**Judges Event Feedback Form**

|  |  |  |  |
| --- | --- | --- | --- |
| **Name:** Seamus Mead | **Comp:** Judges Cup 2017 | **Date(s):** 11/12/17 | **Event:** Parallel Bars |

|  |
| --- |
| **Highlights:**  Many gymnasts received bonus for front uprise in level 5/6  Many gymnasts received virtuosity for swing height  High percentage of level 4 gymnasts stuck dismounts  **Level 6**   * **If performing the moy to support bonus you must perform a layaway, fwd upper arm swing, bwd upper arm swing, and then fwd uprise or straddle uprise. Many gymnasts performed the routine as layaway immediate front uprise. This will result in a minimum 1.0 deduction for missing a required numbered part in the routine (upper arm swing fwd and bwd).** |

|  |
| --- |
| **Typical Deductions:**   * **Level 4** * **Overall: Tighter first swing and no resting on hands/arms for straddle L sit** * **One level four gymnast received handstand dismount bonus**   + Swings- not meeting minimum height requirements, body position   + On the first swing many gymnasts are kicking and having a piked front swing   + Small knee bend/flexed feet are resulting in a lot of 0.1 deductions * **Level 5** * **Overall: Gymnasts need to tighten long hang swings and get closer to handstand on dismounts.**    + Long hang swing- no straightening of legs at peak of back swing, no tap swing action   + Straddled fwd uprise to support- hips not extended and bent arms when finished   + Fwd uprise- piked hips, finishing with bent arms and feet below bar height   + The back swing after the front uprise or straddle uprise needs to reach bar height   + Swings- minimum height requirements, body position   + Dismount- not reaching handstand, no momentary hold * ***Level 6\*** * **If performing the moy to support bonus you must perform a layaway, fwd upper arm swing, bwd upper arm swing, and then fwd uprise or straddle uprise. Many gymnasts performed the routine as layaway immediate front uprise. This will result in a minimum 1.0 deduction for missing a required numbered part in the routine (upper arm swing fwd and bwd).**    + Kip- bent arms   + Swings- minimum height requirements, body position   + Moy- bail below horizontal   + Upper arm swings- hips below bar height, body position   + Fwd uprise- piked hips, finishing with bent arms and feet below bar height   + L sit- hold, legs below bars   + Straddle “L” press- hold for straddle “L” and handstand, bent elbows   + Dismount- body position, traveling forward or backward from hand placement * ***Level 7***   + Kip- bent arms   + Fwd uprise- piked hips, finishing with bent arms and feet below bar height   + Swings- minimum height requirements, body position   + Moy- bail below horizontal   + Back uprise- finish with bent arms, legs below bar height   + L sit- hold, legs below bars   + Press handstand- below 45 degrees   Dismount- body shape |

|  |
| --- |
| **Data:** |

|  |
| --- |
| **Additional Comments:** |