

REGION 8 CHAMPIONSHIP 2016

PARALLEL BARS REPORT (By Diego Estrada)

LEVEL 5:

Total competing gymnasts: 126

1st Bonus awarded to 116 gymnasts=92%

2nd Bonus awarded to 32 gymnasts=25%

3rd Bonus awarded to 46 gymnasts=36%

Stick Bonus awarded to 68 gymnasts = 54%

Most common deduction if front uprise is lack of extension. Please remember that the body needs to show full extension with their feet at least to the bars height. Gymnast should be able to lock the arms straight before reaching highest point of the front uprise.

Make sure your gymnast HOLD at least 2 seconds if they are doing L sit or V hold. Short holds means 0.3 deduction.

V sit below 45 degrees were not rewarded bonus and deducted for high angle in L sit.

Remember that the last 4 swings must be at horizontal level.

Last bonus is given for holding handstand 2seconds. Short hold were rewarded the bonus but deducted 0.3 for short hold.

LEVEL 6:

Total competing gymnasts: 130

1st Bonus awarded to 42 gymnasts=32% (4 gymnasts did giant , the rest were moys)

2nd Bonus awarded to 125 gymnasts=96%

3rd Bonus awarded to 64 gymnasts=36%

Stick Bonus awarded to 88 gymnasts = 68%

Lack of extension in glide swing was a common deduction.

Most common deduction in moy was bending arms and short catch making the body in excessive pike body position.

Giants performed were deducted for arch and bending arms.

One common mistake in this routine was the lack of a full upper arm swing when gymnasts performed the moy. Gymnasts did moy to support back swing into lay away and direct front uprise. 0.5 were deducted for missing the back upper arm swing.

Presses to handstand in most of the times were well done. Just don't forget to hold straddle L-sit for 2 full seconds.

LEVEL 7:

Total competing gymnasts: 82

1st Bonus awarded to 33 gymnasts=40% (8 gymnasts did giant , 4 gymnasts did Peach and 21 did Moy)

2nd Bonus (Stutz) awarded to 4 gymnasts=5%

3rd Bonus awarded to 46 gymnasts=56%

4th Bonus awarded to 31 gymnasts=38%

Stick Bonus awarded to 30 gymnasts = 36%

Not fully extending body in glide swing is still common.

Gymnasts doing moy were mostly deducted for bending arms and pike position at the end of the moy.

Giant still lacks of proper body position at the end and bending arms is the most common mistake.

Dismounts had deductions for height and extension.

Another common mistake was adding a swing before the front uprise

LEVEL 8:

Total competing gymnasts: 142

Highest start value: 14.10

The min amounts of skills are 6.

There were few gymnasts with less than 6 skills. Please make sure you fulfill 4 groups.

Avoid repeating front uprisers, there is too much to deduct from this skill.

Most dismounts got deducted for height and extension.

Back uprisers were almost in every instance deducted for height. Make sure gymnasts do them over the bars height.

Coaches try to arrange your gymnasts' routines so they do not have any need to do empty swings. (0.5 for each full swing)

Moys to support is a C element, however your gymnasts were deducted heavily for pike position at the end and bending arms. These deductions most of the times outweighed the value of the skill.

Swings to handstand must be held 2 seconds to have a value of A, if not, your gymnasts are at risk of a short hold or even an empty swing. In any case the deductions are at least 3 times more than the value of the skill.

LEVEL 9 and LEVEL 10:

Total competing gymnasts in **Level 9:** 109

Highest start value: 15.20

Total competing gymnasts in **Level 10:** 119

Highest start value: 15.30

While it is permissible to repeat giant to handstand and peach to handstand, don't push buttons. Be conscious about it. If they are poorly performed, it is better just to do one.

Be conscious about your gymnast's height and what type of skills he can perform without major deductions. It was common to deduct 0.3 for touching the mat surface during Moys and Giants. These elements are only worth C value= 0.3. Even if they do the rest of the skill perfectly, they will break even. However that is not the case and they get more deductions than just touching the mat. Mathematically it is a bad equation for your gymnast.

It is sad to see gymnasts in this level losing 0.3 for short holds in L sit.

Please emphasize that to your gymnasts. Sometimes they are just so focused on harder skills that they forget the simple ones.

Empty swings, low back uprisers, short or no hold in swings to handstand, low height in dismounts are still very common.

TECHNICAL SEQUENCES:

11-14 YEARS OLD

Giant: Avoid traveling. The whole idea is to end in the same place where the giant was started. Arched body position and bending arms is seen in 90% of the times. Tall gymnasts please DO NOT touch the bottom.

If you have all these mistakes, you could be better off taking this skill out of the routine until improved.

Peach: Better performed than giants, however traveling is done in 96% of the times.

Dismount: Not enough raise and lack of extension are deductions taken 94% of the times.

Swings were most of the times well performed.

15-18 YEARS OLD:

Back up Rise to handstand: Avoid excessive arch position and/or use of strength to do this skill.

Swings: Well performed.

Giant: Avoid traveling. The whole idea is to end in the same place where the giant was started. Arched body position and bending arms is seen in 98% of the times. Tall gymnasts please DO NOT touch the bottom.

If you have all these mistakes, you could be better off taking this skill out of the routine until improved.

Peach: Better performed than giants, however traveling is done in 98% of the times.

Dismount: Not enough raise and lack of extension are deductions taken 92% of the times.