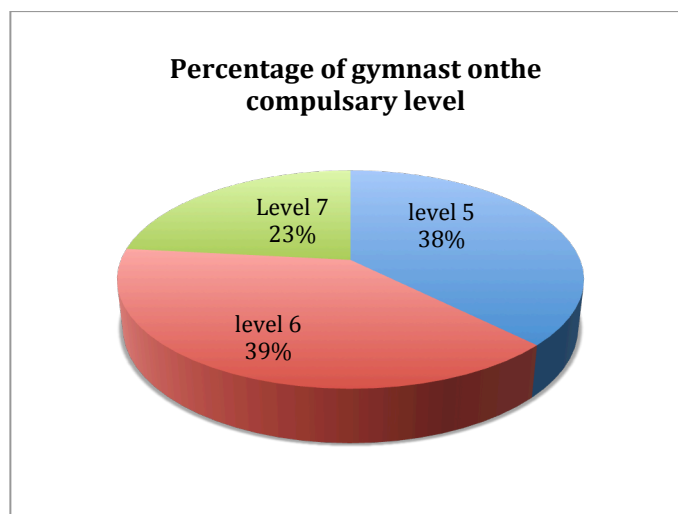


## Region 8 Championship 2016 Vault

The regional Championships was held at Jekyll Island Convention Center in Jekyll Island, GA from April 8 to the 10, 2016. I judged with Antonio Juan from FL, We work very efficient as a panel, we did no have and official enquire during the meet. The total of vaults judged were eight hundred and nineteen vaults that include bonuses vaults and technical sequences.

### Compulsory levels

<i>Level</i>	<i>Number of Vaults</i>	<i>Stick landings</i>
5	127	81 (63.8%)
6	133	38 (28.5%)
7	79	8 (10.1%)



### Level 5

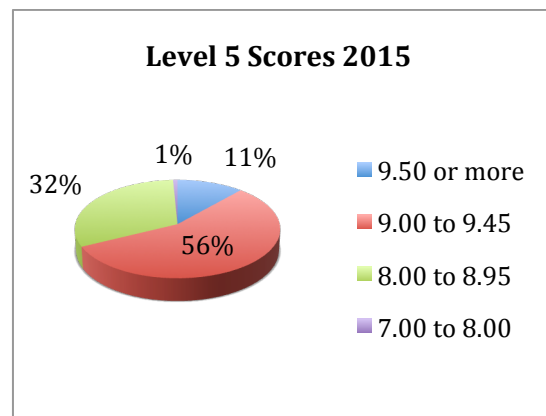
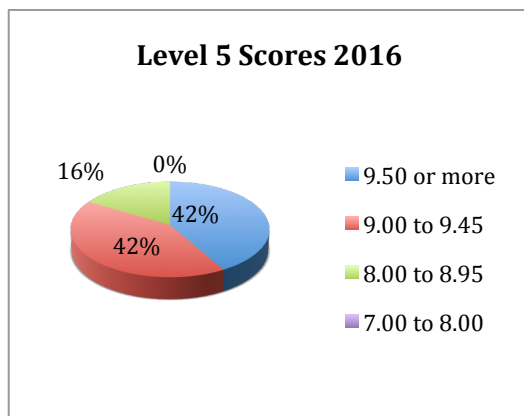
We judged one hundred and twenty seven level 5 gymnasts. In this level we still have some gymnasts that are not running properly about 19% of the gymnasts got 0.3 deductions for running with arms straight. 59% of the gymnasts did not get deductions on the run, the average deduction on the run was 0.20 tens.

3% 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.

17.3% 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 0.20 tens.

About 94.5% 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. 5.5% of the gymnasts did not get deductions on the block.

Landing. About 63.8% of the gymnasts earned the 0.2 bonus for stick landing. Fifty-three gymnasts scored more that 9.5pts, fifty-three gymnasts scored between 9.00pts and 9.45pts, twenty-one gymnasts scored between 8.00pts and 8.95pts. 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 three gymnasts. 18% of the gymnasts got 0.3 deductions for running with arms straight, 41.4% of the gymnasts did not get deductions on the run, the average deduction on the run was 0.10 ten.

