

2017-2018 RC EXECUTION-TECHNICAL

Gymnast:				
Level:	Novice	Junior	Senior	Open
Apparatus	Compulsory	Optional		

<p>Small Errors = 0.1</p> <p>Body Faults Body segment held incorrectly (bent, fixed, etc 0.1 each time up to 1.0) Incomplete movement Travelling without throw (adjusting body position on the floor) Loss of balance/wobble Heavy landing-leap or acro element Shape of element not fixed or held Heel down during rotation</p> <p>Apparatus Faults Incorrect shape, plane, or handling (0.1 each time, up to 1.0) Imprecise trajectory of throw-1 or 2 steps Incorrect catch/help from another body part Feet caught in the rope, hoop, or ribbon Incorrect roll of the ball or hoop (bounces) Lack of synchronization of club rotations Small knot in ribbon/rope (does not impair shape-one-time deduction only)</p>	
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<p>Medium Errors = 0.3</p> <p>Body Faults Axis of body not straight during rotation Hops during rotation Static gymnast</p> <p>Apparatus Faults Involuntary wrapping around body with rope/ribbon Lack of balance between left and right hands Imprecise trajectory of throw with 3 or more steps Loss of the apparatus with no steps</p>	
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<p>Large Errors = 0.5-0.7</p> <p>Body Faults Loss of balance with support of hand or apparatus (0.5) Total loss of balance with fall (0.7)</p> <p>Apparatus Faults Loss of apparatus with 1 or 2 steps (0.5) Loss of apparatus with 3 or more steps (0.7) Loss of the apparatus at the end of routine (0.7)</p>	
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Total Deductions:	
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Comments:	
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Adjudicator: _____