



## 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 <span style="float: right;">0.05</span></p> <p>Under Rotation of Release/Flight Elements <span style="float: right;">↑ 0.10</span></p> <p>Precision of Handstand Positions Throughout <span style="float: right;">↑ 0.10</span></p> <p>Extension of Glides/Swing into Kips <span style="float: right;">↑ 0.10</span></p> <p>Poor Rhythm in Elements/Connections <span style="float: right;">↑ 0.10</span></p> <p>Hesitation in Jump or Swing to HB <span style="float: right;">↑ 0.10</span></p> <p>Touch, Brush on Apparatus/Mat with Foot/Feet <span style="float: right;">↑ 0.10</span></p> <p>Landing Too Close to Bar on Dismount <span style="float: right;">0.10</span></p> <p>Amplitude of Elements <span style="float: right;">↑ 0.20 ea</span></p> <p>Dynamics <span style="float: right;">↑ 0.20</span></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 <span style="float: right;">0.20</span></p> <p>Incorrect Padding (Heel/Hip) CJ <span style="float: right;">0.20</span></p> <p>Height of Salto Dismount <span style="float: right;">↑ 0.30</span></p> <p>Extension (Open) of Tuck/Pike Body</p> <p>Positions Prior to Landing Dismount <span style="float: right;">↑ 0.30</span></p> <p>Amplitude of Casts <span style="float: right;">↑ 0.30</span></p> <p>Angle of Turn Completion <span style="float: right;">↑ 0.30</span></p> <p>Hit of Foot/Feet on Mat <span style="float: right;">0.30</span></p> <p>Grasp Apparatus to Avoid a Fall <span style="float: right;">0.30</span></p> <p>Intermediate (extra) Swing/Cast (Max 0.50 ea) <span style="float: right;">0.30</span></p> <p>Clear Hip/Stalder's/Toe Circles Below 45 Degrees from Vertical <span style="float: right;">↑ 0.40</span></p> <p>Full Support on Foot/Feet on Mat During Routine <span style="float: right;">0.50</span></p> <p>Uncharacteristic Element <span style="float: right;">0.30</span></p>	<p><b>Specific Execution</b></p> <p>Feet Apart on Side Position Landing of Leaps/Jumps <span style="float: right;">↑ 0.10 ea</span></p> <p>Hesitation in Jump, Press, Swing to Handstand <span style="float: right;">↑ 0.10 ea</span></p> <p>Body Position/Alignment in Dance Element <span style="float: right;">↑ 0.10 ea</span></p> <p>Lack of Precision in Dance Element <span style="float: right;">↑ 0.10 ea</span></p> <p>Turn Elements Not Performed in High Releve <span style="float: right;">↑ 0.10 ea</span></p> <p>Landing Too Close to Beam on Dismount <span style="float: right;">0.10</span></p> <p>Concentration Pause (2 seconds) <span style="float: right;">↑ 0.10 ea</span></p> <p>Rhythm of Connections-Dance/Mixed/Acro(not bk flight) <span style="float: right;">↑ 0.20 ea</span></p> <p>Insufficient Split When Required (Dance/Aco Elements) <span style="float: right;">↑ 0.20</span></p> <p>Dynamics <span style="float: right;">↑ 0.20</span></p> <p>Height of Leaps/Jumps/Hops <span style="float: right;">↑ 0.20 ea</span></p> <p>Height of Acro Flight, Aerials &amp; Saltos <span style="float: right;">↑ 0.20 ea</span></p> <p>Sureness of Performance Throughout <span style="float: right;">↑ 0.20</span></p> <p>Variation in Rhythm/Tempo Throughout <span style="float: right;">↑ 0.20</span></p> <p>Relaxed/Incorrect Footwork in Non-VPs Throughout <span style="float: right;">↑ 0.20</span></p> <p>Support of 1 leg against Side of BB <span style="float: right;">0.20</span></p> <p>Height