

2009 Region III Gymnastics Championships

Fort Worth, Texas

April 3-5, 2009

Meet Referee Jim McKinney

JORTD Jerit Pogue

General Report

1. Meet Referee (non-judge) was assigned for each of the (6) sessions.
2. The format of all 6 sessions was True Capital Cup, as in J.O. Nationals.
3. The level 8, 9, & 10 sessions (3 sessions total) had 2 judge panels, while all other sessions had 1 judge panels.
4. Start-Score values were posted during the level 9 & 10 sessions.
It was agreed upon that the highest start score would be posted if the head judge felt that parts of the routine could had been evaluated differently, and made little to no difference in the final score.
5. Technical meetings with the judges were held at the beginning of all sessions, covering all pertinent technical issues. Pre-meet coaches meetings were held before each session covering scoring and inquiry procedures, as well as pertinent technical questions.
6. Score Inquiry forms were made available and were used for Level 8, 9, & 10 sessions. During the compulsory sessions, coaches were able to inquire on specific deductions and bonus for any routine.

	Session	# of Gymnasts	# of Inquiries	# of Changed Scores	Meet Time
1	Level 7	101	6	1 (FX), 1(R)	5:15-8:25 – 3:10
2	Level 8	52	6	1 (FX)	8:40- 11:35– 2:55
3	Level 9	69	6	1(FX), 1(PH)	12:40-3:25 - 2:45
4	Level 10	87	7	2(FX), 1(HB), 1(PB)	4:30- 8:40- 4:10
5	Level 6, 8-9, 12-13 yr olds	105	2	0	8:30-11:45 - 3:15
6	Level 6, 10-11 yr olds	116	2	0	12:45- 3:55- 3:10

7. Event Reports were prepared by the head judge on each event, and are listed below.

Floor Exercise Report

Kevin Muenz (Lev 8, 9, 10, 6) David Kays (Lev 7, 8, 9, 10)

I woke up at 6:15 thinking I hope the 8”s are good today and they were. The routines with the cleanest presentation killed the high difficulty routines. 95% of the routines had 2.5 in eg’s. Difficulty ranged from 3.0 to 4.4. 4-5 Double backs and or 2/1 fulls. Many many poor performances on press holds. Many tuck back dismounts without sticks.

Level 8, 9, & 10 General Observations

Overall, good routine construction with the rules.

The use of “A” value skills for element group requirements have allowed the coach and gymnast to work on perfecting a skill before they place it in their routine construction. This has made an increase in the overall performance improvement of the gymnast. However deductions on landings have increased.

We saw an increase in form deductions on skills while still in flight.

Level 10

Landing seemed to have the largest amount of deductions. Over 75% dismounted with a C skill or higher. The Arabian fronts performed out of a roundoff usually had a deduction of .3 because of the position of the feet. Many hold parts had short time deductions. On connecting salto skills most 2nd saltos were low and deductions were taken.

Level 9

Same comment as level 10.

Level 8

Level 8 gymnasts added more difficulty and sacrifice execution. The routines that scored high were less difficult and performed well. Most landings were .3 in deductions. Execution of the skills were poor. The average start score was 12.6.

Level 7

Most gymnasts performed the bonus on both passes. Many presented very good control in handstands, however holds could be improved. For the most part front tumbling was good. Most gymnasts received landing bonus.

Level 6.

Miscellaneous Comments

Overall the code has helped in routine construction. Perfection of skills is most important, with an A skill meeting the element group requirement, this has helped the gymnast in performing skill that they can do well.

Attn: Level 9 & 10 Coaches: In preparation for JO Nationals, if you would like any individualized feedback, please email me and I will be glad to review and give my analysis to any routine: Kevin Muenz – kgmuenz@garlandisd.net

Pommel Horse Report

James Sergeant (Lev 7, 8, 9, 10), Eric Smith (Lev 6, 8, 9, 10)

Level 8, 9, & 10 General Observations

Form is still a concern, but improvement overall is noticeable. There are still a lot of skills being done at the expense of execution. Scissors showed a marked improvement, except for most scissor hop and travel skills which still show lack of amplitude. Handstand dismounts had deductions for using strength as this needs to be more of a swing move and not a press.

Level 10

Form is improving but still needs attention. The Magyar and Sivado Travels need to be turned more square to the horse as most all had .3 deduction and many .5. Most handstand dismounts received the 0.5 standard deduction, but some gymnasts are starting to swing more now which is encouraging,

Level 9

Form is improving but still needs attention. Most skills received credit as they were finished in front support so most are well aware of this now. A few routines did not use all 3 parts of horse. Handstands were given .5 deduction 90% of the time. Scissor amplitude is showing improvement, but many received amplitude deductions with almost every hop or travel scissor receiving amplitude deductions.

