

COMPULSORY

GENERAL FAULTS AND PENALTIES

DEDUCTIONS FOR

WHOLE EXERCISE

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

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**General Deductions for Compulsory Balance Beam / Floor Exercise
Execution/Amplitude/Rhythm applied to the WHOLE EXERCISE**

<p>^0.2 Movement lacking dynamics</p> <ul style="list-style-type: none"> Quality – applying a high level of effort to move with strength and speed. Effortlessness Energy maintained Internal amplitude 	<p>^0.1 Insufficient amplitude on non-value part choreography/dance steps</p> <p>Examples BB (not all listed):</p> <ul style="list-style-type: none"> Whip swing to kneel; 180 Backward Swing Turn (L 4/5) Cross step, fwd step, ½ pivot turn, sequential wave (L5) <p>Examples FX (not all listed):</p> <ul style="list-style-type: none"> Sissonne; Chasse; Leg Swing hop
<p>^0.2 Fail to perform steps (when indicated), and pivot turns (not major elements) in high relevé position</p> <p>BB Level 4:</p> <ul style="list-style-type: none"> Straddle stand after lunge ¼ Turn, 2 steps back (L,R) in relevé Relevé lock stand after leap Relevé lock stand after forward/backward leg swing; pivot turn in relevé 2 forward steps after cross step (R,L) in relevé to relevé lock stand <p>BB Level 5:</p> <ul style="list-style-type: none"> Straddle stand after lunge; ¼ Turn, 2 steps back (L,R) in relevé Relevé lock stand after stretch jump Step L in relevé & kick to horizontal in relevé before cross handstand After cross handstand, step back L, R in relevé Step forward L in relevé before cross steps 2 forward steps after cross step (R,L) in relevé; Pivot Turn in relevé Step onto L leg in relevé & kick to horizontal in relevé before the dismount 	<p>^0.2 Fail to perform steps (when indicated), and pivot turns (not major elements) in high relevé position</p> <p>FX Level 4 / 5:</p> <ul style="list-style-type: none"> Rise to relevé on L foot during kick Step forward L in relevé before ½ outward turn in forward passé Step sideward & relevé, close R foot & end demi-plié relevé Echappé to straddle stand in relevé After leg hop swing, step forward in relevé then relevé lock stand After cross step, step forward R, Large step L in relevé Pivot turn Relevé Stand
<p>^0.2 Lack of sureness (BB) (Under Rhythm) Not hesitant / deliberate; assertive routine</p>	<p>^0.2 Gymnast not performing in time with the music (FX)</p>
<p>^0.1 Lack of coordination on connections (applies to any uncoordinated connection of major elements (ME) or of non-value part)</p>	

The acronyms listed below are used in the following pages which are referenced from the Jr. Olympic Compulsory Program in both hard copy and digital formats

- | | | |
|--|------------------------------------|-------------------------|
| SDU Sideward-Diagonally-Upward | SM Sideward-Middle | ME Major Element |
| SD Sideward-Downward | FU Forward-Upward | (C) Contraction |
| SD to SM Sideward-Downward to Sideward-Middle | FDU Forward-Diagonal-Upward | |

^0.3 Movement lacking artistry of presentation

^0.15 Quality of expression (i.e. projection, emotion, focus) (Examples)

- Not looking down at the BB or FX whole time
- Focus - contact of eyes
- Emotion – sparkle, not just look of concentration, attitude

^0.15 Quality of gymnast's movements to reflect the style/musicality of choreography.
(Supplely – softly bend)

BB Level 4:

- **Quick** mount – no hesitations
- **Sharp** arm movement in lunge
- **Quick** Rhythm in Lunge, ¼ turns
- Sharply bent arms in Lock stand; palms **sharply** flip out
- Execute **quick/sharp** ½ Pivot Turn
- During turn, after crown, open both arms **supplely** SDU

BB Level 5:

- **Quick** mount – no hesitations
- **Sharp** arm movement in lunge
- **Quick** Rhythm in Lunge, ¼ turns
- **Sharply** bent arms in Lock stand; palms **sharply** flip out
- Execute **quick/sharp** ½ Pivot Turn **(C)**
- After turn, open both arms from crown **supplely** SDU

FX Level 4:

- Arms **supplely/sequentially** lower after Stretch Jump ½ Turn
- 1/2 Outward Turn in Fwd. Passé, - **focus** Corner 8 as long as possible, then **SNAP** head to R to focus on Corner 4
- Close feet to stand, lower arms **supplely/sequentially** SD
- After Front Handspring step fwd, open arms **supplely** SDU
- In Side Step –lower R arm **supplely** SD to SM
- Echappe – **sharp** arms, snap head **sharply focus** L should.
- Poses–Lift arms forward upward **sharply**; rhythm **slow, quick, quick**
- Forward splits – **Supple** arms
- Cross Step – Open arms **softly** to SM with palm down