of Salto Dismount <span style="float: right;">↑ 0.30</span></p> <p>Additional Movements to Maintain Balance on Beam <span style="float: right;">↑ 0.30</span></p> <p>Direction of Gainer Dismount off End of Beam <span style="float: right;">↑ 0.30</span></p> <p>Extension (Open) of Tuck/Pike Body Position</p> <p>Prior to Landing Acro Element &amp; Dismount <span style="float: right;">↑ 0.30</span></p> <p>Relaxed/Incorrect/Insuff Leg Position, Body Position &amp; Flexibility Non-VPs Throughout <span style="float: right;">↑ 0.30</span></p> <p>Grasp of Beam to Avoid a Fall <span style="float: right;">0.30</span></p> <p>Use of Supplemental Support <span style="float: right;">0.30</span></p> <p>Artistry/Presentation - Originality/Creativity <span style="float: right;">↑ 0.30</span></p>	<p><b>Specific Execution</b></p> <p>Feet Apart on Landing of Leaps/Jumps <span style="float: right;">↑ 0.10 ea</span></p> <p>Rhythm During Execution of Direct Connection <span style="float: right;">↑ 0.10 ea</span></p> <p>Body Position/Alignment in Dance Elements <span style="float: right;">↑ 0.10 ea</span></p> <p>Fails to Perform Turns in High Relevé <span style="float: right;">↑ 0.10 ea</span></p> <p>Concentration Pause (2 seconds) <span style="float: right;">↑ 0.10 ea</span></p> <p>Legs Not Parallel to Floor in Split/Straddle/Pike <span style="float: right;">↑ 0.20</span></p> <p>Height of Leaps/Jumps/Hops <span style="float: right;">↑ 0.20 ea</span></p> <p>Insufficient Split When Required (Dance/Acro) <span style="float: right;">↑ 0.20</span></p> <p>Dynamics <span style="float: right;">↑ 0.20</span></p> <p>Relaxed/Incorrect Footwork Throughout <span style="float: right;">↑ 0.20</span></p> <p>Poor Relationship of Music &amp; Movement Throughout <span style="float: right;">↑ 0.20</span></p> <p>Height of Saltos <span style="float: right;">↑ 0.30 ea</span></p> <p>Extension (Open) of Tuck/Pike Body <span style="float: right;">↑ 0.20</span></p> <p>Position Prior to Landing Acro Elements <span style="float: right;">↑ 0.30</span></p> <p>Relaxed/Incorrect/Insufficient Leg Positions</p> <p>Body Positions &amp; Flexibility Throughout <span style="float: right;">↑ 0.30</span></p> <p>Artistry/Presentation <span style="float: right;">↑ 0.30</span></p> <p>Music With Lyrics or Words (CJ) <span style="float: right;">1.00</span></p> <p>Absence of Music (CJ) <span style="float: right;">1.00</span></p>	<p><b>General Execution</b></p> <p>Flexed/Sickled Feet During Value Parts <span style="float: right;">.05 ea</span></p> <p>Legs/Knees Crossed <span style="float: right;">↑ 0.10</span></p> <p>Legs/Knees Separated <span style="float: right;">↑ 0.20</span></p> <p>Exactness of Body Shape - Tuck/Pike <span style="float: right;">↑ 0.20</span></p> <p>(Stretched - Arch or Hip Angle - 136-179°)</p> <p>Failure to Maintain Stretched Body Position <span style="float: right;">↑ 0.20</span></p> <p>(Pikes down (UB, BB, FX))</p> <p>Incomplete Turn/Twist <span style="float: right;">↑ 0.20 ea</span></p> <p>Bent Arms in Support or Bent Legs <span style="float: right;">↑ 0.30 ea</span></p> <p>Fall or Support on Hand(s) on Apparatus or Mat <span style="float: right;">↑ 0.50</span></p> <p>Fails to Land on Bottom of Feet First on</p> <p>Saltos/Aerials/Dismount - Fall (No VP/SR) <span style="float: right;">↑ 0.50</span></p> <p>Spotting Assist on Element - No SR/VP Awarded <span style="float: right;">0.50</span></p>
			<p><b>General Landing Execution</b></p> <p>Feet Hip-Width or Closer - Never Join on Dismount <span style="float: right;">0.05</span></p> <p>Slight Hop, Adjustment of Feet, Staggered Feet <span style="float: right;">↑ 0.10</span></p> <p>Deviation from Straight Direction <span style="float: right;">↑ 0.10</span></p> <p>Arm Swings to Maintain Balance <span style="float: right;">↑ 0.10</span></p> <p>Feet More Than Hip-Width Apart <span style="float: right;">0.10</span></p> <p>Steps (Max .40) <span style="float: right;">.10 ea</span></p> <p>Trunk Movements for Balance <span style="float: right;">↑ 0.20</span></p> <p>Body Posture on Landing of Required Elements <span style="float: right;">↑ 0.20</span></p> <p>Large Step or Jump <span style="float: right;">↑ 0.20</span></p> <p>Brush/Touch of Landing Surface With Hand(s) <span style="float: right;">↑ 0.30</span></p> <p>Squat Upon Landing <span style="float: right;">↑ 0.30</span></p> <p>Spotting Assist on Landing <span style="float: right;">0.50</span></p>
		<p><b>Neutral Deductions</b></p> <p>Fail to Present Before or After Routine (CJ) <span style="float: right;">.10 ea</span></p> <p>Fail to Mark Line on Mat Over Boundary Line (CJ) <span style="float: right;">0.10</span></p> <p>Exceeds FX Boundary Line (CJ) <span style="float: right;">.10 ea</span></p> <p>Overtime - BB/FX (CJ) <span style="float: right;">0.10</span></p> <p>Coach Between UB or Next to BB Throughout (CJ) <span style="float: right;">0.10</span></p> <p>Excessive Use of Chalk (CJ) <span style="float: right;">0.20</span></p> <p>Incorrect Attire/Jewelry (after 1st warning) (CJ) <span style="float: right;">0.20</span></p> <p>Verbal Cues by Coach/Team (after warning) (CJ) <span style="float: right;">0.20</span></p> <p>Coach Instructs Gymnast During Routine (CJ) <span style="float: right;">0.20</span></p> <p>Failure to Begin Exercise w/i 30 sec/on Signal (CJ) <span style="float: right;">0.20</span></p> <p>Exceeds Warm-Up Time (after warning) (CJ) <span style="float: right;">0.20</span></p> <p>Incorrect Apparatus Specs (CJ) <span style="float: right;">0.30</span></p>	<p><b>Neutral Deductions (Continued)</b></p> <p>Board on Unpermitted Surface (CJ) <span style="float: right;">0.30</span></p> <p>Failure to Remove Board After Mount (CJ) <span style="float: right;">0.30</span></p> <p>Use of Supplementary Mats (CJ) <span style="float: right;">0.30</span></p> <p>No Dismount from Start Value <span style="float: right;">0.30</span></p> <p>Lands Acro Element or Dismount in Pit (CJ) No VP/SR <span style="float: right;">0.30</span></p> <p>Starts Exercise Before Signal (Repetition) (CJ) <span style="float: right;">0.50</span></p> <p>3rd Run Approach (UB/BB Mounts) <span style="float: right;">0.50</span></p> <p>Coach on FX Mat (CJ) - (Skill Level 8 - 10) <span style="float: right;">0.50</span></p> <p>UB - less than 5 Value Parts (except Skill Level 1) <span style="float: right;">0.50</span></p> <p>Exceeds Fall Time (UB/BB) (CJ) Terminates Exercise</p>
<p><b>Score Range</b></p> <p>9.5 - 10 <span style="float: right;">0.2</span></p> <p>9.0 - 9.475 <span style="float: right;">0.5</span></p> <p>8.0 - 8.975 <span style="float: right;">0.7</span></p> <p>Below 8.0 <span style="float: right;">1.00</span></p> <p>Courtesy Score = Minimum of <span style="float: right;">5.00</span></p>			