

Region 8 Championship 2017
Vault
Julio Bernal - Regional Apparatus Leader

The regional Championships was held at Lake Point Complex in Cartersville, GA, from April 7 to the 9, 2017. I judged with Sam Cittadino and Preston Krah from GA.

Our panel was very efficient. We did not have a single official enquire.

The total of vaults judged were four hundred thirty-one vaults, sixty-one of them were technical sequences and twenty-one were vaults to get extra bonuses on level ten.

Level	Number of vaults	Percentage
10	139 optional	32.2%
10	21 Bonus vaults	4.9%
8,9,10	61 TS vaults	14.2%
9	92	21.3%
8	77	17.9%
JD	41	9.5%

Junior Developmental

On this level we judged forty-one gymnasts. The gymnasts showed four different types of vaults. Five gymnasts got 0.10 bonuses for stick their landings, four gymnasts got penalized 1.0 point for fall. Only one gymnasts got axis deductions violation and got penalized with 0.10 ten.

72.1% of vaults presented on this level were handspring 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 preflight was 0.30 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 gymnasts	Percentage
11.00pts to 11.95pts	19	46.3%
10.00pts to 10.95pts	21	51.2%
9.00pts to 9.95pts	1	2.5%

Table of vaults executed during the 2017 regional meet:

Element	Number of vaults	Stick landing
Handspring	31	5
Side handspring	5	
Side handspring ¼ Turn	2	
Tsukahara tuck	3	
Tsukahara pike	2	

Level 8

On this level we judged seventy-seven gymnasts. The gymnasts showed eleven different types of vaults.

Three gymnasts got 0.10 bonuses for stick their landings, nine gymnasts got penalized 1.0 point for fall, and seven gymnasts got axis deductions one of them got penalized with 0.30 tens.

The highest numbers of vaults presented on this level were handspring and Tsukahara type vaults, 36.4% of the gymnasts did Tsukahara tuck. 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 gymnasts	Percentage
12.00pts to 12.95pts	4	5.2%
11.00pts to 11.95pts	32	41.5%
10.00pts to 10.95pts	41	53.3%

Table of vaults executed for level 8 gymnasts during the 2017 regional meet:

Element	Number of vaults	Stick landing
Handspring	18	1
Handspring ½ Turn	8	1
Handspring 1/1 Turn	4	1
Yamashita	2	
Yamashita ½ Turn	2	
Side handspring	1	
Tsukahara tuck	28	
Tsukahara tuck 1/1 T - Kasamatsu tuck	1	
Tsukahara pike	10	
Tsukahara stretch	2	
Tsukahara stretch 1/1 T- Kasamatsu stretch	1	

Level 9

We judged ninety-two gymnasts on this level, they presented fourteen different kinds of vaults. Only six gymnasts stick their landings, earning 0.10 ten on bonus. Eleven gymnasts got 1.0point deduction for fall, also twelve gymnasts got axis deduction violation, ten got 0.10 ten and two got 0.30 tens deduction.

72.8% of the vaults presented on this level were from the Tsukahara family Sixty-seven vaults. The deductions on the preflight came from leg separation, legs bend and toes flex. The average deduction on the preflight was 0.30 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 gymnasts	Percentage
13.00pts to 13.95pts	1	1.0%
12.00pts to 12.95pts	13	14.1%
11.00pts to 11.95pts	51	55.5%
10.00pts to 10.95pts	25	27.2%
9.00pts to 9.95pts	2	2.2%

Table of vaults executed for level 9 gymnasts during the 2017 regional meet:

Element	Number of vaults	Stick landing
Handspring	10	2
Handspring ½ Turn	3	
Handspring 1/1 Turn	2	
Handspring front tuck	4	1
Handspring front pike	1	
Handspring front pike ½ Turn	2	
Side handspring	2	1
Tsukahara tuck	30	1
Tsukahara tuck 1/1 T - Kasamatsu tuck	2	
Tsukahara pike	19	
Tsukahara stretch	15	
Tsukahara stretch 1/1 T- Kasamatsu stretch	1	
Yurchenko Pike	1	
Yurchenko stretch	1	

Level 10

We had one hundred thirty-nine gymnasts on this level. They presented twenty-one different types 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 four gymnasts (2.8%) stick their landings, earning 0.10 ten on bonus. Thirteen gymnasts got 1.0pts on deduction for fall, also twenty-seven gymnasts got axis deduction violation, twenty got 0.10 ten and seven got 0.30 tens.

Twenty-one gymnasts (14.9%) on this level attempted a second vault for bonus. Only two gymnasts (9.5%) got the 0.10 ten bonus for landing on the bonus vault.

We had four gymnasts (2.8%) with start values between 15.20pts to 15.40pts those were the highest starts values of the competition.

