

Compulsory Execution General Deductions for <u>Whole Exercise</u>: BB & FX (ALL LEVELS)	Compulsory Amplitude/Rhythm General Deductions for <u>Whole Exercise</u>: BB & FX (ALL LEVELS)
^0.2 Movement lacking dynamics.	^0.1 Insufficient amplitude on non-value part choreography/dance steps.
^0.2 Fail to perform steps (when indicated), and pivot turns (not major elements) in high releve' position.	^0.2 Gymnast not performing in time with the music (FX)
^0.3 Incorrect body alignment, position, or posture during connections.	^ 0.2 Lack of sureness (BB).
^0.3 Incorrect foot work/form (flexed, sickled, fail to step toe, ball, heel or show turn-out in foot positions) during connections.	
^0.3 Movement lacking artistry of presentation. <ul style="list-style-type: none"> ➤ ^0.15 Quality of expression (i.e. projection, emotion, focus). ➤ ^0.15 Quality of gymnast's movements to reflect the style/musicality of choreography. 	

Compulsory Changes in Prescribed Text for: BB & FX

^0.4 Incorrect position of head, arms, legs, or feet (text errors).
(Deduct in general – not each time- according to small, medium, large errors).

5/9/16: BB Level 1-5: allow a straight leg closed finish on the landing of beam acro skills OR as the text is written.

5/9/16 UPDATE

BB: If a gymnast falls between 2 jumps that are supposed to be connected, the “continuity between jumps” deduction (^0.2) is applied in addition to the fall deduction (0.5) unless after the fall, the gymnast repeats and connects the two skills.

FX: If a compulsory (Level 3,4,5) gymnast does not connect tumbling elements as designated, the 0.30 deduction for each stop between elements in an acro (tumbling) series is applied. Do not apply the up to 0.20 lack of acceleration deduction when the 0.30 stop between elements deduction is taken.

These pages are for your reference; they are not official documents.

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Edited by Carole Bunge

Compulsory General Faults and Penalties		
	<u>Level 1 Beam</u>	<u>Level 1 Floor</u>
.05 Failure to mark the passe' position at the completion of turns	0x	0x
^0.1 Incorrect leg alignment in arabesque position when indicated	1x ❖ arabesque	0x
^0.1 Failure to contract or extend when indicated	0x	0x
^0.1 Failure to kick/swing leg to horizontal or above when required	2x ❖ forward leg swing ❖ lever to beam	3x ❖ into handstand ❖ into cartwheel ❖ leg swing after forward chasse
Each ^0.1 Failure to perform 180 or 360° turns on 1 ft. in high releve'	0x	0x
Each ^0.1 Failure to use levering action in or out of elements when required (straight line - fingers to toes)	3x ❖ 2 @ lever to BB ❖ into cartwheel to ¾ handstand dismount	4x ❖ 2 @ ¾ handstand ❖ 2 @ cartwheel
^0.1 Failure to land with feet closed/together on 2-foot landing of jumps on FX		1x (also in ME deduction box) ❖ split jump
^0.1 Uneven leg separation on leaps and jumps	0x	1x ❖ split jump (30)
Each 0.05 Incorrect foot form (flexed or sickle)	10x ❖ ME = ^0.5	8x ❖ ME = ^0.4
^0.2 Incorrect body alignment, position or posture of major elements	10x ❖ ME = ^2.0	8x ❖ ME = ^1.6
^0.2 Insufficient split	0x	1x ❖ split jump (30)
<u>0.1</u> Failure to finish with the music		1x ❖ ending pose accented by final note
<u>0.3</u> Stop between elements in an acro (tumbling) series on FX		0x
^0.2 Lack of continuity (tempo) between elements in a directly connected series	0x	0x
^0.2 Insufficient quickness off hands in flight elements with hand support	0x	0x
^ 0.2 Insufficient height (hip rise) on leaps and jumps	1x ❖ stretch jump	1x ❖ split jump (30)
^0.3 Insufficient height (hip rise) on salto elements	0x	0x
<u>0.1</u> Performs inward turn when outward turn required (Changing small part) <u>0.1</u> Concentration pause (>0.2 seconds) ^0.1 Lack of coordination on connections (applies to any uncoordinated connection of major elements or of non-value parts) ^ Value of ME – Incomplete turns ^0.2 Leg separation ^0.3 Bent arms and legs <u>0.3</u> Extra kick up to handstand ^0.3 Balance errors <u>0.3</u> Grasping beam to avoid a fall ^0.3 Additional movement to maintain balance on the beam, DOESN'T INCLUDE: CHANGES IN PRESCRIBED TEXT, DIRECTION & PLACEMENT OF ELEMENTS, LANDING OF ELEMENTS & DISMOUNTS AND NEUTRAL DEDUCTIONS TAKEN BY EACH JUDGE.		