FX Level 5:

- Arms **supplely/sequentially** lower after Stretch Jump. 1/1 Turn
- 1/2 Outward Turn in Fwd. Passé, - **focus** Corner 8 as long as possible, then **SNAP** head to R to focus on Corner 4
- Close feet to stand, lower arms **supplely/sequentially** SD
- After Front Handspring step fwd, open arms **supplely** SDU
- In Side Step –lower R arm **supplely/sequentially** SD to SM
- Echappé– **sharp** arms, **snap** head **sharply** focus L should.
- Poses–Lift arms fwd. upward **sharply** to FM; Rhythm of poses: **slow, quick, quick**
- Forward splits – **Supple** arms
- Arrive in stand - after L forearm circle, **softly** lift L arm FDU
- 1/1 Turn – from crown arms open **supplely** SDU
- Cross Step – Open arms **softly** SM with palm down

^0.3 Incorrect body alignment, position, or posture during connections

^0.3 Incorrect foot work/form (flexed, sickled, fail to step toe, ball, heel or show turn-out in foot positions) during connections

Connections in Level 4/5 BB & FX

Connections on BB Level 4:

- Whip swing to kneel; Stand
- Lunge; ¼ Turns; Poses; Backward Steps
- Rond De Jambe; Arabesque
- Relevé Lock Stand
- Forward, Backward Leg swing; ½ Pivot Turn; Pose
- Cross Step; Forward Steps
- Backward Step; Fish Pose
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Connections on BB Level 5: (C) = (Contraction)

- Whip swing to kneel; Stand
- Lunge; ¼ Turns; Poses; Backward Steps
- Rond De Jambe; Arabesque
- Backward Swing Turn; Pose
- Cross Step; Forward Steps; ½ Pivot Turn; Sequential Wave **(C)**
- Backward Step; Fish Pose
-

Connections on FX Level 4: (C) = (Contraction)

- Kick Lunge
- ½ Outward Turn in Forward Passé
- Rebound
- Side Steps; Echappé; Poses **(C)**
- Forward Dance Running Steps; Forward Passé Hop
- Curtsey **(C)**; Kneel; Pose
- Prone; Double Stag Sit **(C – upper body arched) (C-B4 stand);** Stand
- Sissonne; Forward Chassé; Leg Swing Hop
- Side Passé Pose **(C)**
- Cross Step; Lunge Turn, Sequential Wave **(C)**
- Rebound
- Step; Relevé Stand **(C)**; Sequential Fall; Pose
-

Connections on FX Level 5: (C) = (Contraction)

- Kick Lunge
- ½ Outward Turn in Forward Passé
- Rebound
- Side Steps; Echappé; Poses **(C)**
- Curtsey **(C)**; Kneel; Pose
- Prone; Double Stag Sit **(C – upper body arched) (C-B4 stand);** Stand
- Sissonne, Forward Chassé; Leg Swing Hop
- Side Passé Pose **(C)**
- Cross Step; Lunge Turn, Sequential Wave **(C)**
- Stretch Jump **(C)**; Sequential Fall; Pose

Compulsory General Faults and Penalties		
	<u>Level 1 Beam</u>	<u>Level 1 Floor</u>
.05 Failure to mark the passé 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 foot in high relevé	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 ❖ 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	0x	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 (ME)	10x ❖ ME = ^2.0	8x ❖ ME = ^1.6
^0.2 Insufficient split	0x	1x ❖ split jump (30°)
0.1 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. (<i>No lack of acceleration deduction when 0.30 for stop is taken</i>)	0x	0x
^0.2 Lack of continuity (tempo) between elements in a directly connected series. (<i>If a fall occurs between the elements, deduct 0.20 for insufficient continuity plus 0.50 for the fall. If the gymnast repeats and successfully connects the elements, deduct only 0.50 for the fall</i>)	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
<p><u>0.1</u> Performs inward turn when outward turn required (Changing small part) <u>0.1</u> Concentration pause (2 seconds) ^ 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</p> <p>Not included in the above deductions: Changes in prescribed text, direction & placement of elements, landing of elements & dismounts and neutral deductions taken by each judge.</p> <p style="text-align: center;">Compulsory Changes in Prescribed Text for: BB & FX</p> <p>^0.4 Incorrect position of head, arms, legs, or feet (text errors). (<u>Deduct in general - not each time-</u> according to small, medium, large errors).</p>		