Level 8

Several gymnasts did not receive dismount element group credit because after a fall they just jumped over the end of the horse, thinking it was a schwabenflank. Most handstands were given JO "C" credit, but continuous movement from the circle to the handstand is still a problem and credit for the handstand could be in question.

Level 7

Several gymnasts did not do enough stride support swings at the start of the new routine, leaving out a half swing. Coaches need to closely read and follow the new text as it can be confusing. Also, several gymnasts would fall on the travel and not perform an end circle prior to the loops losing an entire part.

Level 6

Amplitude on the swings was generally good but still needs work. Extension and good form on the mushroom still needs some attention.

Miscellaneous Comments

Attn: Level 9 & 10 Coaches: In preparation for JO Nationals, if you would like any individualized feedback, please email me and I will be glad to review and give my analysis to any routine: James Sergeant – james.sergeant@lmco.com

Still Rings Report

Jerit Pogue (Level 7, 8, 9, 10, (8-9yr old, 12-13yr old) 6's), Chris Hurst (Level 8, 9,10 (10-11 yr old) 6's)

Level 8, 9, & 10 General Observations

Many athletes at this years competition performed routines with 2.0 – 3.0 points off in exercise presentation. The majority of the deduction were on poor positions and short holds on strength parts. Many were forced to do swing to strength skills that they had not mastered. Since hold deduction are now .3 for a hold of less than 2 seconds athletes need to make sure that skills are held for the full time. Especially on simple skills like L's.

Level 10

Execution errors were most common in swing to strength parts coming in to high and bad body position. Only about half of the athletes had the full 2.5 in elements groups.

Level 9

Most coaches are taking the approach of less is more for the level 9 athletes. Very few did all 5 element groups. Most athletes were missing elements groups 2 and 3. Those who did perform these skills had .3-1.2 in deduction on these skills.

Level 8

Level 8 gymnasts are the most likely group to add more difficulty and sacrifice execution. The routines that won were less difficult and performed well.

Level 7

- The level 7 routines looked good. Swinging elements improved throughout the year. Level 7's main deductions were in the back uprise, planche holds, and press to handstands. Coaches should emphasize straight arms on plaches and handstands. Athletes need to remember to hold both L's. Most athletes who attempted the Straddle Planche for bonus has .3-.9 in deduction. Coaches need to evaluate if the skill is worth doing.

Level 6

- This routine is difficult to score above a 15 on unless the athlete can do a good handstand. Most athletes did not attempt the bonus. The ones who did only did the first bonus. The swing part of the routine has greatly improved. The most common error was the bent arms on the back uprise.

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Vault Report

Brian Cooper (Lev 8, 9, 10, All 6's) Kevin Nee (Lev7,8,9,10)

Level 8, 9, & 10 General Observations

Although a few roundoff entry vaults used most gymnasts are still using “tsuk type” vaults as their first vault if they were trying to gain bonus. Stretched body positions were not as pronounced as they need to be. A few gymnasts failed to gain bonus because of a change in vault value as a result of not maintaining a stretch position. The majority of deductions were taken on stretch prior to landing and landing faults. Number of falls again declined from last year’s meet, but steps on landing were very common. A few gymnasts received zone deductions (mostly stepping out). The number of bonus vaults declined from last year’s meet. Run speed and position on the board are areas that need to be improved. A large number of gymnasts showed a very low position on the board and height suffered as a result.

Level 10

Tsuk family vaults were competed more often as a first vault. Gymnasts used handspring fronts(an increase in the number of of piked fronts) as their main choice for bonus. Landings and direction (zone violations) were the major deductions. Fewer gymnasts received bonus during this year’s competition. Run speed continues to improve for the region and more gymnasts are taking advantage of the available bonus.

Level 9

Tsuk family once again the most popular vaults. Most gymnasts performed some type of tsuk during the level 9 session. Fewer falls were evident, but steps were still a common deduction. Lift from the table and stretch prior to landings were the most common errors other than landings.

Level 8

A number of gymnasts at this level are still using a handspring vault (a few gymnasts used ½ or 1/1 twists). Tucked tucks were also common. Block and height from table seemed to be a problem during this session in addition to falls, steps and zone violations.

Level 7

Many gymnasts received .3 and .1 deductions on height off the table. Another area where deductions occurred frequently was in the pike-open and leaving the table past vertical. In bonus, 28 received bonus for stuck landings. 7 gymnasts received 0.1 bonus for height, 3 for 0.3 bonus and none received 0.5 bonus for height.

Level 6

Few deductions were taken for arm bend. Run speed and landings continue to be the areas resulting in the most deductions. Vaults could be improved by showing more lift off of the table.

Miscellaneous Comments

Position on The new rules seem to favor either a very clean simple vault or a very high starting value to vaults that might even have a fall. Gymnasts in the middle range of start values (3.4-3.8) must have a very clean landing or risk being in the same score range as a handspring vault.

