

EXECUTION (EXE) – SENIOR/JUNIOR

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
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 - heavy ending of the lift 	<ul style="list-style-type: none"> - body control lost during or in ending the lift 	<ul style="list-style-type: none"> - landing from jump/leap while still in back bend - in a lift, clearly poor posture/supporting line by lifting gymnasts
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	<ul style="list-style-type: none"> - execution is not or is slightly disturbed 	<ul style="list-style-type: none"> - execution is clearly disturbed for 1 gymnast 	<ul style="list-style-type: none"> - execution is clearly disturbed for 2 or more gymnasts
Physical characteristics: <ul style="list-style-type: none"> - lack in some area (flexibility, coordination, strength, speed, muscle control or endurance) during the whole program 	slight lack (group/each area)	clear lack (1-2 gymnasts/each area)	clear lack (group/each area)

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	Minor: -0.1	Medium: -0.2	Major: -0.3
Body movements: <ul style="list-style-type: none"> - 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: <ul style="list-style-type: none"> - incorrect technique - characteristics not shown (shape not fixed, low elevation, poor body control, heavy landing) 			
Balances: <ul style="list-style-type: none"> - 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
Lift fails	<ul style="list-style-type: none"> - lift fails: -0.5 each time - gymnast(s) fall onto the floor from lift: -0.5 each time
AGG technique: <ul style="list-style-type: none"> - lack of total AGG technique 	-0.3 whole program