

MaryLou Smith: Congress 2010 this and that

thought you could include some of this at clinic

Chinese sit up-feet need to shoot to angle above HB-amp of hips ut.2

lack of rotation-ut.1

legs should be in front of body at catch

early feet on will lead to low shoot, low hips-look for late drop-front side/underside of bar rail

imagine missing bar-would they land in front drop? if so, good

Completion of turns on bars

turn is complete when you can't see other arm-body square

angle for handstand -when legs come together

Discriminating level 7/8 vault-good vs best

completion of twist timing-open and complete by horizontal characteristics

dynamics

good repulsion, quick actions

powerful-physical ability vs. muscle power

straight line vs segments-good body tension w/o arch or pike

height

center of gravity needs to rise

salto @ apex, not on the way down

good "hang time"

distance

good relationship between height and distance

extension

open should occur prior to landing-if finishing late have late opening as well as lack of extension-.3 +.2

head height vs table height good indicator of opening and timing

landing

can have opening but poor body position on landing

Better vaulters come onto table with lower bridge position

Only SLIGHT arm bend allowed on tsuks-if more than slight it IS deductible

9/10 vault

indicate bonus w/ visual sign

flexed feet-ut.1 in all phases

land in deep squat and then fall-deduct only for Fall

look where hands are placed on table to judge distance

opening on tsuks-chest facing table good indicator

will have arch on round-off entry vaults

Judging artistry, presentation, tempo, rhythm, footwork

high releve-heel lifted high over the big toe-should see calf muscle-as they get higher, calf definition gets larger

inactive hips causes lack of lightness

rhythm & tempo

most beam routines are too slow

if it doesn't look like it fits to music then probably a rhythm deduction

a step down should continue into something rather than be the end of something

dynamics

should be dynamics in each skill as well as dance and transitions

element of surprise, eye catching, WOW effect, exciting

taking skills to highest level w/ look of ease

arms

if you cannot see where the arms are start, middle, end then there is a lack of sureness

jumps, leaps should have a moment of hold at top of leap/jump

Wolf-if it doesn't look like they can go to a seat drop there should be a ded.

Back handspring-if you can see a lunge it has too much knee bend-lack of dynamics-should look like a set position-lifted, legs closed

Aerial cartwheel-should go up and around-same legs closed hips lifted end as flip flop

Exactness of movement-

should look like gymnast feels what they are doing

should be head, wrist, arm accents on everything

Compositional deductions for Floor

Level 8

Down on floor

Bal acro/dance-.2

Round-off flip flop back layout

Acro level-.2

Switch leap hitch kick

B turn-.2

forward backward steps

B salto-.3

round-off straddle jump

down on floor

All difficulty awarded

front walk over full turn

front handspring front tuck

forward steps

tuck jump ½

Routine #2

RO Flip flop back layout 1/1

Comp-0 deductions

cartwheel to handstand down to floor to backward roll

chasse

All difficulty awarded

1 ½ turn

RO back layout back tuck down on the floor

switch leap abstract leap

front handspring front pike down on the floor

Level 9

down on the floor

1 ½ turn

RO back layout 1 ½ twist

switch leap tour jete ½ turn

front handspring front layout front pike

down on the floor

RO flip flop layout back salto 1/1 twist

Distribution-.05-.1

Acro level-.05 (1 C)

All difficulty awarded

Routine #2

RO flip flop back layout 1 ½ front salto pike

switch ¼ straddle ¾ down on the floor

punch front layout front pike

wolf 1/1 down on the floor

1 ½ turn

punch front 1/1

if straddle 1/1 or wolf 1/1 not

awarded deduct .05 otherwise

comp OK even though lots of front

tumbling and 1 back tumbling pass

Routine #3

RO flip flop back layout 1/1

chasse switch leap chasse straddle straddle

front handspring front layout front layout

chasse switch ¼ tuck jump chasse

1/1 turn w/ leg above horizontal down on the floor

headstand forward roll double stag leap

RO flip flop back layout

Acro level-.2

overuse-.1

distribution-.05-.1

balance-.1

variety-.1

Z ¼ not awarded

Level 10

RO flip flop 1/1 in double back

chasse switch ¼ leap straddle ½

back extension roll

1 ½ turn

RO back salto 1 ½ twist front layout

chasse tour jete ½

round-off flip flop double back tuck

acro/dance balance-.1

all difficulty awarded

Routine #2

cabriole

front handspring front salto 1 ½

chasse switch-ring leap tour jete ½

dive forward roll

front handspring front layout 1/1 front pike

down on the floor 1 1/2 turn w/ leg above horizontal

RO flip flop back layout 2/1

distribution-.05

acro level-.05-.1

all difficulty awarded

Routine #3

front handspring front 1 ½ back layout step out
switch leap wolf 1/1
front handspring front 2/1
front walk over down on the floor
2/1 turn
double stag leap
RO flip flop back salto 2/1

distribution-.05
acro level-0-.05
acro/dance balance-0-.05

All difficulty awarded

Routine #4

Full turn RO flip flop double back tuck
switch leap straddle ¼ forward roll
1 ½ turn
front handspring front layout front layout
RO flip flop back salto 1 ½ front tuck
turning leap

acro/dance balance-.1
acro level-.05

All difficulty awarded

Routine #5

RO flip flop double back pike
chasse tour jete ½ wolf ½
RO back salto 1 ½ front layout
stag leap down on the floor
1 ½ turn
chasse
RO flip flop double back salto

acro/dance bal-.1

All difficulty awarded