

Judging Execution

Deductions to be made by every form judge for

- 0.1pts
If the gymnast doesn't commence the 1st element within 20 seconds of receiving the ok from the superior judge
- 0.2pts:
Failure of the last element to take off from the tumbling track & land in the landing area (unless it is performed in the reverse direction)
- 1.0 pts
- Failure to compete a somersault as the final move in voluntary routines
- Additional skills

• Deductions for poor form

0.1-0.5 points

- 0.0-0.1pts
Arms should be straight & held close to the body whenever possible.
- 0.0-0.2pts
- In all positions, the feet & legs should be kept together & the feet & toes pointed.
- Height/ speed loss
- Opening of somersault
- Horizontal displacement
- 0.0-0.3
In the tucked & piked positions the thighs should be close to the upper body & hands should touch the legs below the knees.
 - Straight position: <135° angle between upper body & thighs.
 - Pike position: »135° angle between upper body & thighs.
<135° angle between thighs & lower legs.
 - Tuck position:»135° angle between upper body & thighs.
»135° angle between thighs & lower legs.

Deviation from the centre line

Insufficient/ too much twist

• Landing deductions; A single deduction for the greatest fault only. These don't apply to unfinished routines.

- 0.1-0.3 pts
Failure to stand upright & show stability for approximately 3 seconds at the end of the routine.
- 0.1 pts
After landing, stepping out of the landing zone to the landing area/ the track
- 0.2 pts
Failure to land on the track.
- 0.5 pts
- After landing, touching the track or landing zone/ area with one or both hands.
- Landing outside the outer lines of the track or landing zone.
- 1.0 pts
- After landing in the landing area/ track, leaving the landing area/ track or touching outside the landing area or touching the floor with any part of the body.
- Assistance from a spotter after landing.

Common Moves

Straddle Jump	Lack of height/elevation	0.1-0.3
	Legs below hip height	0.1-0.3
	Lack of control	0.1-0.3
Cartwheel 1-2	Failure to pass through handstand	0.1-0.3
	Bending of arms/legs	0.1-0.3
	Poor body position	0.1-0.3













	Lack of power/tempo Feet not parallel to centre line on landing	0.1-0.5 0.1-0.3
Round-off	Failure to pass through handstand Lack of push from hands Feet not joining Poor body shape Feet not parallel to centre line on landing	0.1-0.3 0.1-0.5 0.2 0.1-0.3 0.1-0.3
Handspring to 2 feet	Lack of stretch into handspring Lack of thrust from hands Legs not joining at vertical Arms/legs bent or apart Deep bend of knees on landing	0.1-0.3 0.1-0.5 0.1-0.5 0.1-0.3 0.1-0.5
Back Handspring	Lack of speed/rhythm Lack of extension Excessive knee bend on entry (knees over toes) Lack of push from hands Separation/bending of arms & legs Hands turned in/out	0.1-0.5 0.1-0.5 0.1-0.3 0.1-0.3 0.1-0.3 0.1 –0.2
Whip	Lack of speed/rhythm Whips too high (short distance covered <gymnast height) Lack of acceleration Poor body shape Spreading/bending of arms & legs	0.1-0.5 0.1-0.5 0.1-0.3 0.1-0.3 0.1-0.3
Tuck Back Salto	Slight lack of height (just below shoulder height) Performed at waist height or below Position of the head Shape of somersault Hands don't touch below knees Failure to open and show upright finishing position	0.1-0.2 0.5 0.1-0.2 0.1-0.3 0.1 0.1-0.5
Tuck Front Salto	Slight lack of height Performed at waist height or below Shape of somersault Lack of momentum into next element Failure to open and show upright finishing position when final element	0.1-0.2 0.5 0.1-0.3 0.1-0.5 0.1-0.5
Straight Back Salto	Slight lack of height Performed at waist height or below Position of the head Shape of somersault Bending/spreading of arms and legs	0.1-0.2 0.5 0.1-0.2 0.1-0.3 0.1-0.3
Back twist: 180o – 360o	Slight lack of height Shape of somersault Over or under rotation of twist (feet position): - up to 45o - 45o – 90o - >90o	0.1-0.2 0.1-0.3 0.2-0.3 0.5 Element not given




DEDUCTIONS	0.0	0.1	0.2	0.3	0.4	0.5
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PIKE POSITION						
Angle upper body/thighs Elements without twist						
Multiple somersaults with twist						
Position of the hands						
Vertical jumps Straddle jump						


TUCK POSITION						
Angle upper body/thighs Elements without twist						
Multiple somersaults with twist (<i>puck position</i>)						
Knees apart						
Position of the arms/hands						

DEDUCTIONS	0.0	0.1	0.2	0.3	0.4	0.5
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LEGS						
Bending of the legs						
Position of the legs (1)						
Position of the legs (2)						

FEET						
Pointing of the feet/toes						

ARMS						
Bending of the arms						
Position of the arms						

HEAD						
Position of the head						

STRAIGHT POSITION						
Bending of the body Somersaults with & without twist						