

# 2016 Region VIII Championships Floor Exercise

## Technical Sequences

15-18 Age Group – 17 gymnasts

- Many gymnasts had trouble maintaining power and/or rhythm during the whip-whip pass
- Overall, this group performed well

11-14 Age Group – 40 gymnasts

- Similar to the 15-18 age group, many had difficulty with power/rhythm during the three back handspring pass
- This group needs more attention to the Arabian front – off axis and early turning were the most common deductions.

## Level 10 - 118 gymnasts

Scores

	High	Ave.	Low
SV	5.8	4.5	2.3
Execution Deductions	3.7	1.7	0.7
Final Score	15.0	12.7	9.9

## Level 9 - 111 gymnasts

Scores

	High	Ave.	Low
SV	5.6	4.1	2.3
Execution Deductions	3.4	1.5	0.6
Final Score	14.8	12.6	10.6

## Level 8 - 145 gymnasts

Scores

	High	Ave.	Low
SV	4.4	3.3	1.0
Execution Deductions	4.75	1.7	0.65

Final Score	13.5	11.6	6.25
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## Execution notes

- Hold elements: press handstands need to be held two seconds to avoid deduction. Several gymnasts performed a v-press or a manna-press – BOTH holds must be two seconds – multiple athletes received 0.3 deduction on both the v (or manna) and the handstand.
- Landings! EVERY PASS has potential for a landing deduction – this is upwards of five to six opportunities per gymnast to gain tenths back. Reducing landing deductions by 0.1-0.3 (or more) per pass should be a focus.
- Presentation Bonus: three Level 8s, seven Level 9s and three Level 10s received presentation bonus for cleanly performed routines.

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

Respectfully Submitted,

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RAL-FX