Total execution deductions taken on a ME MAY NOT exceed the value of the element plus 0.5.

Tom's advice to counting: 1 second Hold- count "one thousand one"; Pause – count "one", Mark – count "wa"

Compulsory General Faults and Penalties		
	<i>Level 2 Beam</i>	<i>Level 2 Floor</i>
.05 Failure to mark the 'passe' position at the completion of turns	0x	0x
^0.1 Incorrect leg alignment in arabesque position when indicated	1x arabesque	1x ❖ straight leg leap landing (60)
^0.1 Failure to contract or extend when indicated	0x	0x
^0.1 Failure to kick/swing leg to horizontal or above when required	3x ❖ forward leg swing ❖ lever to beam ❖ dismount	2x ❖ handstand ❖ after step after straight leg leap
Each ^0.1 Failure to perform 180 or 360° turns on 1 ft. in high releve'	0x	0x
Each ^0.1 Failure to use levering action in or out of elements when required (straight line - fingers to toes)	3x ❖ 2 @ lever to BB ❖ dismount	4x ❖ 2 @ handstand ❖ round-off ❖ out of bridge, back kick-over
^0.1 Failure to land with feet closed/together on 2-foot landing of jumps on FX		1x (also in ME deduction box) ❖ split jump
^0.1 Uneven leg separation on leaps and jumps	0x	2x ❖ straight leg leap (60) ❖ split jump (60)
Each 0.05 Incorrect foot form (flexed or sickle)	11x ❖ ME = ^0.55	8x ❖ ME = ^0.4
^0.2 Incorrect body alignment, position or posture of major elements	11x ❖ ME = ^2.2	8x ❖ ME = ^1.6
^0.2 Insufficient split	0x	2x ❖ straight leg leap (60) ❖ split jump (60)
<u>0.1</u> Failure to finish with the music		1x ❖ ending pose accented by final note
<u>0.3</u> Stop between elements in an acro (tumbling) series on FX		0x
^0.2 Lack of continuity (tempo) between elements in a directly connected series	0x	0x
^0.2 Insufficient quickness off hands in flight elements with hand support	0x	1x ❖ round-off
^ 0.2 Insufficient height (hip rise) on leaps and jumps	1x ❖ stretch jump	2x ❖ straight leg leap (60) ❖ split jump (60)
^0.3 Insufficient height (hip rise) on salto elements	0x	0x
<u>0.1</u> Performs inward turn when outward turn required (changing small part) <u>0.1</u> Concentration pause (>0.2 seconds) ^0.1 Lack of coordination on connections (applies to any uncoordinated connection of major elements or of non-value parts) ^ Value of ME - Incomplete turns ^0.2 Leg separation ^0.3 Bent arms and legs <u>0.3</u> Extra kick up to handstand ^0.3 Balance errors <u>0.3</u> Grasping beam to avoid a fall ^0.3 Additional movement to maintain balance on the beam DOESN'T INCLUDE: CHANGES IN PRESCRIBED TEXT, DIRECTION & PLACEMENT OF ELEMENTS, LANDING OF ELEMENTS & DISMOUNTS AND NEUTRAL DEDUCTIONS TAKEN BY EACH JUDGE.		

