

# 2016 Region 8 Championships

## Pommel Horse Report

Tim Michaels and Dean Dryer

### Technical Sequence

#### 11-14

Total Routines: 36

Score Range: 6.5-9.5

Average Score: 8.5

- Circle technique has improved dramatically. Many gymnasts are quite extended with good rhythm. 50% of the gymnasts received at least 0.1 in virtuosity.
- **Circle counting is still an issue.** Remember, the count for the four circles does not begin until both hands are in front support over the line. There is no deduction for extra circles, and most execution deductions are taken globally per section, so there is little risk in doing an additional circle to ensure the four count is met.
- Common deductions were for hands skewing and hip rollover. These are taken per part and tended to worsen in the saddle circles.
- Several gymnasts with great circles had small leg separations or bent knees on every circle. This is -0.1 per circle and adds up quickly.

#### 15-18

Total Routines: 21

Score Range: 6.2-9.2

Average Score: 7.5

- In general, the circle technique in this age group has also improved. There were some beautiful routines!
- **Routine construction remains a problem** Several gymnasts left out a circle before the handstand dismount or added an extra circle after the Czechkehr and before the Stockli A. 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.
- Flairs were heavily deducted for piking, lack of 135° straddle, and rolling of hips in  $\frac{3}{4}$  position
- Czechkehres and direct stocklis were commonly deducted for 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.

Level 8 (11-12 yrs)

Total Routines: 99

Average Start Value: 13.1

Average Score: 11.2

D Panel Comments:

- 47% of gymnasts fulfilled all four element groups.
- 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:

- Three gymnasts received execution bonus.
- Magyars and Sivados were hit heavily for skew and piking.
- Any front loop or back loop is eligible for skew deductions. Removing unnecessary loops will raise the execution score.
- Chechkehurs 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 often deducted .3 for lack of proper height. In addition, piking, hitting the horse, general form, etc. all taken as separate deductions.
- Flairs are often deducted for excessive pike.
- 19% of gymnasts had at least one fall.

Level 9 (13-14 yrs)

Total Routines: 95

Average Start Value: 13.4

Average Score: 10.9

Level 10

Total Routines: 119

Average Start Value: 14.0

Average Score: 11.5

D Panel Comments:

- 62% of level 9's and 86% of level 10's had all five element groups.
- **If a coach is unsure whether a gymnast got credit for a skill s/he should ask the judge.** It is often to their advantage to repeat the skill. This particularly applies to handstand dismounts. If a gymnast falls on the circle before the handstand, 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 is allowed to repeat it.
- 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.

E Panel Comments:

- Consistency is always an issue. 48% of level 9's and 38% of level 10's had at least one fall. This is up from previous years.
- 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 and leg cuts 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.
- 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.
- Removing unnecessary loops and circles will often raise the execution score.

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,

Tim Michaels

Region 8 Pommel Horse RAL