



**EXECUTION ERRORS - UB/BB/FX/GENERAL**

UNEVEN BARS	BALANCE BEAM	FLOOR EXERCISE	GENERAL
<p><b>Specific Execution</b></p> <p>Insufficient Angle of Arrival-Flight to HS on LB <u>0.05</u></p> <p>Under Rotation of Release/Flight Elements ↑ 0.10</p> <p>Precision of Handstand Positions Throughout ↑ 0.10</p> <p>Extension of Glides/Swing into Kips ↑ 0.10</p> <p>Poor Rhythm in Elements/Connections ↑ 0.10</p> <p>Hesitation in Jump or Swing to HB ↑ 0.10</p> <p>Touch, Brush on Apparatus/Mat with Foot/Feet ↑ 0.10</p> <p>Landing Too Close to Bar on Dismount <u>0.10</u></p> <p>Amplitude of Elements ↑ 0.20 ea</p> <p>Dynamics ↑ 0.20</p> <p>- Insufficient Swingful Execution Throughout</p> <p>- Energy Not Maintained Throughout Exercise</p> <p>- Fails to Make Difficult Look Effortless</p> <p>Hit of Foot/Feet on Apparatus <u>0.20</u></p> <p>Incorrect Padding (Heel/Hip) CJ <u>0.20</u></p> <p>Height of Salto Dismount ↑ 0.30</p> <p>Extension (Open) of Tuck/Pike Body</p> <p>Positions Prior to Landing Dismount ↑ 0.30</p> <p>Amplitude of Casts ↑ 0.30</p> <p>Angle of Turn Completion ↑ 0.30</p> <p>Hit of Foot/Feet on Mat <u>0.30</u></p> <p>Grasp Apparatus to Avoid a Fall <u>0.30</u></p> <p>Intermediate (extra) Swing/Cast (Max 0.50 ea) <u>0.30</u></p> <p>Full Support on Foot/Feet on Mat During Routine <u>0.50</u></p>	<p><b>Specific Execution</b></p> <p>Feet Apart on Side Position Landing of Leaps/Jumps ↑ 0.10 ea</p> <p>Hesitation in Jump, Press, Swing to Handstand ↑ 0.10 ea</p> <p>Body Position/Alignment in Dance Element ↑ 0.10 ea</p> <p>Lack of Precision in Dance Element ↑ 0.10 ea</p> <p>Turn Elements Not Performed in High Releve ↑ 0.10 ea</p> <p>Landing Too Close to Beam on Dismount <u>0.10</u></p> <p>Concentration Pause (2 seconds) ↑ 0.10 ea</p> <p>Rhythm of Connections-Dance/Mixed/Acro(not bk flight) ↑ 0.20 ea</p> <p>Insufficient Split When Required (Dance/Aco Elements) ↑ 0.20</p> <p>Dynamics ↑ 0.20</p> <p>Height of Leaps/Jumps/Hops ↑ 0.20 ea</p> <p>Height of Acro Flight, Aerials &amp; Saltos ↑ 0.20 ea</p> <p>Sureness of Performance Throughout ↑ 0.20</p> <p>Variation in Rhythm/Tempo Throughout ↑ 0.20</p> <p>Relaxed/Incorrect Footwork in Non-VPs Throughout ↑ 0.20</p> <p>Support of 1 leg against Side of BB <u>0.20</u></p> <p>Height of Salto Dismount ↑ 0.30</p> <p>Additional Movements to Maintain Balance on Beam ↑ 0.30</p> <p>Direction of Gainer Dismount off End of Beam ↑ 0.30</p> <p>Extension (Open) of Tuck/Pike Body Position</p> <p>Prior to Landing Acro Element &amp; Dismount ↑ 0.30</p> <p>Relaxed/Incorrect/Insuff Leg Position, Body Position &amp; Flexibility Non-VPs Throughout ↑ 0.30</p> <p>Grasp of Beam to Avoid a Fall <u>0.30</u></p> <p>Use of Supplemental Support <u>0.30</u></p> <p>Artistry/Presentation - Originality/Creativity ↑ 0.30</p>	<p><b>Specific Execution</b></p> <p>Feet Apart on Landing of Leaps/Jumps ↑ 0.10 ea</p> <p>Rhythm During Execution of Direct Connection ↑ 0.10 ea</p> <p>Body Position/Alignment in Dance Elements ↑ 0.10 ea</p> <p>Fails to Perform Turns in High Relevé ↑ 0.10 ea</p> <p>Concentration