

FAULTS		Small	Medium	Large	Very large
E PANEL DEDUCTIONS		0.10	0.30	0.50	1.00 or more
Execution Faults					
Bent arms in support or bent knees	Each time	X	X	X	
Leg or knee separations	Each time	X	X shoulder width or more		
Legs crossed during elements with twists	Each time	X			
Insufficient height of elements [external amplitude]	Each time	X	X		
Insufficient <ul style="list-style-type: none"> exactness of tuck/pike position exactness of stretch position 	Each time Each time	X X 90° hip angle	X X > 90° < 135° hip angle X > 135°		
Failure to maintain stretched body posture [UB/BB/FX] - piking too early	Each time	X	X		
Hesitation during jumps/press/swing to handstand	Each time	X			
Deviation from a straight direction [UB/BB/FX]	Each time	X			
Body posture & leg position in elements <ul style="list-style-type: none"> Body alignment Feet not pointed/relaxed Insufficient split in dance/acro elements [non flight] Legs in split not parallel to BB/FX [dance] 	Each time	X X X X	X		
Precision [Each movement has a clear start and finish position & movement has to demonstrate perfect control]	Each time	X			
Throughout the entire exercise:					
<ul style="list-style-type: none"> Insufficient dynamics <ul style="list-style-type: none"> Energy maintained throughout the exercise creating an impression of ease of execution To make the 'very difficult' look effortless Lightness via strong extension, speed and quickness of achieving ultimate positions 		X	X		
<ul style="list-style-type: none"> Body posture <ul style="list-style-type: none"> Body alignment Feet not pointed/relaxed Feet turned in Insufficient amplitude 		X X	X X		
Landing faults [All elements including dismounts]	<i>If there is no fall, the maximum landing penalty may not exceed 0.80</i>				
Legs apart on landing	Each time	X			
Too close to the apparatus [UB/BB]		X	X		
Movements to maintain balance:					
<ul style="list-style-type: none"> Extra arm swings 		X			
<ul style="list-style-type: none"> Additional trunk movements to maintain balance 	Each time	X	X		
<ul style="list-style-type: none"> Extra steps/slight hop 	Each time	X			
<ul style="list-style-type: none"> Very large step or jump [guideline – more than shoulder width]] 	Each time		X		
<ul style="list-style-type: none"> Body posture fault 	Each time	X	X		
<ul style="list-style-type: none"> Deep squat 	Each time			X	
<ul style="list-style-type: none"> Brushing apparatus with hands/arms but not falling against apparatus 	Each time		X		
<ul style="list-style-type: none"> Support on mat /apparatus with 1 or 2 hands 	Each time				1.00
<ul style="list-style-type: none"> Fall on mat to knees or hips 	Each time				1.00
<ul style="list-style-type: none"> Fall on or against apparatus 	Each time				1.00

BODY POSITION REQUIREMENTS		
TUCKED	PIKED	STRETCHED
< 90° hip and knee angle in salto and dance elements	< 90° hip angle in salto and dance elements	<ul style="list-style-type: none"> Stretched position must maintained ¾ [min] of salto On Floor in 2/2 saltos, stretched body must be maintained in 1st salto and ¾ [min] of 2nd salto On Vault & Bars must be held for minimum of 360° BA rotation For recognition of stretched body position must show 135° - 180° hip angle

LANDINGS	Saltos with Twists at all events
Twist MUST be completed EXACTLY or the lower DV is recognised eg 3/1 becomes 2½ twist 2½ becomes 2/1 twist 2/1 becomes 1½ twist 1½ becomes 1/1 twist Placement of the front hand [on back handsprings with turns] or foot is decisive when awarding DV FX acro series with Twists If 1 st directly connected twisting salto is incomplete but series is able to continue – No devaluation of 1 st salto	

FALLS	
FALLS ON LANDING	FALLS ON DISMOUNT [UB/BB]
<p>WITH feet landing first DV is awarded</p> <p>WITHOUT feet landing first No DV</p>	<p>If salto HAS NOT begun + fall or NO ATTEMPT [landing on feet or falling after landing on feet]</p> <ul style="list-style-type: none"> No CR D Panel No DV – count 7 elements only D Panel 0.50 for No attempt to dismount E Panel Apply landing deductions E Panel
CONNECTION VALUE	<p>If salto HAS begun + fall [not landing on feet]</p> <ul style="list-style-type: none"> No CR D Panel No DV – count 7 elements only D Panel Apply landing penalties E Panel
<p>Will NOT be recognised if it is performed with</p> <ul style="list-style-type: none"> a fall extra steps between elements additional arm/leg swing hesitation or stop between elements foot touching beam between elements loss of balance between elements 	