3.0% 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. 3.7% of the gymnasts on this level 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.

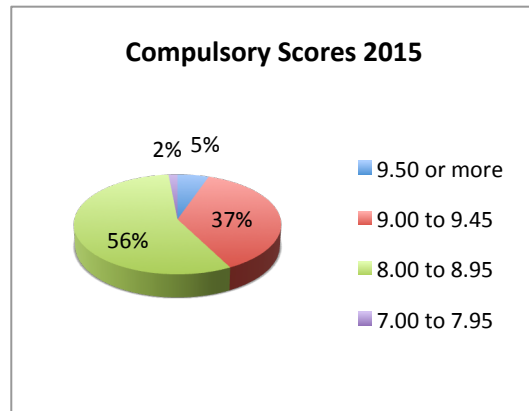
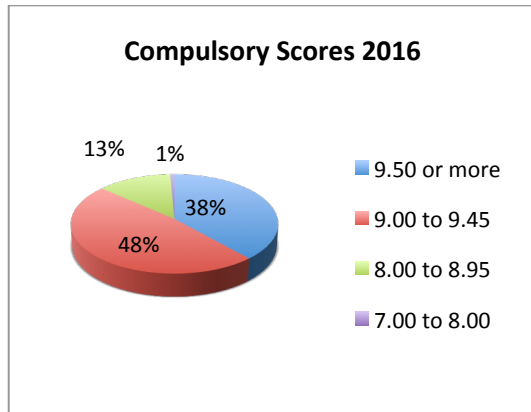
79.7% of the gymnasts got deductions on the blocking because they are not blocking within 15 degrees of vertical. The gymnast must show a distinct rise from the blocking surface.

20.3% 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-eight gymnasts (28.5%) 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-nine gymnasts. Eighteen gymnasts (22.8%) did Yamashita, fifty-one gymnasts (64.6%) did Yamashita with ½ turn, eight gymnasts (10.2%) did Handspring, one gymnast (1.2%) did handspring with full turn and one gymnast did side handspring (1.2%). The following table will show you the percentage of gymnasts on this level that score between those ranges.

Scores	Number of gymnast		Percentage	
	2016	2015	2016	2015
12.00pts and Up	28	8	35.5%	11.1%
11.00pts to 11.95pts	47	55	59.5%	76.4%
10.00pts to 10.95pts	4	8	5%	11.1%
9.00pts to 9.95pts	0	1	0%	1.4%

25.3% of the gymnasts got 0.3 deductions for running with arms straight, 35.4% of the gymnasts did not get deductions on the run.

8.8% 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.

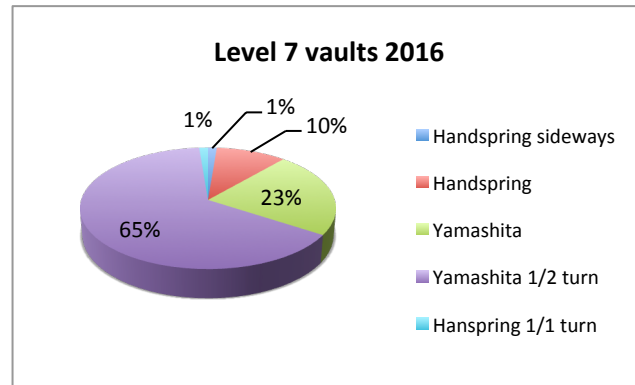
11.4% of the gymnasts got between 0.0 and 0.10 ten deductions on the hurdle and the board strike, The average deduction on the hurdle and the board strike was 0.10 ten.

84.8% 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.

11.3% of the gymnasts got between 0.0 and 0.10 ten deductions on the block. The average deduction on the block was 0.10 ten. On the post flight the common

deductions were for arch body, legs separation, legs bend, and lack of preparation to land.

Eight gymnasts (10.1%) got the 0.2 bonuses for sticking their landings. Twenty-eight gymnast scored 12.00pts or more, forty-seven gymnasts scored between 11.00pts and 11.95pt, and four gymnasts scored between 10.00pts and 10.95pts.



