

Judges Event Feedback Form

Name: Marco Braga	Comp: Judge's Cup 2017	Date(s): 11/12/2017	Event: Horizontal Bar
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Highlights:

Although this is the first meet of the season and the gymnasts are still getting in use with the compulsories routines we can identify some patterns that may be highlighted here:

- Some virtuosity bonuses are very easy to attain, example is the hollow body maintained throughout the $\frac{1}{2}$ turn on the first skill of the level 4. Coaches should remind their gymnasts that 1 tenth of a point may be the difference between the gold and the silver medal;
- On all levels we could see gymnasts performing either less or additional swings than required. This is a very high deduction (-0.5 composition error when extra swings, or -1.0 when a full swing box is missed);
- Bent knees were very common when executing pull-overs, kips, and even on simple swings.

Typical Deductions:

Level 4

- (#3) - Low hip on the cast undershoot forward. This was the most common deduction on Level 4.
- (#6) - Most of the gymnasts were executing a very low up-rise to hop. Some were deducted -0.3 but few others had an unnoticeable hop that led to a -0.5 deduction;
- (#8) - Extra or missing swings before the dismount;

Level 5

- (#1) - Most, if not all, had bent knees on the pullover.
- (#2) - Low hip on the cast undershoot forward. As in level 4 this was a very common deduction on Level 5;
- (#5) - The kip must be executed to avoid -1.0 deduction. Gymnast should try to execute without spot but even if a spot is needed on a second try the maximum deduction will be -0.5 (if not a fall from the bar);
- (#6) - Low hip on the cast undershoot forward again.
- (#9) - Some gymnasts had an extra swing forward and backward when not executing the SB#3.

Level 6

- (#8) - Low hip on the cast undershoot forward.
- (#6) - gymnasts on level 6 must be ready to executed the kip to support without spot, some were not;
- Not many attempted the specified bonuses.

Level 7

Only three level 7 gymnasts in the horizontal bar making difficult to identify patterns but some comments are below:

- (#5 and #7) - Giants are still to be improved. Two out of the three gymnasts fell on the giants;
- No specified bonus were attempted by any of the level 7 gymnasts.

Level 8

Only three level 8 gymnasts in the horizontal bar making difficult to identify patterns but some comments are

below:

- Most of the deductions were on the body form of the giant (bent knees, bent arms, picked, etc.)
- Difficulty level was very low with very few B skills;
- Only one gymnast executed a flight element. This is very important when moving to level 9/10;
- Dismounts were very low height not showing opening before landing.

Data: N/A

Additional Comments:

- We were able to acknowledge that the coaches are very knowledgeable of the code of points and are pushing their gymnasts to execute in accordance with the routines specifications. The ones who missed or added swings for example were able to identify the mistake right away and I am positive that this will not happen again;
- Straight legs is something that the coaches should enforce. Even the best gymnasts missed one-tenth almost everywhere due to bent knees.
- In general, **Very Good Job!** All gymnasts, even young level 4s were may be competing for the first time, knew what were expected from them and showed respect for the judges and seriousness for the competition.