

RC EXECUTION-TECHNICAL

Gymnast:				
Level:	Novice	Junior	Senior	Open
Apparatus	Compulsory	Optional		
<p>Small Errors = 0.1</p> <p>Body Faults Incomplete movement Travelling without throw (adjusting body position on the floor) Body segment held incorrectly (bent, fixed, etc 0.1 each time up to 1.0) Loss of balance/wobble Heavy landing-leap or acro ^{acro} element Shape of element not fixed or held Heel down during rotation</p> <p>Apparatus Faults Imprecise trajectory of throw-1 or 2 steps Incorrect catch/help from another body part Incorrect shape, plane, or handling (0.1 each time, up to 1.0) 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) Feet caught in the rope, hoop, or ribbon</p> <p>Group Collision of gymnasts/apparatus Lack of synchronization between individual movement and that of the group Imprecise line(s) within a formation</p>				
<p>Medium Errors = 0.3</p> <p>Body Faults Axis of body not straight during rotation Hops during rotation Static gymnast Asymmetrical position of the shoulders Loss of balance (with hops)</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 Loss of one end of the rope with interruption Large knot in rope or ribbon with interruption</p>				
<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>				
Total Deductions:				
Comments:				

Adjudicator: _____

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