
Tsukahara stretch	33	2
Tsuk stretch 1/1 T - Kas stretch	12	1

Yurchenko tuck 1/1 T	5	
Yurchenko stretch	2	

Table of vaults executed for bonus during the 2015 regional meet:

<i>Element</i>	<i>Number of elements</i>	<i>Stick landing</i>
Handspring front tuck	10	2
Handspring front pike	10	1
Handspring front pike ½ T	2	
Tsuk tuck 1/1 T - Kas tuck	1	
Tsukahara stretch	2	1
Yurchenko tuck	1	
Yurchenko stretch	1	

Technical Sequences

We judged forty-three gymnasts during the technical sequences session. Eighteen did Yamashita, six did Yurchenko and eight did handspring front pike. Two gymnasts that did handspring front pike got 2.0pts because they did handspring front tuck.

<i>Vault</i>	<i>Number of gymnasts</i>	<i>High score</i>	<i>Low score</i>
Yamashita	30	9.35pts	7.00pts
Handspring front pike	8	8.50pts	7.75pts
Yurchenko stretch	5	8.60pts	7.70pts

Yamashita Vaults

The majority of the gymnasts 83.4% were deducted at least 0.10 ten. On the arm swing on the hurdle the average deduction was 0.10 ten, two gymnasts got deducted 0.30 tens for the arm swing on the hurdle.

36.3% of the gymnasts were deducted 0.20 tens on the knee lift. 60.0% of the gymnasts were deducted between 0.20 and 0.30 tens on the board strike.

On the pre flight the common deductions were for arch body, legs separation, legs bend, toes flex and some on early piking

76.6% of the gymnasts were deducted on the vertical block 0.20 or 0.30 tens.

The average deduction on the opening to land was 0.30 tens.

On the post flight the common deductions were for legs separation, legs bend, and lack of preparation to land. And some of the gymnast got deductions for lack of piking on the pike face of the vault.

Handspring front pike Vaults

The average deduction on the arm swing and the knee lift was 0.10 ten. 50% of the gymnasts were deducted between 0.20 tens on the board strike. And 75.0% of the gymnasts were deducted on the vertical block 0.20 or 0.30 tens. The average deduction on the opening to land was 0.30 tens.

On the pre flight the common deductions were for legs separation, legs bend, toes flex and some on early piking

On the post flight the common deductions were for legs separation, legs apart, and lack of preparation to land.

Yurchenko Vaults

The average deduction on the board strike was 0.20 tens. On the pre flight the common deductions were for legs separation, legs bend, toes flex, 0.30 tens was the average on body position on the pre flight. 80% of the vaults got 0.30 tens deduction on the vertical block.

On the post flight the common deductions were for legs separation, legs apart, piking down and lack of preparation to land. 0.30 tens was the average on body position on the pre flight, on the open to land the average deductions was 0.30 tens.

Thinks to be aware and fix before National

Technical Sequences

- Board strike – angle at contact with the board 0.1 or 0.2 tens deduction
- Vertical block from table 0.1, 0.2 or 0.3 tens deductions

Tsukahara, Handspring and Yurchenko vaults

- Preflight legs bend or apart 0.1, 0.3 or 0.5 tens deductions
- Preflight arms 0.1, 0.3 or 0.5 tens deductions
- Vertical block from the table 0.1, 0.3 or 0.5 tens deductions
- Lack of extension in preparation for landing 0.1 or 0.3 tens deductions

I wish the best of luck to the gymnast and coaches of our region that will be participating at JO Nationals. I hope that this report can help you and your gymnasts in preparation for this competition and the future ones. Please let me know how can I help you. If you have any question or concerns don't hesitate and contact me. my email is jucebe@msn.com

Julio Bernal
JO National Apparatus Leader