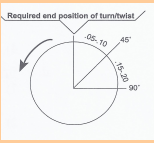
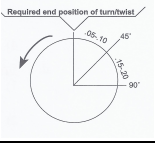


Floor Exercise Deductions

Updated 7/15/13

Absence of music or music with words/song	CJ 1.00
Acrobatics: Incomplete twist <i>1°-44° missing</i> 0.05 - 0.10 <i>45°-89° missing</i> 0.15 - 0.20 <i>90° or more missing</i> lesser Value Part	^0.20
	
Additional trunk movements to maintain balance/control upon landing of Acro elements <i>(Applies to "stuck landings" but uses trunk movements to avoid steps)</i>	^0.20
Insufficient artistry throughout the exercise <i>(Max 0.1 in each category)</i>	^0.30
<i>Originality/creativity of choreography in elements & connections</i>	0.05 - 0.10
<i>Quality of gymnast's movement to reflect her personal style</i>	0.05 - 0.10
<i>Quality of expression (i.e. projection, focus)</i>	0.05 - 0.10
Bent arms in support or bent legs (90° bend or greater receives 0.30) <i>(Maximum of 0.30 for bent arms and 0.30 for bent legs on any one element)</i>	^0.30
Brush/touch of landing surface with one or both hands (no support)	^0.30
Coach on the Floor Exercise Mat (Levels 6-10)	CJ 0.50
Concentration pause	each 0.10
Dance: Incomplete turn - Gr 1 & 2 elements with 360 or more turn <i>1°-44° missing</i> 0.05 - 0.10 <i>45°-89° missing</i> 0.15 - 0.20 <i>90° or more missing</i> lesser Value Part	^0.20
	
Deviation from straight direction on landing	^0.10
Exercise shorter than 30 seconds (complete or incomplete) (CJ)	2
Extra arm swings on landing	^0.10
Extra steps on landing (max of 4 small or large - if steps lead to fall, just take 0.5 for fall)	each 0.10/ Max 0.40
Failure to land with legs/feet together on jumps/leaps/hops that land on 2 feet	each ^0.10
Failure to perform Group 2 Turns in high releve'	each ^0.10
Failure to maintain stretched body position (pikes down)	^0.20
Fall on the mat to knee or hips	0.50
Fall/Failure to land on the bottom of the feet first on aerials/saltos	No VP/SR/Bonus & 0.50
Flexed/Sickled feet on VP elements	each 0.05
Incorrect body posture on landing	^0.20
Incorrect body posture/alignment on dance VP elements	each ^0.10
Incorrect rhythm during execution of direct connections	each ^0.10
Insufficient dynamics throughout - Consider: ❖energy maintained throughout the exercise ❖makes difficult look effortless	^0.20
Insufficient exactness of stretched position •arch ^0.20 •hip angle (136°-179) ^0.20	each time ^0.20
Insufficient exactness of tuck or pike position in VP elements	^0.20
Insufficient extension (open) of body prior to landing Acro elements	^0.30
Insufficient height of Aerials and Acro flight elements with hand support	^0.20
Insufficient height of salto elements <i>(Does not apply to an accelerating element in a directly connected forward acro series)</i>	^0.30
Insufficient height on leaps, jumps and hops	^0.20

Insufficient split position (deviation from 180°) (dance/non-flight acro elements)		
1° - 20° missing 0.05 - 0.10		^0.20
21° - 45° missing 0.15 - 0.20		
46° or more missing lesser VP		
Insufficient variation in rhythm and tempo throughout the exercise		^0.20
Lack of precision in Dance Value Parts		each ^0.10
Large step or jump on landing (approximately 3') (Small step bkward after landing to finish in a lunge or on one knee is acceptable. Do not deduct unless the landing appears out of control)		each 0.20
Leg or knee separations		^0.20
Legs crossed during Value Parts with twist		^0.10
Legs not parallel to floor in split or straddle pike leap/jump		^0.20
Missing synchronization of movement with musical beat throughout the exercise		^0.30
•each time 0.05 •at the end of the exercise 0.10		
Music with words		CJ 1.00
Poor relationship of music and movement throughout		^0.20
Relaxed/incorrect footwork on non-value parts throughout the exercise		^0.20
Relaxed/incorrect leg position/body posture & insufficient flexibility in non-value parts throughout the exercise		^0.30
Slight hop, or small adjustment of feet on landing of elements		^0.10
Spotting assistance during an element:		No VP/SR/Bonus & <u>0.50</u>
Spotting assistance upon landing of dismount element:		VP & SR/No Bonus & <u>0.5</u>
Squat on landing (hips even with or lower than the knees)		^0.30
Support on mat with 1 or 2 hands		<u>0.50</u>

Composition	
Choice of Acro Elements	
•Acro elements not up to competitive level throughout exercise (Levels 8-10)	^0.20
Lack of a minimum "B" salto in exercise (Levels 8-9) (Taken in addition to the deduction for missing SR of Minimum "C" salto performed as the last isolated salto or in the last salto connection.)	<u>0.30</u>
•Lack of a minimum "C" salto in exercise (Level 10) (Taken in addition to the deduction for missing SR of Minimum "C" salto performed as the last isolated salto or in the last salto connection.)	<u>0.30</u>
Insufficient distribution of the Value Parts (level not maintained throughout exercise or most difficult elements placed in same section of exercise)	^0.10
Insufficient use of the Floor Exercise area	
•Spatially (floor pattern)	^0.10
•Directionally (movement/choreography forward, backward, & sideward)	^0.10
Lack of Variety in Choice of Elements	
•Failure to perform saltos or aerials in 2 different directions (backward and forward or sidward; Arabians are forward skills)	<u>0.10</u>
•Lack of variety in dance elements	
❖Overuse of dance elements with the same shape	
♦More than 2 elements with a wolf or tuck position, with or without turn	<u>0.10</u>
♦More than 2 straddle jumps, with or without turn	<u>0.10</u>
❖More than 1 leap/jump, hop to prone position	each <u>0.10</u>
❖Lack of a turn on 1 foot, minimum of "B"	<u>0.20</u>
❖Lack of balance between acro and dance Value Part elements (quality and quantity of the 2 categories)	^0.20