



EXECUTION ERRORS - UB/BB/FX/GENERAL

UNEVEN BARS	BALANCE BEAM	FLOOR EXERCISE	GENERAL
Specific Execution Insufficient Angle of Arrival-Flight to HS on LB 0.05 Under Rotation of Release/Flight Elements ↑ 0.10 Precision of Handstand Positions Throughout ↑ 0.10 Extension of Glides/Swing into Kips ↑ 0.10 Poor Rhythm in Elements/Connections ↑ 0.10 Hesitation in Jump or Swing to HB ↑ 0.10 Touch, Brush on Apparatus/Mat with Foot/Feet ↑ 0.10 Landing Too Close to Bar on Dismount 0.10 Amplitude of Elements ↑ 0.20 ea Dynamics ↑ 0.20 - Insufficient Swingful Execution Throughout - Energy Not Maintained Throughout Exercise - Fails to Make Difficult Look Effortless Hit of Foot/Feet on Apparatus 0.20 Incorrect Padding (Heel/Hip) CJ 0.20 Height of Salto Dismount ↑ 0.30 Extension (Open) of Tuck/Pike Body Positions Prior to Landing Dismount ↑ 0.30 Amplitude of Casts ↑ 0.30 Angle of Turn Completion ↑ 0.30 Hit of Foot/Feet on Mat 0.30 Grasp Apparatus to Avoid a Fall 0.30 Intermediate (extra) Swing/Cast (Max 0.50 ea) 0.30 Full Support on Foot/Feet on Mat During Routine 0.50	Specific Execution Feet Apart on Side Position Landing of Leaps/Jumps ↑ 0.10 ea Hesitation in Jump, Press, Swing to Handstand ↑ 0.10 ea Body Position/Alignment in Dance Element ↑ 0.10 ea Lack of Precision in Dance Element ↑ 0.10 ea Turn Elements Not Performed in High Releve ↑ 0.10 ea Landing Too Close to Beam on Dismount 0.10 Concentration Pause (2 seconds) ↑ 0.10 ea Rhythm of Connections-Dance/Mixed/Acro(not bk flight) ↑ 0.20 ea Insufficient Split When Required (Dance/Aco Elements) ↑ 0.20 Dynamics ↑ 0.20 Height of Leaps/Jumps/Hops ↑ 0.20 ea Height of Acro Flight, Aerials & Saltos ↑ 0.20 ea Sureness of Performance Throughout ↑ 0.20 Variation in Rhythm/Tempo Throughout ↑ 0.20 Relaxed/Incorrect Footwork in Non-VPs Throughout ↑ 0.20 Support of 1 leg against Side of BB 0.20 Height of Salto Dismount ↑ 0.30 Additional Movements to Maintain Balance on Beam ↑ 0.30 Direction of Gainer Dismount off End of Beam ↑ 0.30 Extension (Open) of Tuck/Pike Body Position Prior to Landing Acro Element & Dismount ↑ 0.30 Relaxed/Incorrect/Isuff Leg Position, Body Position & Flexibility Non-VPs Throughout ↑ 0.30 Grasp of Beam to Avoid a Fall 0.30 Use of Supplemental Support 0.30 Artistry/Presentation - Originality/Creativity ↑ 0.30	Specific Execution Feet Apart on Landing of Leaps/Jumps ↑ 0.10 ea Rhythm During Execution of Direct Connection ↑ 0.10 ea Body Position/Alignment in Dance Elements ↑ 0.10 ea Fails to Perform Turns in High Relevé ↑ 0.10 ea Concentration Pause (2 seconds) ↑ 0.10 ea Legs Not Parallel to Floor in Split/Straddle/Pike ↑ 0.20 Height of Leaps/Jumps/Hops ↑ 0.20 ea Insufficient Split When Required (Dance/Acro) ↑ 0.20 Dynamics ↑ 0.20 Relaxed/Incorrect Footwork Throughout ↑ 0.20 Poor Relationship of Music & Movement Throughout ↑ 0.20 Height of Saltos ↑ 0.30 ea Extension (Open) of Tuck/Pike Body ↑ 0.20 Position Prior to Landing Acro Elements ↑ 0.30 Relaxed/Incorrect/Insufficient Leg Positions Body Positions & Flexibility Throughout ↑ 0.30 Artistry/Presentation ↑ 0.30 Music With Words (CJ) 1.00 Absence of Music (CJ) 1.00 Neutral Deductions Fail to Present Before/After Routine (CJ) 10 ea Fail to Mark Line on Mat Over Boundary Line (CJ) 0.10 Exceeds FX Boundary Line (CJ) 10 ea Overtime - BB/FX (CJ) 0.10 Coach Between Bars or Next to BB Throughout (CJ) 0.10 Excessive Use of Chalk (CJ) 0.20 Incorrect Attire/Jewelry (after 1st warming) (CJ) 0.20 Verbal Cues by Coach/Team (after warming) (CJ) 0.20 Coach Instructs Gymnast During Routine (CJ) 0.20 Failure to Begin Exercise within 30 sec/on Signal (CJ) 0.20 Exceeds Warm-Up Time (after warming) (CJ) 0.20 Incorrect Apparatus Specs (CJ) 0.30	General Execution Flexed/Sickled Feet During Value Parts 0.05 ea Legs/Knees Crossed ↑ 0.10 Legs/Knees Separated ↑ 0.20 Exactness of Body Shape - Tuck/Pike ↑ 0.20 (Stretched - Arch or Hip Angle - 136-179) Failure to Maintain Stretched Body Position ↑ 0.20 (Pikes down (UB, BB, FX) Incomplete Turn/Twist ↑ 0.20 ea Bent Arms in Support or Bent Legs ↑ 0.30 ea Fall or Support on Hand(s) on Apparatus or Mat ↑ 0.50 Fails to Land on Bottom of Feet First on Saltos/Aerials/Dismount - Fall (No ER/SR) ↑ 0.50 General Landing Execution Feet Hip-Width or Closer - Never Join on Dismount 0.05 Slight Hop, Adjustment of Feet, Staggered Feet ↑ 0.10 Deviation from Straight Direction ↑ 0.10 Arm Swings to Maintain Balance ↑ 0.10 Feet More Than Hip-Width Apart 0.10 Steps (Max .40) 10 ea Trunk Movements for Balance ↑ 0.20 Body Posture on Landing of Required Elements ↑ 0.20 Large Step or Jump ↑ 0.20 Brush/Touch of Landing Surface With Hand(s) ↑ 0.30 Squat Upon Landing ↑ 0.30 Spotting Assist on Landing 0.50 Neutral Deductions (Continued) Board on Unpermitted Surface (CJ) 0.30 Failure to Remove Board After Mount (CJ) 0.30 Use of Supplementary Mats (CJ) 0.30 No Dismount from Start Value 0.30 Lands Acro Element or Dismount in Pit (CJ) No VP/SR 0.30 Spotting Assist on Element - No RE Awarded 0.50 Starts Exercise Before Signal (Repetition) (CJ) 0.50 3rd Run Approach (UB/BB Mounts) 0.50 Coach on FX Mat (CJ) 0.50 Short Exercise (CJ) BB/FX - less than 30 sec 2.00 UB - less than 5 Value Parts 0.50 Exceeds Fall Time (UB/BB) (CJ) Terminates Exercise
Score Range 9.5 - 10 0.2 9.0 - 9.475 0.5 8.0 - 8.975 0.7 Below 8.0 1.00 Courtesy Score = Minimum of 5.00	Specific To Level Levels 6-10 Composition Not Up to Competition Level ↑ 0.30		