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Compulsory General Faults and Penalties BB & FX (potential times)		
	<i>Level 3 Beam</i>	<i>Level 3 Floor</i>
.05 Failure to mark the passe' position at the completion of turns	1x ❖ 1/2 turn	1x ❖ 1/2 turn in fwd passé
^0.1 Incorrect leg alignment in arabesque position when indicated	2x ❖ arabesque ❖ leap landing	1x ❖ leap landing
^0.1 Failure to contract or extend when indicated	0x	2x ❖ during double stag sit, chest open, upper body arch ❖ contract fwd. on knees b4 stand up.
^0.1 Failure to kick/swing leg to horizontal or above when required	2x ❖ handstand ❖ dismount	6x ❖ opening 2 kicks ❖ handstand to bridge ❖ handstand fwd. roll into straight leg leap ❖ leg swing in releve
Each ^0.1 Failure to perform 180 or 360° turns on 1 ft. in high releve'	1x ❖ 1/2 turn in fwd passé	1x ❖ ½ turn in fwd. passé
Each ^0.1 Failure to use levering action in or out of elements when required (straight line - fingers to toes)	3x ❖ 2 @ handstand ❖ dismount	4x ❖ 2 @ handstand to bridge ❖ handstand forward roll ❖ round-off
^0.1 Failure to land with feet closed/together on 2-foot landing of jumps on FX		2x (also in ME deduction box) ❖ split jump ❖ stretch jump
^0.1 Uneven leg separation on leaps and jumps	1x ❖ straight leg leap	2x ❖ split jump ❖ straight leg leap
Each 0.05 Incorrect foot form (flexed or sickle)	10x ❖ ME = ^0.5	10x ❖ ME = ^0.5
^0.2 Incorrect body alignment, position or posture of major elements	10x ❖ ME = ^2.0	10x ❖ ME = ^2.0
^0.2 Insufficient split	1x ❖ straight leg leap (90)	3x ❖ split jump (90) ❖ bridge back kick over (120) ❖ straight leg leap (90)
<u>0.1</u> Failure to finish with the music		1x ❖ ending pose accented by final note
<u>0.3</u> Stop between elements in an acro (tumbling) series on FX (Don't take acceleration ded. ^0.2 also)		1x ❖ round-off, flic-flac
^0.2 Lack of continuity (tempo) between elements in a directly connected series	1x (also in ME deduction box) ❖ stretch jump; stretch jump	2x ❖ split jump; stretch jump ❖ round-off; flic-flac
^0.2 Insufficient quickness off hands in flight elements with hand support	0x	2x ❖ round-off ❖ flic-flac
^ 0.2 Insufficient height (hip rise) on leaps and jumps	3x ❖ straight leg leap ❖ stretch jump ❖ stretch jump	3x ❖ split jump ❖ stretch jump ❖ straight leg leap
^0.3 Insufficient height (hip rise) on salto elements	0x	0x
<u>0.1</u> Performs inward turn when outward turn required (changing small part) <u>0.1</u> Concentration pause (>0.2 seconds) ^0.1 Lack of coordination on connections (applies to any uncoordinated connection of major elements or of non-value parts) ^ Value of ME - Incomplete turns ^0.2 Leg separation ^0.3 Bent arms and legs <u>0.3</u> Extra kick up to handstand ^0.3 Balance errors <u>0.3</u> Grasping beam to avoid a fall ^0.3 Additional movement to maintain balance on the beam DOESN'T INCLUDE: CHANGES IN PRESCRIBED TEXT, DIRECTION & PLACEMENT OF ELEMENTS, LANDING OF ELEMENTS & DISMOUNTS AND NEUTRAL DEDUCTIONS TAKEN BY EACH JUDGE.		

