**Judges Event Feedback Form**

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

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| **Highlights:**Many gymnasts received bonus for front uprise in level 5/6Many gymnasts received virtuosity for swing heightHigh 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).**
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| **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 |

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| **Data:** |

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| **Additional Comments:** |