88 % of the vaults presented during the competition were from the Yamashita family. 67% got 0.10 ten or less in deductions on the block.

10.1% of the Yamashita vaults were pike on the pre flight compare with 28.1% from last year getting deductions from 0.10 to 0.30 tens.

25.3% of the Yamashita 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	
	2016	2015	2016	2015
8	144	116	12 (8.3%)	5 (4.3%)
9	107	112	9 (8.4%)	8 (7.1%)
10	121	89	8 (6.6%)	3 (3.4%)
10 Bonus Vaults	51	27	2 (3.9%)	3 (11.1%)
Technical Sequences	57	44	N/A	N/A

### Level 8

On this level we judged one hundred and forty-four gymnasts, ninety-nine were 11 to 12 years old and forty-five were 13 years old or older. The gymnasts showed thirteen different types of vaults.

Twelve gymnasts got 0.20 bonuses for stick their landings, eleven gymnasts got penalized 1.0pt for fall, and eight gymnasts got axis deductions five of them got penalized with 0.30 tens the other three got penalized with 0.10 ten. One gymnast got scored 1.0Pt after his second attempted.

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 0.20 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	
	2016	2015	2016	2015
13.00pts and Up	2	2	1.4%	1.7%
12.00pts to 12.95pts	26	21	18.0%	18.1%
11.00pts to 11.95pts	90	57	62.5%	49.1%
10.00pts to 10.95pts	25	33	17.4%	28.5%
9.95pts or Less	1	3	0.7%	2.6%

Table of vaults executed during the 2016 regional meet:

Element	Number of elements	Stick landing
Handspring	41	6
Handspring ½ T	5	
Handspring 1/1 T	7	
Handspring 1 ½ T		
Yamashita	1	
Yamashita ½ T	10	1
Handspring front tuck	5	
Handspring front pike	1	
Side handspring	5	
Side handspring ¼ T	1	
Side handspring ¾ T	1	
Tsukahara tuck	42	2
Tsuk tuck 1/1 T - Kas tuck	3	1
Tsukahara pike	15	1
Tsukahara stretch	7	1

## Level 9

We judged one hundred and seven gymnasts on this level, ninety-nine gymnasts were 11 to 12 years old and eight were 13 years old or older They presented seventeen different kinds of vaults. Only nine gymnasts stick their landings, earning 0.20 ten on bonus. Eighteen gymnasts got 1.00pts on deduction for fall,

also fourteen gymnasts got axis deduction twelve got 0.10 ten and six got 0.30 tens deductions on the axis.

The majority of the vaults presented on this level were from the Tsukahara family sixty-eight vaults (63.5%). The deductions on the pre flight came from leg separation, legs bend and toes flex. The average deduction on the pre flight was 0.20 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.

Scores	Number of gymnast		Percentage	
	2016	2015	2016	2015
13.00pts and Up	9	3	8.4%	2.7%
12.00pts to 12.95pts	31	34	29.0%	30.4%
11.00pts to 11.95pts	47	56	43.9%	50.0%
10.00pts to 10.95pts	20	18	18.7%	16.0%
9.00pts to 9.95pts	0	1	0.0%	0.9%

Table of vaults executed during the 2016 regional meet:

Element	Number of elements	Stick landing
Handspring	9	2
Handspring ½ T	1	
Handspring 1/1 T	1	
Handspring 1 ½ T	1	
Yamashita ½ T	5	
Handspring front tuck	5	
Side handspring	2	2
Side handspring ¼ T	2	1
Tsukahara tuck	28	1
Tsuk tuck 1/1 T - Kas tuck	5	
Tsukahara pike	15	1
Tsukahara stretch	16	2
Tsuk stretch 1/1 T - Kas stretch	3	
Yurchenko tuck	2	
Yurchenko pike	1	
Yurchenko stretch	2	
Yurchenko stretch 1/1 T	1	

## Level 10

We had one hundred and twenty-one gymnasts on this level. They presented sixteen 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 eight gymnast (6.6%) stick their landings, earning 0.20 ten on bonus.

Twenty gymnasts got 1.00pts on deduction for fall, also twenty -eight gymnasts got axis deduction nineteen got 0.10 ten and nine got 0.30 tens.