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Level 4 Compulsory General Faults and Penalties BB & FX (potential times)		
	<u>Level 4 Beam</u>	<u>Level 4 Floor</u>
.05 Failure to mark the passe' position at the completion of turns	1x ❖ 1/2 turn	1x ❖ 1/1 turn fwd. passé
^0.1 Incorrect leg alignment in arabesque position when indicated	2x ❖ arabesque/scale ❖ leap landing	None
^0.1 Failure to contract or extend when indicated	0x	7x ❖ side lunge after the fish ❖ curtsy abdominal contraction ❖ arch back after the splits. ❖ contract fwd. on knees b4 stand up. ❖ contract in the side passé pose ❖ contract and body wave in the corner. ❖ side arch during releve' stand.
^0.1 Failure to kick/swing leg to horizontal or above when required	4x ❖ cartwheel ❖ handstand ❖ forward leg swing ❖ dismount	3x ❖ opening kick ❖ into the straight leg leap ❖ leg swing hop
Each ^0.1 Failure to perform 180 or 360° turns on 1 ft in high releve'	1x ❖ 1/2 turn in fwd. passé	2x ❖ 1/2 outward turn in fwd passé ❖ 1/1 turn in fwd. passé
Each ^0.1 Failure to use levering action in or out of elements when required (straight line - fingers to toes)	5x ❖ 2 @ cartwheel ❖ 2 @ handstand ❖ dismount	4x ❖ front handspring ❖ handstand ❖ back walkover (only lever out) ❖ round-off
^0.1 Failure to land with feet closed/together on 2-foot landing of jumps on FX	0x	2x (also in ME deduction box) ❖ straddle jump ❖ stretch jump 1/2
^0.1 Uneven leg separation on leaps and jumps	2x ❖ straight leg leap ❖ split jump	2x ❖ straddle jump ❖ straight leg leap
Each 0.05 Incorrect foot form (flexed or sickle)	9x ❖ ME = ^0.45	11x ❖ ME = ^0.55
^0.2 Incorrect body alignment, position or posture of major elements	9x ❖ ME = ^1.8	11x ❖ ME = ^2.2
^0.2 Insufficient split	2x ❖ straight leg leap (120) ❖ split jump (120)	4x ❖ straddle jump (120) ❖ straight leg leap (120) ❖ back walkover (150)
<u>0.1</u> Failure to finish with the music	0x	1x ❖ final pose accented by music
<u>0.3</u> Stop between elements in an acro (tumbling) series on FX (do not take acceleration - stop)	0x	1x ❖ round-off, flic-flac, flic-flac
^0.2 Lack of continuity (tempo) between elements in a directly connected series (don't take if ded. 0.3 for stop between)	1x (also in ME deduction box) ❖ split jump; stretch jump	2x ❖ straddle jump; stretch jump 1/2 ❖ round-off; flic-flac; flic-flac
^ 0.2 Insufficient height (hip rise) on leaps and jumps	3x ❖ straight leg leap ❖ split jump ❖ stretch jump	5x ❖ straddle jump ❖ stretch jump 1/2 ❖ straight leg leap
^0.2 Insufficient quickness off hands in flight elements with hand support	0x	4x ❖ front hand spring ❖ round-off ❖ flic-flac ❖ flic-flac
<u>0.1</u> Performs inward turn when outward turn required (changing small part) <u>0.1</u> Concentration pause (>0.2 seconds) ^0.1 Lack of coordination on connections (applies to any uncoordinated connection of major elements or of non-value parts) ^ Value of ME - Incomplete turns ^0.2 Leg separation ^0.3 Bent arms and legs <u>0.3</u> Extra kick up to handstand ^0.3 Balance errors <u>0.3</u> Grasping beam to avoid a fall ^0.3 Additional movement to maintain balance on the beam DOESN'T INCLUDE: CHANGES IN PRESCRIBED TEXT, DIRECTION & PLACEMENT OF ELEMENTS, LANDING OF ELEMENTS & DISMOUNTS AND NEUTRAL DEDUCTIONS TAKEN BY EACH JUDGE.		

