

2016 Region 8 Championship – High Bar Report

Judged by Dave Moseley and Tyler Green

Overall evaluation

- There were a lot of deductions for not hitting handstands ($\pm 15^\circ$ of vertical) during basic moves like free hip circles, Weiler kips, Stalders and Endos.
- 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, feet separation 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. Many deductions on the finishing position of the blind changes, Free-hips, Endos and the pirouette for not being within $\pm 15^\circ$ of vertical.
- Other common deductions were for bent knees in the tap swings and bent arms during the early pirouette.
- 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. Form deductions for knees, feet and toes were common.
- There were many execution deductions on the toe on-toe off, especially bent knees coming into the skill.
- There were many extra hand placement deductions for adjusting or correcting the hand grip with a deduction of .1 each time. Many gymnasts were losing as much as .2 to .5 for their whole routine.
- In general the dismounts were very good and there was a lot of bonus for stuck landings, especially for the layout. Most had their center of mass above bar height and the layout positions were very good in general.

Session FR2- Level 5

- There were a lot of deductions on both of the casts not fully being to horizontal. Several competitors received virtuosity for casts above 45° .
- 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. If the $\frac{1}{2}$ turn was done high (especially above horizontal) and with good form, we would award virtuosity.
- There weren't many deductions for swings being below 45° . Some virtuosity was given if the swings were horizontal or better with good form.

- Some had deductions on the undershoot for letting the hips drop too early or for not getting good extension at the end.
- A few teams attempted the back salto dismount, but left out a swing. After the undershoot and swing backwards, there is a full swing (#7) and then another (or two) before the back salto. Some were doing the full swing (#7) and then going right into the back salto dismount.
- Bonus:
 - The majority of the competitors would attempt at least one Specified Bonus part. Many attempted two and about ¼ of the competitors attempted all three.
 - The majority of the bonus elements completed were flyaways. For the most part they were done well and there were many stuck landings. Most of the deductions were for **not showing lift**, 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 (i.e. hips touching the bar at all,) 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.
- Over 60% of the gymnasts attempted at least one set of bonus giants. The majority of the front and back giants did have at least some small form deductions like bent arms, bent legs or feet separation.
- 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 with continuous rhythm, but most who attempted to do this bonus did it fairly well.
- Almost 70% of the competitors attempted a backward flyaway stretched salto for a Specified Bonus. Some were deemed to be piked instead of stretched. The most common deduction on the flyaway was for not showing lift or not being a minimum of bar height on the stretched back salto.
- Almost 50% of the competitors stuck their landings, but still had some deductions for feet apart, not showing lift and not opening the body before landing.

Session SA1 & SA3- Level 8, 11-12, 13+

- The construction of many routines were similar to level 7 routine, with or without the ½ turn and baby giant. They started with a kip or free hip, did some back giants, a blind change or ½ turn, front giants, a pirouette 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 many extra giants that only were evaluated for execution and many extra hand placements.
- There were many 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 Group II Flight elements, approximately 15% of the competitors did either a straddle cut catch or a rear vault catch, almost all at the beginning of the routine.
 - There were a couple of jams (Adlers), but not many El-grip elements through turning.
- For the 11-12 group; there were about 20% stuck landings, but 15% of the total didn't count for bonus because they were only A value.
For the 13+ group; there were only 20% of the competitors stuck their dismounts, of which almost all of these were A dismounts.

Session SA2 & SA3- 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 B credit and some finished high enough to get a C, however not many went the whole way to nominal handstand to get the extra bonus +.1.
- Many of the gymnasts who did an Endo also did an Endo with ½ turn to receive another B value.
- The great majority of the ½ pirouettes, Higgins, blind changes, Endos and Endos with ½ turn received a small or medium deductions for not finishing within $\pm 15^\circ$ of vertical.
- The majority of the start scores were between 12.4 and 14.5.
- Dismounts:
 - 37% of the gymnasts did a C value dismount for full Element Group Credit.
 - 40% performed a B dismount for partial dismount group credit.
 - Only 12% of the gymnasts stuck their dismounts.

Session SU1 & 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. 64% of the routines had a B or a C for a dismount for full element group credit, the other 36% had an A dismount for only partial value.
- Most start values were between 11.3 and 13.4.
- Only 17% of the gymnasts stuck their dismounts at this level.

Session SU2- Level 7

- Bonus: The majority of athletes had at least one Specified Bonus skill.
 - The flyaway from giants was most often used by 58% of the gymnasts.
 - Second most used, by 50%, was the Free Hip Circle through handstand, although there was usually a small to medium deduction for not being to nominal handstand.
 - The Toe on –Toe off, Stalder or Endo was the third most used bonus skill by 37% of the gymnasts.
- The tap swing forward to ½ turn had many small to medium deductions for leg separation, overall body shape or not being to horizontal.
- There were many deductions on the cast to the forward giants. If the cast was really low, the gymnast would usually have more form deductions on the giants as well such as bent arms and legs.
- There were also many small, medium or large deductions on the Pirouette for not being completed within $\pm 15^\circ$ of nominal handstand.
- Only 35% 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,

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Region 8 Apparatus Leader on High Bar