DANCE ELEMENTS	Execution deductions for body posture faults must be taken in addition to penalties for amplitude	
TURNS	SPLIT LEAP/JUMPS/HOPS	SPLIT LEAP WITH LEG CHANGE
<p>Must be completed exactly</p> <p>For under turning 3/1 → 2/1 on Floor 2/1 → 1½ on Beam</p> <p>Once heel/free leg drops – turn completed</p> <p>If leg is not in prescribed position throughout turn 1 x DV lower [coded move]</p>	<p>180° split required</p> <p>0° - 20° DV given 0.10 E Panel</p> <p>>20° - 45° DV given 0.30 E Panel</p> <p>>45° Credit another coded element or no DV</p>	<p>Free leg swing minimum 45°</p> <p>180° split</p> <p>Less than 45° or bent → Credit Split leap</p>
RING PRINCIPLES	SHEEP/RING JUMP	SPLIT LEAP CHANGE WITH ½ turn
<p>Must show</p> <ul style="list-style-type: none"> both upper back arch and head release with foot to head height 180° split of legs Front leg at horizontal [except sissone type jumps] 	<p>Upper back arch and head release with feet almost touching head [ring shape]</p> <p>D PANEL</p> <p>No ring shape [distance between feet & head is more than foot size of gymnast] No DV</p> <p>No upper back arch and/or release of head No DV</p>	<p>Must show cross split position</p> <p>If free leg is less than 45° or bent → split leap with ½ turn</p> <p>If side leap is shown → side leap with leg change [Johnson]</p>
RING LEAP/CHANGE LEG RING	E PANEL	YANG BO
<p>D PANEL</p> <p>Back foot below shoulder height and/or front leg below horizontal [>10°]</p> <ul style="list-style-type: none"> Credit 1 x DV lower <p>No arch and release of head</p> <ul style="list-style-type: none"> Credit Split leap/change leg split leap <p>E PANEL</p> <p>Insufficient arch position 0.10</p> <p>Foot of back leg to shoulder height 0.10</p> <p>Front leg is below horizontal [for incorrect leg position] 0.10</p> <p>NB Back leg bent/straight – same element</p>	<p>Insufficient arch position [chest/ hips] 0.10</p> <p>Insufficient closure of feet to head 0.10</p> <p>Legs apart 0.10/0.30</p>	<p>Over split with front leg at least horizontal</p> <p>D PANEL</p> <p>No over split but both legs at horizontal → 1 x DV lower</p> <p>Over split but front leg >10° below horizontal → Ring Jump</p> <p>No arch and release of head → Split jump or Sissone [if leg below horiz]</p> <p>No arch and release of head and no split [missing more than 45°] → No DV</p> <p>E PANEL</p> <p>Insufficient arch position 0.10</p> <p>Over split but front leg below horizontal [incorrect leg position] 0.10</p>
SCALE [4.102]	JUMPS/LEAPS/HOPS + TURNS	E PANEL
<p>Requirement 180° split If less No DV</p>	<p>Turn must be completed 1 x DV lower</p> <p>If landing on 2 legs – placement of front foot is decisive</p> <p>If landing on 1 leg – position of hips and shoulders are decisive</p>	<p>Over split but front leg below horizontal [incorrect leg position] 0.10</p>
CAT LEAP + TURNS	TUCK JUMPS with/without TURNS	WOLF JUMP with/without TURNS
<p>Evaluate lowest knee position</p> <p>D PANEL</p> <p>>135° hip angle No DV</p> <p>No leg alternation Tuck jump</p> <p>E PANEL</p> <p>One/both legs at horizontal 0.10</p> <p>One/both legs below horizontal 0.30</p>	<p>Hip and knee angle at 45°/knees together</p> <p>D PANEL</p> <p>> 135° hip angle No DV</p> <p>E PANEL</p> <p>Knees at horizontal 0.10</p> <p>Knees below horizontal 0.30</p>	<p>Requirement & D Panel - as Tuck jumps</p> <p>E PANEL</p> <p>Extended leg at horizontal 0.10</p> <p>Extended leg below horizontal 0.30</p>
STRADDLE JUMP + TURNS	<p>Both legs above horizontal</p> <p>D PANEL</p> <p>>135° hip angle No DV</p> <p>E PANEL</p> <p>Legs at horizontal 0.10</p> <p>Legs below horizontal 0.30</p>	