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

Scores	Number of gymnasts	Percentage
14.00pts to 14.95pts	3	2.1%
13.00pts to 13.95pts	27	19.4%
12.00pts to 12.95pts	40	28.8%
11.00pts to 11.95pts	49	35.3%
10.00pts to 10.95pts	19	13.7%
9.00pts to 9.95pts	1	0.7%

Table of vaults executed for level 10 gymnasts during the 2017 regional meet:

Element	Number of vaults	Stick landing
Handspring	4	
Handspring ½ Turn	1	
Handspring 1/1 Turn	3	
Handspring front tuck	8	
Handspring front pike	5	
Handspring front pike ½ Turn	1	
Roche	1	
Side handspring	1	
Side handspring ¼ Turn	1	
Side handspring ¾ Turn	1	
Side handspring ¼ Turn front tuck	1	
Tsukahara tuck	18	
Tsukahara tuck 1/1 T - Kasamatsu tuck	3	
Tsukahara pike	10	
Tsukahara stretch	35	2
Tsukahara stretch 1/1 T- Kasamatsu stretch	29	2
Tsukahara stretch 2/1 T- Kasamatsu stretch 1/1 T	4	
Round off back handspring	1	
Yurchenko Tuck	2	
Yurchenko Pike		
Yurchenko Stretch	6	
Yurchenko stretch 1/1 Turn	4	

Table of vaults executed for bonus for level 10 gymnasts during the 2017 regional meet:

Element	Number of vaults	Stick landing
Handspring front pike	10	2
Handspring front pike ½ Turn	4	
Handspring 1/1 Turn		
Tsukahara tuck 1/1 T - Kasamatsu tuck	1	
Tsukahara stretch	3	

Technical Sequences

We judged sixty-one gymnasts during the technical sequences session. Thirty-four did Yamashita, five did Yurchenko and twenty-two did handspring front pike.

One gymnast that did handspring front pike got 2.0pts because they did handspring front tuck.

Vault	Number of gymnasts	High score	Low score
Yamashita	34	9.50 pts	8.00 pts
Handspring front pike	22	9.75 pts	9.70 pts
Yurchenko stretch	5	9.70 pts	8.50 pts

Yamashita Vaults

The majority of the gymnasts 83.4% 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. 20.5% of the gymnasts got the specific technical emphasis bonus number one. 41.2% of the gymnasts were deducted 0.10 tens on the knee lift during the board strike, and 58.8% of the gymnasts got the specific technical emphasis bonus number two.

On the preflight the common deductions were for arch body, legs separation, legs bend, toes flex and some on early piking

47.0% of the gymnasts were deducted on the vertical block 0.20 or 0.30 tens. 38.2% of the gymnasts got the specific technical emphasis bonus number three.

On the post flight the common deductions were for legs separation, legs bend, and lack of preparation to land, the average deduction on the opening to land was 0.10 tens.

Handspring front pike Vaults

The average deduction on the arm swing and the knee lift was 0.10 ten. 54.5% of the gymnasts were deducted 0.30 on the run for running with straight arms. Only 18.1% of the gymnasts got the specific technical emphasis bonus number one.

59.1% of the gymnasts were deducted between 0.10 to 0.20 tens on the board strike.

And 50.0% of the gymnasts got the specific technical emphasis bonus number two.

31.8% of the gymnasts were deducted on the vertical block 0.20 or 0.30 tens.

40.9% of them got the specific technical emphasis bonus number three.

On the pre-flight the common deductions were for legs separation, legs bend, and toes flex. On the post flight the common deductions were for legs separation, legs apart, and lack of preparation to land, 40.9% of the gymnasts got deducted between 0.20 and 0.30 tens opening to land.

Yurchenko Vaults

60% of the gymnasts got 0.30 tens deductions for arms straight on the run. Only one gymnast got the specific technical emphasis bonus number one. 60 % of the gymnasts got deducted on the board strike. 40% of them got the specific technical emphasis bonus number two.

On the pre-flight the common deductions were for legs separation, legs bend. 40% of the gymnasts got deducted on the pre-flight the average deduction was 0.20 tens.

80% of the gymnasts were deducted on the vertical block 0.20 or 0.30 tens. Only one got the specific technical emphasis bonus number three.

On the post flight the common deductions were for toes flex, piking down and lack of preparation to land.

Thinks to be aware and fix before National

Technical Sequences

- Board strike – angle at contact with the board 0.1 or 0.2 tens deduction
- Vertical block from table 0.1, 0.2 or 0.3 tens deductions

Tsukahara, Handspring and Yurchenko vaults

- Preflight legs bend or apart 0.1, 0.3 or 0.5 tens deductions
- Preflight arms 0.1, 0.3 or 0.5 tens deductions
- Vertical block from the table 0.1, 0.3 or 0.5 tens deductions
- Lack of extension in preparation for landing 0.1 or 0.3 tens deductions

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