



EXECUTION (EXE) – SHORT PROGRAM

Maximum points – 10.00

Requirements and types of mistakes	Deduction per mistake (each time/each element, unless otherwise specified)		
	Minor: -0.1	Medium: -0.2	Major: -0.3
Posture and supporting line, healthy aspects	<ul style="list-style-type: none"> - incorrect supporting line (e.g. position of the supporting leg (in balances) or shoulders and hips not in line) - poor posture 		
Basic gymnastics technique	<ul style="list-style-type: none"> - insufficient extension - difference in execution between gymnasts - lack of fluency/continuity - lack of lightness 	-	-
Loss of balance (in any movement):	with unnecessary movement (each time/gymnast)	with unnecessary hop (each time/gymnast)	with support on hand, foot or other part of the body (each time/gymnast)
Unity	<ul style="list-style-type: none"> - lack of synchronization - imprecise planes, levels or directions - inaccuracy between movement and rhythm of the music - inaccuracy in formations 	-	-
Collision between gymnasts	- execution is not or is slightly disturbed	- execution is clearly disturbed for 1 gymnast	- execution is clearly disturbed for 2 or more gymnasts
Physical characteristics: - lack in some area (flex., strength, etc.) during the whole program	slight lack (group/each area)	clear lack (1-2 gymnasts/each area)	clear lack (group/each area)

Requirements and types of mistakes	Deduction per mistake (each time/each element, unless otherwise specified)		
	Minor: -0.1	Medium: -0.2	Major: -0.3
Body movements: - incorrect technique - characteristics not shown for basic body movements	Small mistakes in technique of an element	Partly incorrect technique of an element	Totally incorrect technique of an element
Jumps and leaps: - incorrect technique - characteristics not shown (shape not fixed, low elevation, poor body control, heavy landing)			
Balances: - incorrect technique - characteristics not shown (shape not fixed, insufficient amplitude, poor body control, insufficient rotation)			

Total fall in any movement	-0.4 each gymnast/ each time
AGG technique: - lack of total AGG technique	-0.3 whole program
Bilateral work: - checked from the body movements work	-0,3 whole program

Penalty for EXE: -0.50 for each missing or additional gymnast
-0.10 for each gymnast each time for crossing the borderline

Differences between middle scores: 0,5