



EXECUTION (EXE) – JUNIOR/SENIOR MIXED-TEAMS

Maximum points of the execution (EXE): 10.00 points.

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	- incorrect supporting line (e.g. position of the supporting leg (in balances) or shoulders and hips not in line) - poor posture - heavy ending of the lift	- body control lost during or in ending of the lift	- landing from jump/leap while still in back bending - in a lift, clearly poor posture/supporting line by lifting gymnasts - bending in a lumbar spine during a pre/acrobatic element
Basic gymnastics technique	- insufficient extension - difference in execution between gymnasts - lack of fluency/continuity - lack of lightness - staying too long in a fixed upside-down position during a pre/acrobatic element	-	-
Loss of balance (in any movement)	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)
Unity	- 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 (flexibility, coordination, strength, speed, muscle control or endurance) during the whole program	slight lack (team/each area)	clear lack (1-2 gymnasts/each area)	clear lack (team/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	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
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)			
Acrobatic and pre-acrobatic elements: - incorrect technique - characteristics not shown (shape not fixed, poor body control, insufficient rotation)			

Total fall (two or more supports) in any movement	-0.4 each gymnast/ each time
Lift fails	- lift fails: -0.5 each time - gymnast(s) fall to the floor from lift: -0.5 each time
AGG technique: - lack of total AGG technique	-0.3 whole program

Penalties by EXE Head Judge:

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