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Parallel Bars Report

J.T. Fletcher fletcher@bryanisd.org (Lev 8, 9, 10, & All 6's) and Dean Matthews (level 7's)

Level 6 – Nice job having the boys ready when judge was ready. The top routines were those getting the bonus. Many sets were very clean, but without the bonus, virtuosity or both, it is difficult to achieve the “big score.” The sequence - straddle L, press and swing hand (2 sec hold) seemed to be the area that made or broke most scores. Front swings were good in general and the rest is form (mostly). Rhythm deductions for those that hesitated during the straddle travel.

Level 7 - These routines were executed very well, there were no major problems. The most missed skill was the handstand pirouette, followed by Moy to upper arm. Several routines were done without the swings before the Moy, like last year's routines. The dismount needs to be either a tuck or layout and not a pike. Still watch the arms bending and legs apart, these were the major execution errors above all others. These routines were done with well executed swings, both front and back. Job well done keep up the good work.

Level 8 - Level 8 gymnasts are the most likely group to add more difficulty and sacrifice execution. The routines that won were less difficult and performed well. Most common mistakes were: extra swings and lack of holding the hold parts. Remember, an L and press must be held for no deduction.

Level 9 – Nice job with routine construction. The coaches are doing a great job! Most routines had all EGs; however there are still a few who are unaware of the Moy to upper arm and the back uprise are unlisted skills. Make sure all hold parts are held two seconds which includes swing handstands. Try to eliminate repeating skills. IE – two backrisers, two L's, two presses. When an athlete does two L's (short on hold) and two presses (short on hold) the execution deductions are more than they have to be. Routine construction is critical.

Level 10 – The skill level is awesome and fun to judge. It seemed the athletes were better prepared for this competition than they were at state. Routine construction is smart and in most cases easy to figure start values. The new hold (or no hold rule) sure makes routines easier to judge and safer for the athlete. Swing to handstands must show control in the handstand position or considered an extra swing. This was a common mistake in many routines.

Miscellaneous Comments

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Horizontal Bar Report

Chris Rippy (Lev 8, 9, 10,), Kevin Bates (Lev 7, 8, 9, 10 & 6)

Level 8, 9, & 10 General Observations

One of the main keys to success at Region III Championships was ability to fulfill all element groups. The gymnasts that were able to fulfill the E.G. with the cleanest form (not necessarily the most difficult) generally were the most successful. The most typical errors remained the same. They were as follows:

Pirouette and full turn angle deductions	.1 - .5 per pirouette & .3 - 1.5 per routine
In general, most routines would be better off if constructed around only 1 pirouette.	
Bent knees during stemming action	.1 - .4 combined for both sides of stemming action
Bent arms in Giant Swings	.1 - was very common throughout routines
Bent knees in taps prior to release & dismount	.1 per instance (there were not many release moves in Level 9)
Angle deductions in endo, stalder, free hip skills	.1 - .5 per instance
Landing deductions	.1 to 1.0 resulting from small steps, multiple steps, hands & knees landings, and complete falls

The 2 biggest areas of deductions, undoubtedly, arise from pirouette deductions and landing deductions. Improving these 2 areas could up the score from .6 or .8 to up 1.5 difference in score.

Level 10

Level 10 routines had a lot of endo skills, with or without 1/1 turns to mixed or eagle grip. Also, keeping exercise presentation errors at 2.0 or less has become a great accomplishment. The element group most missed was the release group.

Level 9

When a C skill was present it was usually either an endo1/1 pirouette or a "C" or better valued dismount. Like level 8 gymnasts, level 9 gymnasts would benefit from constructing routines that they can perform with great form.

Level 8

The level 8 routine was all about FORM. Most gymnasts, in general, could have kept their routines a little simpler to gain higher scores. The routines that won were constructed around less difficulty in order to provide greater execution. LESS IS MORE when it comes to Level 8 gymnasts.

Level 7

The Level 7 routine was all about keeping tight form with the hollow body position in all swinging skills. Most gymnasts were able to make it through the whole routine without major errors. The most typical error was a late pirouette turn, falling or strong breaking of form during the transition of ½ turn swing forward to the giant sequence at the end of the routine. The areas where virtuosity was most likely to be given was for beautiful giant swings throughout the entire routine, a beautiful, early pirouette, a very tight, hollow swing ½ turn to nominal handstand, and a fly-a-way performed with tight, hollow body position with extreme amplitude. Overall, body alignment during giant swings was very good.

Level 6

It is very hard, especially for the smaller gymnast, to reach a horizontal swing right before the kip and right after the Underswing. Giants, when performed are generally poorly performed but the vast majority do receive bonus. Cast into the giants were generally poor, medium deduction. Very few underswings are done with adequate amplitude and a tight hollow position. Many gymnasts were initiating swing ½ turns with their stomachs as opposed to their toes. Very few dismounts are high enough to show a complete opening of the tuck before the landing, and several layout dismounts were performed with pronounce pike.

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