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		
	<u>Level 2 Beam</u>	<u>Level 2 Floor</u>
.05 Failure to mark the passé 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 foot in high relevé	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 ❖ 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	0x	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 (ME)	11x ❖ ME = ^2.2	8x ❖ ME = ^1.6
^0.2 Insufficient split	0x	2x ❖ straight leg leap (60°) ❖ split jump (60°)
0.1 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. (<i>No lack of acceleration deduction when 0.30 for stop is taken</i>)	0x	0x
^0.2 Lack of continuity (tempo) between elements in a directly connected series. (<i>If a fall occurs between the elements, deduct 0.20 for insufficient continuity plus 0.50 for the fall. If the gymnast repeats and successfully connects the elements, deduct only 0.50 for the fall</i>)	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 (2 seconds) ^ 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 Not included in the above deductions: 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 BB & FX (potential times)		
	<u>Level 3 Beam</u>	<u>Level 3 Floor</u>
.05 Failure to mark the passé position at the completion of turns	1x ❖ 1/2 turn	1x ❖ 1/2 turn in forward 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 forward roll ❖ into straight leg leap ❖ leg swing in relevé
Each ^0.1 Failure to perform 180 or 360° turns on 1 ft. in high relevé	1x ❖ 1/2 turn in forward passé	1x ❖ ½ turn in forward 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	0x	2x (also in ME deduction box) ❖ split jump ❖ stretch jump
^0.1 Uneven leg separation on leaps and jumps	1x ❖ straight leg leap (90°)	2x ❖ split jump (90°) ❖ straight leg leap (90°)
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. (<i>No lack of acceleration deduction when 0.30 for stop is taken</i>)	0x	1x ❖ round-off, flic-flac
^0.2 Lack of continuity (tempo) between elements in a directly connected series. (<i>If a fall occurs between the elements, deduct 0.20 for insufficient continuity plus 0.50 for the fall. If the gymnast repeats and successfully connects the elements, deduct only 0.50 for the fall</i>)	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 (2 seconds) ^ 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 Not included in the above deductions: 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.

Level 4 Compulsory General Faults and Penalties BB & FX (potential times)		
	<u>Level 4 Beam</u>	<u>Level 4 Floor</u>
<u>0.5</u> Failure to mark the passé 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	0x
^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 relevé 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 relevé	1x ❖ 1/2 turn in fwd. passé	2x ❖ 1/2 outward turn in forward 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 (120°) ❖ split jump (120°)	2x ❖ straddle jump (120°) ❖ straight leg leap (120°)
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. (<i>No lack of acceleration deduction when 0.30 for stop is taken</i>)	0x	1x ❖ round-off, flic-flac, flic-flac
^0.2 Lack of continuity (tempo) between elements in a directly connected series. (<i>If a fall occurs between the elements, deduct 0.20 for insufficient continuity plus 0.50 for the fall. If the gymnast repeats and successfully connects the elements, deduct only 0.50 for the fall</i>)	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	3x ❖ 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 (2 seconds) ^ 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 Not included in the above deductions: 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"

Level 5 Compulsory General Faults and Penalties for BB & FX (potential times)		
	<u>Level 5 Beam</u>	<u>Level 5 Floor</u>
<u>05</u> Failure to mark the passé 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 relevé	2x ❖ ½ backward swing turn ❖ 1/1 turn in forward passé	2x ❖ 1/2 outward turn in forward passé ❖ 1/1 turn in forward 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 feet
[^] 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 (150°) ❖ split jump (150°)	2x ❖ straddle jump (150°) ❖ straight leg leap (150°)
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>01</u> Failure to finish with the music		1x ❖ final pose accented by music
<u>03</u> Stop between elements in an acro (tumbling) series on FX. (No lack of acceleration deduction when 0.30 for stop is taken)	0x	1x ❖ Round-off, flic-flac, back salto tuck
[^] 0.2 Lack of continuity (tempo) between elements in a directly connected series. (If a fall occurs between the elements, deduct 0.20 for insufficient continuity plus 0.50 for the fall. If the gymnast repeats and successfully connects the elements, deduct only 0.50 for the fall)	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>01</u> Performs inward turn when outward turn required (changing small part) <u>01</u> Concentration pause (>0.2 seconds) [^] Value of ME – Incomplete turns [^] 0.2 Leg separation [^] 0.3 Bent arms and legs <u>03</u> Extra kick up to handstand [^] 0.3 Balance errors <u>03</u> Grasping beam to avoid a fall [^] 0.3 Additional movement to maintain balance on the beam Not included in the above deductions: 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"