Pause (2 seconds) ↑ 0.10 ea</p> <p>Legs Not Parallel to Floor in Split/Straddle/Pike ↑ 0.20</p> <p>Height of Leaps/Jumps/Hops ↑ 0.20 ea</p> <p>Insufficient Split When Required (Dance/Acro) ↑ 0.20</p> <p>Dynamics ↑ 0.20</p> <p>Relaxed/Incorrect Footwork Throughout ↑ 0.20</p> <p>Poor Relationship of Music &amp; Movement Throughout ↑ 0.20</p> <p>Height of Saltos ↑ 0.30 ea</p> <p>Extension (Open) of Tuck/Pike Body ↑ 0.20</p> <p>Position Prior to Landing Acro Elements ↑ 0.30</p> <p>Relaxed/Incorrect/Insufficient Leg Positions</p> <p>Body Positions &amp; Flexibility Throughout ↑ 0.30</p> <p>Artistry/Presentation ↑ 0.30</p> <p>Music With Words (CJ) <u>1.00</u></p> <p>Absence of Music (CJ) <u>1.00</u></p>	<p><b>General Execution</b></p> <p>Flexed/Sickled Feet During Value Parts <u>0.05 ea</u></p> <p>Legs/Knees Crossed ↑ 0.10</p> <p>Legs/Knees Separated ↑ 0.20</p> <p>Exactness of Body Shape - Tuck/Pike ↑ 0.20</p> <p>(Stretched - Arch or Hip Angle - 136-179)</p> <p>Failure to Maintain Stretched Body Position ↑ 0.20</p> <p>(Pikes down (UB, BB, FX))</p> <p>Incomplete Turn/Twist ↑ 0.20 ea</p> <p>Bent Arms in Support or Bent Legs ↑ 0.30 ea</p> <p>Fall or Support on Hand(s) on Apparatus or Mat ↑ 0.50</p> <p>Fails to Land on Bottom of Feet First on</p> <p>Saltos/Aerials/Dismount - Fall (No ER/SR) ↑ 0.50</p>
<p><b>Score Range</b></p> <p>9.5 - 10 0.2</p> <p>9.0 - 9.475 0.5</p> <p>8.0 - 8.975 0.7</p> <p>Below 8.0 1.00</p> <p>Courtesy Score = Minimum of 5.00</p>	<p><b>Specific To Level</b></p> <p>Levels 6-10</p> <p>Composition</p> <p>Not Up to Competition Level ↑ 0.30</p>	<p><b>Neutral Deductions</b></p> <p>Fail to Present Before/After Routine (CJ) <u>1.0 ea</u></p> <p>Fail to Mark Line on Mat Over Boundary Line (CJ) <u>0.10</u></p> <p>Exceeds FX Boundary Line (CJ) <u>1.0 ea</u></p> <p>Overtime - BB/FX (CJ) <u>0.10</u></p> <p>Coach Between Bars or Next to BB Throughout (CJ) <u>0.10</u></p> <p>Excessive Use of Chalk (CJ) <u>0.20</u></p> <p>Incorrect Attire/Jewelry (after 1st warning) (CJ) <u>0.20</u></p> <p>Verbal Cues by Coach/Team (after warning) (CJ) <u>0.20</u></p> <p>Coach Instructs Gymnast During Routine (CJ) <u>0.20</u></p> <p>Failure to Begin Exercise within 30 sec/on Signal (CJ) <u>0.20</u></p> <p>Exceeds Warm-Up Time (after warning) (CJ) <u>0.20</u></p> <p>Incorrect Apparatus Specs (CJ) <u>0.30</u></p>	<p><b>Neutral Deductions (Continued)</b></p> <p>Board on Unpermitted Surface (CJ) <u>0.30</u></p> <p>Failure to Remove Board After Mount (CJ) <u>0.30</u></p> <p>Use of Supplementary Mats (CJ) <u>0.30</u></p> <p>No Dismount from Start Value <u>0.30</u></p> <p>Lands Acro Element or Dismount in Pit (CJ) No VP/SR <u>0.30</u></p> <p>Spotting Assist on Element - No RE Awarded <u>0.50</u></p> <p>Starts Exercise Before Signal (Repetition) (CJ) <u>0.50</u></p> <p>3rd Run Approach (UB/BB Mounts) <u>0.50</u></p> <p>Coach on FX Mat (CJ) <u>0.50</u></p> <p>Short Exercise (CJ) BB/FX - less than 30 sec <u>2.00</u></p> <p>UB - less than 5 Value Parts <u>0.50</u></p> <p>Exceeds Fall Time (UB/BB) (CJ) Terminates Exercise</p>