Fifty-one gymnasts (42.2%) on this level attempted a second vault for bonus and thirty-one of them (25.6%) got credit for the second vault. Only two gymnasts (1.65.1%) got the 0.2 tens bonus for landing on the bonus vault.

We had four gymnasts (3.3%) with start values between 15.00pts to 15.70pts those were the highest starts values of the competition. The highest score was 15.55 pts.

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

Scores	Number of gymnast		Percentage	
	2016	2015	2016	2015
14.00pts and Up	6	7	4.9%	7.9%
13.00pts to13.95pts	27	14	22.3%	15.7%
12.00pts to12.95pts	52	37	43.0%	41.6%
11.00pts to11.95pts	26	25	21.5%	28.1%
10.00pts to 9.00pts	10	6	8.3%	6.7%

Table of vaults executed during the 2016 regional meet:

Element	Number of elements	Stick landing
Handspring	4	2
Handspring ½ Turn	1	
Handspring 1/1 Turn	5	
Handspring front tuck	10	1
Handspring front pike ½ T	1	
Side handspring	1	1
Tsukahara tuck	12	
Tsukahara tuck ½ Turn	1	
Tsuk tuck 1/1 T - Kas tuck	8	1

Tsukahara pike	12	
Tsukahara stretch	37	1
Tsukahara stretch ½ Turn	1	
Tsuk stretch 1/1 T - Kas stretch	18	
Tsuk stretch 2/1 T - Kas stretch 1/1 T	2	1
Yurchenko pike	1	
Yurchenko stretch	3	
Yurchenko tuck 1/1 T	4	

Table of vaults executed for bonus during the 2016 regional meet:

<i>Element</i>	<i>Number of elements</i>	<i>Stick landing</i>
Handspring front tuck	12	1
Handspring front pike	10	
Handspring front tuck ½ T	1	
Handspring front tuck 1/1 T	1	
Handspring front pike ½ T	2	
Tsukahara tuck	1	
Tsuk tuck 1/1 T - Kas tuck	1	1
Tsukahara pike	1	
Tsukahara stretch	1	
Yurchenko stretch	1	

### Technical Sequences

We judged fifty-seven gymnasts during the technical sequences session. Thirty-six did Yamashita, fourteen did handspring and seven did Yurchenko. One gymnast did handspring instead of Yamashita and two gymnasts did handspring front tuck instead of handspring front pike. These gymnasts got deducted with 1.0pt because they did different vault.

<i>Vault</i>	<i>Number of gymnasts</i>		<i>High score</i>		<i>Low score</i>	
	2016	2015	2016	2015	2016	2015
Yamashita	36	30	9.70pts	9.35pts	8.15pts	7.00pts
Handspring front pike	14	8	9.20pts	8.50pts	7.15pts	7.75pts
Yurchenko stretch	7	5	9.20pts	8.60pts	8.35pts	7.70pts

The majority of the gymnasts 84% 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.



64% of the gymnasts were deducted 0.10 ten on the knee lift. 75.4% of the gymnasts were deducted 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

40.3% of the gymnasts were deducted on the vertical block. 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.

Specific technical emphasis virtuosity bonus:

- Three gymnasts bonus #1 continuous speed and use of the arm swing or circle on the hurdle. (0.20 tens)
- Four gymnasts got bonus #2 body alignment at vertical position on the board strike. (0.20 tens)
- Fifteen got bonus # 3 vertical block from the table that results on distinct rise. (0.20 tens)

### **Thinks to be aware and fix before National**

#### **Technical Sequences**

- Board strike
- Vertical block from table

The potential deduction on this could be 0.10, 0.20, or 0.30 tens

#### **Tsukahara, Handspring and Yurchenko vaults**

- Preflight legs bend or apart
- Preflight arms
- Vertical block from the table

The potential deduction on these errors could be 0.10, 0.20, or 0.50 tens

- Lack of extension in preparation for landing

The potential deduction on this could be 0.10 or 0.30 tens

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](mailto:jucebe@msn.com)

Julio Bernal  
Regional Apparatus Leader