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Level 5 Compulsory General Faults and Penalties for BB & FX (potential times)		
	<u>Level 5 Beam</u>	<u>Level 5 Floor</u>
.05 Failure to mark the passe' position at the completion of turns	1x ❖ 1/1 turn in fwd. passé	1x ❖ 1/1 turn forward passé
^0.1 Incorrect leg alignment in arabesque position when indicated	3x ❖ arabesque/scale ❖ leap landing ❖ sissonne landing	0x
^0.1 Failure to contract or extend when indicated	1x ❖ after pivot turn; sequential wave	7x ❖ side lunge after the fish ❖ curtsy abdominal contraction ❖ arch back after the splits. ❖ contract forward on knees b4 stand up. ❖ contract in the side passé pose ❖ contract and body wave in the corner. ❖ side arch during stretch jump
^0.1 Failure to kick/swing leg to horizontal or above when required	3x ❖ cross handstand ❖ back swing turn ❖ dismount	3x ❖ opening kick ❖ swing into straight leg leap ❖ leg swing hop
Each ^0.1 Failure to perform 180 or 360° turns on 1 ft. in high releve'	2x ❖ ½ backward swing turn ❖ 1/1 turn in fwd passé	2x ❖ 1/2 outward turn in fwd passé ❖ 1/1 turn in fwd passé
Each ^0.1 Failure to use levering action in or out of elements when required (straight line - fingers to toes)	4x ❖ 1 out of BWO or back ext. roll, or BHS ❖ 2 @ handstand ❖ dismount	2x ❖ front handspring step out ❖ front handspring to 2 ft.
^0.1 Failure to land with feet closed/together on 2-foot landing of jumps on FX		2x (also in ME deduction box) ❖ straddle jump; ❖ stretch jump 1/1
^0.1 Uneven leg separation on leaps and jumps	2x ❖ straight leg leap ❖ split jump	2x ❖ straddle jump ❖ straight leg leap
Each 0.05 Incorrect foot form (flexed or sickle)	10x ❖ ME = ^0.50	12x ❖ ME = ^0.6
^0.2 Incorrect body alignment, position or posture of major elements	10x ❖ ME = ^2.0	12x ❖ ME = ^2.4
^0.2 Insufficient split	3x ❖ back walkover (150) ❖ straight leg leap (150) ❖ split jump (150)	2x ❖ straddle jump (150) ❖ straight leg or switch leg leap (150)
<u>0.1</u> Failure to finish with the music		1x ❖ final pose accented by music
<u>0.3</u> Stop between elements in an acro (tumbling) series on FX (Do not take acceleration + stop)	0x	1x ❖ Round-off, flic-flac, back salto tuck
^0.2 Lack of continuity (tempo) between elements in a directly connected series	2x (also in ME deduction box) ❖ straight leg leap; stretch jump ❖ split jump; sissonne	2x ❖ straddle jump; stretch jump 1/1 ❖ round-off; flic-flac; flic-flac
^ 0.2 Insufficient height (hip rise) on leaps and jumps	4x ❖ straight leg leap ❖ stretch jump ❖ split jump ❖ sissonne	3x ❖ straddle jump ❖ stretch jump 1/1 ❖ straight leg leap
^0.2 Insufficient quickness off hands in flight elements with hand support	1x ❖ flic-flac	4x ❖ front hand spring, front hand spring ❖ round-off, flic-flac
^0.3 Insufficient height (hip rise) on salto elements	0x	2x ❖ forward salto tucked ❖ backward salto tucked
<u>0.1</u> Performs inward turn when outward turn required (changing small part) <u>0.1</u> Concentration pause (>0.2 seconds) ^0.1 Lack of coordination on connections (applies to any uncoordinated connection of major elements or of non-value parts) ^ Value of ME – Incomplete turns ^0.2 Leg separation ^0.3 Bent arms and legs <u>0.3</u> Extra kick up to handstand ^0.3 Balance errors <u>0.3</u> Grasping beam to avoid a fall ^0.3 Additional movement to maintain balance on the beam DOESN'T INCLUDE: CHANGES IN PRESCRIBED TEXT, DIRECTION & PLACEMENT OF ELEMENTS, LANDING OF ELEMENTS & DISMOUNTS AND NEUTRAL DEDUCTIONS TAKEN BY EACH JUDGE.		

Total execution deductions taken on a ME MAY NOT exceed the value of the element plus 0.5.