

2017 Region 8 Championships

Apparatus Report - Pommel Horse

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*With some additional input from Tim Michaels based on his judging observations this season.

Technical Sequences

Level 8

Average Score: 8.0

Level 9

Average Score: 7.8

Level 10

Average Score: 7.4

11-14

- Several gymnasts omitted a circle in the middle or third section. The four circle count begins when both hands are over the line in front support. Four full circles (8 hand placements) must be completed prior to beginning the travel. Remember, there is no deduction for extra circles, and execution deductions are taken globally per section, so there is little risk in doing an additional circle to ensure the four count is met.
- The most common deductions were for rhythm of circles, skew, piking, and general execution errors.

15-18

- Flair were deducted for piking, lack of 135° straddle, and rolling of hips in $\frac{3}{4}$ position
- Czechkehers and direct Stocklis were commonly deducted for pike and 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 slowing down the circle.
- Most falls occurred on the Stockli A. Lots of repetition is probably the answer.
- The handstand dismount was deducted for rhythm and use of strength instead of swing. Most deductions were for stopping and then pressing to the handstand position.

Level 8

Low Score: 5.2

High Score: 13.7

Average Score: 11.15

D Panel Comments:

- A ½ spindle must be executed in one circle to be evaluated as a B. Many gymnasts attempted the ½ spindle but broke the skill into two circles. This was evaluated as A+A.
- Side travels are a lot of work for little return and more potential execution errors.
- Gymnasts need to work on improving height of Wende and Russian dismounts.
- Some gymnasts attempted a Stockli B from front to back loops. To receive credit, the stockli must be completed in one circle and finish clearly in back loops. Severely skewed beginning and ending positions may not receive credit.
- Just to be clear, Tong Feis, Russians, Roths, Wu's, "C" Tong Feis, and similar skills must have a circle out to receive credit.
- Also of note, a Half Magyar to Flank off will not be given a dismount credit at Nationals.
- All Russian dismounts beginning from back loop finish the counting turn in front loop. Thus, facing out a 360 Russian to flank off is credited as "B+A. 180 Russian dismount or 720 Russian to flank off is credited as a B.

E Panel Comments:

- Magyars and Sivados were usually deducted .1-.3 for skew. In addition, the preceding and subsequent loops were individually subject to the same deduction. In general, more work needs to be done correcting circle body position and hand placement to avoid these deductions.
- Russian and Flank dismounts are subject to the 30 degree height deduction. These dismounts were often are deducted for lack of proper height, piking, brushing the horse, general form, etc. all taken as separate deductions.
- The most common deductions were for rhythm of circles, skew, piking, and general execution errors.

Level 9 (13-14)	Level 10 (15-16)	Level 10 (17-19)
Low Score: 7.6	Low Score: 8.35	Low Score: 7.2
High Score: 12.75	High Score: 14.3	High Score: 13.75
Average Score: 10.6	Average Score: 11.2	Average Score: 11.1

D Panel Comments:

- Skills must finish in front support to receive credit. Gymnasts often fell on travels Stocklis or Czechkehers and got no credit. This may lead to loss of the element group as well.
- Remember when counting skills that circles and flairs are the same in Levels 9 and 10.
- Some gymnasts preformed a 1/3 side travel to immediate handstand. This was evaluated as a handstand dismount only with no travel group given. The travel must finish in front support after a downhill circle and then an additional circle must be completed to receive a circle to handstand for the dismount. The skills cannot share a circle. The same evaluation applies to a schwabenflank to immediate handstand dismount. To receive group IV credit, and additional uphill circle must be performed to ensure credit for both.
- While the JO exception grants a C value to a circle to handstand, dismount upgrades for travelling and turning are based on FIG. Therefore a gymnast must do two of the following to receive a D dismount (and must do all 3 for an E): Enter from a Stockli, Travel the length of the horse, and/or turn at least 450°. Simply circling to handstand and traveling to the end without sufficient turning will result in a FIG C value
- The JO handstand dismount exception applies only to a circle to handstand. Hence, a pickup to immediate handstand or a leg cut to handstand do not receive dismount credit.
- If a gymnast attempts a circle to handstand but falls, 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 no dismount credit. It is allowable and to his advantage to perform the skill again.

E Panel Comments:

- Dismounts were deducted heavily. The circle to handstand dismount almost universally receives .5 deduction for use of strength and lack of rhythm. Bending of arms and legs, and generally poor form incurs additional deductions.
- 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 or possibly a .5 deduction for "Hitting apparatus" or "Interruption of exercise without fall (sit).
- Scissors 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 $\frac{1}{2}$ 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.
- A few gymnasts forgot to touch all three parts of the horse resulting in an additional .3 deduction.

Respectfully submitted,

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