

2017 Region VIII Championships Parallel Bars - Optional

Technical Sequences

15-18 Age Group – 27 gymnasts

- ALL swings must go to handstand – several gymnasts did not get to HS prior to the peach
- Good ratio of stuck dismounts

11-14 Age Group – 34 gymnasts

- After the swing pirouette, the HS is required to be held for THREE SECONDS. Very few gymnasts met this requirement.

Level 10 - 138 gymnasts

Scores

	High	Ave.	Low
SV	4.8	3.3	2.2
Execution Deductions	4.4	1.4	0.3
Final Score	14.1	12.0	8.3

Level 9 - 95 gymnasts

Scores

	High	Ave.	Low
SV	4.1	3.0	1.8
Execution Deductions	3.5	1.5	0.4
Final Score	13.2	11.4	8.4

Level 8 - 79 gymnasts

Scores

	High	Ave.	Low
SV	3.9	2.7	1.0
Execution Deductions	7.0	1.6	0.4
Final Score	13.1	11.1	4.0

Junior Developmental - 42 gymnasts

Scores

	High	Ave.	Low
SV	0.9	0.6	0.2
Execution Deductions	5.0	1.55	0.55
Final Score	10.1	9.0	5.2

Execution notes

- Hold elements: L-sits, press handstands, and swing handstands (that come back the same way) need to be held two seconds to avoid deduction.
- Half empty swings: these are allowed before peach and giant type skills ONLY. Several gymnasts performed an empty layaway to a front uprise, or a back uprise to glide kip...all of which received a -0.3 empty swing deduction.
- A surprising number of gymnasts had flexed toes going into the glide on a glide kip. This is an easy detail to correct to gain 0.1 to your final score!

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

Respectfully Submitted,

Adam Hattersley
RAL-PB