



## EXECUTION (EXE) – JUNIOR/WOMEN

Maximum points of the execution are 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
<b>Posture and supporting line, healthy aspects</b>	<ul style="list-style-type: none"> <li>- incorrect supporting line (e.g. position of the supporting leg (in balances) or shoulders and hips not in line)</li> <li>- poor posture</li> <li>- heavy ending of the lift</li> </ul>	<ul style="list-style-type: none"> <li>- body control lost during or in ending of the lift</li> </ul>	<ul style="list-style-type: none"> <li>- landing from jump/leap while still in back bending</li> <li>- in a lift, clearly poor posture/supporting line by lifting gymnasts</li> </ul>
<b>Basic gymnastics technique</b>	<ul style="list-style-type: none"> <li>- insufficient extension</li> <li>- difference in execution between gymnasts</li> <li>- lack of fluency/continuity</li> <li>- lack of lightness</li> </ul>	-	-
<b>Loss of balance (in any movement):</b>	with unnecessary movement (each time/gymnast)	with unnecessary hop (each time/gymnast)	With one support on hand, foot or other part of the body (each time/gymnast)
<b>Unity</b>	<ul style="list-style-type: none"> <li>- lack of synchronization</li> <li>- imprecise planes, levels or directions</li> <li>- inaccuracy between movement and rhythm of the music</li> <li>- inaccuracy in formations</li> </ul>	-	-
<b>Collision between gymnasts</b>	<ul style="list-style-type: none"> <li>- execution is not or is slightly disturbed</li> </ul>	<ul style="list-style-type: none"> <li>- execution is clearly disturbed for 1 gymnast</li> </ul>	<ul style="list-style-type: none"> <li>- execution is clearly disturbed for 2 or more gymnasts</li> </ul>
<b>Physical characteristics:</b> <ul style="list-style-type: none"> <li>- lack in some area (flexibility, coordination, strength, speed, muscle control or endurance.) during the whole program</li> </ul>	slight lack (team/each area)	clear lack (1-2 gymnasts/each area)	clear lack (team/each area)

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	Minor: -0.1	Medium: -0.2	Major: -0.3
<b>Body movements:</b> <ul style="list-style-type: none"> <li>- incorrect technique</li> <li>- characteristics not shown for basic body movements</li> </ul>	Mistake in technique of an element done by 1 gymnast	Mistake in technique of an element done by 2 gymnasts	Mistake in technique of an element done by 3 or more gymnasts
<b>Jumps and leaps:</b> <ul style="list-style-type: none"> <li>- incorrect technique</li> <li>- characteristics not shown (shape not fixed, low elevation, poor body control, heavy landing)</li> </ul>			
<b>Balances:</b> <ul style="list-style-type: none"> <li>- incorrect technique</li> <li>- characteristics not shown (shape not fixed, insufficient amplitude, poor body control, insufficient rotation)</li> </ul>			

<b>Total fall (two or more supports) in any movement</b>	-0.4 each gymnast/ each time
<b>Lift fails</b>	<ul style="list-style-type: none"> <li>- lift fails: -0.5 each time</li> <li>- gymnast(s) fall to the floor from lift: -0.5 each time</li> </ul>
<b>AGG technique:</b> <ul style="list-style-type: none"> <li>- lack of total AGG technique</li> </ul>	-0.3 whole program

### Penalty by Head Judge

-0.50 for each missing or additional gymnast

-0.10 for each gymnast each time for crossing the borderline