

Floor exercise

Error	Small 0.10	Medium 0.30	Large 0.50
Insufficient height in acrobatic elements.	+	+	
Lack of flexibility during static elements.	+	+	
Roll-out elements without hand support.		On back of hands	Without support
Pause 2 sec. or more before element or acrobatic series.	+		
Uncontrolled momentary landings (also in transitions).	+	+	+
Simple steps or transitions to arrive to the corners.	+		
Jump to prone landing after salto			+

Pommel horse

Deductions applicable before, during and after elements with single legs swings and/or scissors

Amplitude	Deduction
Above shoulder line	0.0
Between shoulder and horizontal line.	0.1
Lower horizontal line.	0.3



Error	Small 0.10	Medium 0.30	Large 0.50
Lack of amplitude in scissors and single leg swings.	+	+	
Handstand with visible strength	+	+	+
Pausing or stopping in handstand.	+	+	+
Hip breaks during circles.	+	+	
Lack of body ext. in circles or flairs. Each element	+		
Legs apart during elements	0° - 30°	>30° - 60°	>60° - 90°
Angular deviations in cross support circles and travels.	>15° - 30°	>30° - 45°	>45° NR.
Landing obliquely or not facing the long axis of the horse.	Deviation >45	Deviation 90°	
Non handstand dismounts, body position under 30° over shoulder horizontal line.		+	
Scissor to handstand with hip bend.	+	+	+ NR.
Scissors to handstand without closing the legs.	≤ Shoulder width	> Shoulder width	
Extra ½ swing on mount without a leg changing sides.		+	
Unsteadiness in the handstand dismount, turning problems.	+	+	
Lowering of legs on elements to a handstand (from original position)	0 - 15°	>15° - 30°	>30° - 45° >45° NR

Still rings

Error	Small 0.10	Medium 0.30	Large 0.50
Legs apart or other poor execution during jump or lift to Rings.		+	
Pre-swing before start of exercise.		+	
Coach gives gymnast an initial swing.	+		
Layaway on the back swing.		+	
Slow, interruption or support phase during Jonasson and Yamawaki	+	+	+ NR
Hold of a non-listed part for 2 s. or more.	each time		
Compositional errors.		+	
False grip (over grip) during strength holds (each time).	+		
Bent arms during swing to strength hold parts or to establish hold position.	+	+	+
Bent arms during hold and press to strength hold elements.	+	+	+
Touching cables or straps with arms, feet or other parts of body		+	
Supporting or balancing with feet or legs on cables.			+ NR
Fall from handstand.			+ NR
Excessive swing of cables.	per element		
Preceding strength hold high angle- press to strength (also apply to 2nd element).	+	+	
Touching or support of arms against body during Swallow	+	+	
Swing with strength	+	+	

Vault

Error	Small 0.10	Medium 0.30	Large 0.50
Execution errors in 1 st flight.	+	+	+
Technical errors in 1 st flight.	+	+	+
Passing the handstand position not through the vertical.	+	+	+
Execution errors in 2 nd flight.	+	+	+
Technical errors in 2 nd flight.	+	+	+
Insufficient height, no conspicuous rise of the body.	+	+	+
Lack of extension in preparation for landing.	+	+	

Parallel bars

How to evaluate Makuts type elements with a pause or stop during the first part of the element

Performance	D-jury	E-jury
Pause after first part of element	Give value	0.1 for Pausing or Stopping in Handstand
One second hold after first part of element (less than 2 seconds)	Give value	0.3 for Pausing or Stopping in Handstand
Two second hold after first part of element	No value	0.5 for Pausing or Stopping in Handstand

Error	Small 0.10	Medium 0.30	Large 0.50
One leg step or swing on mount.		+	
Layaway on the back swing.		+	
Not controlled momentary handstand positions on 1 or 2 rails.	+		
Elements Chiarlo type, excessive hand separation and/or body deviation (each).	+	+	+
Pre-element.			+
Stepping or hand adjustments in handstand.	+ each time		
Lack of extension at horizontal regrasping after saltos.	+	+	
Uncontrolled regrasping after saltos.		+	+
Moy and giants, bent legs before horizontal body.	+	+	
After Bhavsar or similar horizontal regrasping elements to hang glide kip with bent legs.		+	

Horizontal bar

Deviations in swings to or through handstand, including any kind of turns.

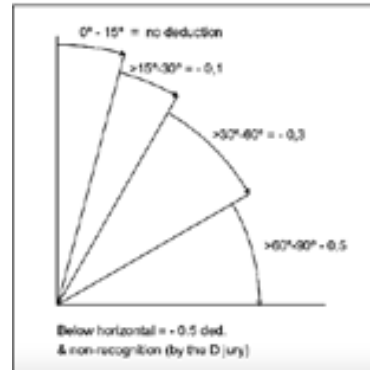
0° - 15° = no deduction

>15° - 30° = 0.1

>30° - 60° = 0.3

>60° - 90° = 0.5

Below horizontal = 0.5 ded. & NR (by the D jury)



Error	Small 0.10	Medium 0.30	Large 0.50
Legs apart or other poor execution during jump or lift to Horizontal Bar.		+	
Lack of swing or pause in handstand or elsewhere.	+	+	
Low amplitude on flight elements.	+	+	
Deviation from plane of movement.	≤ 15°	>15°	
Layaway on the back swing.		+	
Illegal elements with or from feet on the bar.		+	
Bent arms on regrasping following flight elements.	+	+	
Bent knees during swing actions.	+ each time	+ each time	
Elements not continuing in their intended direction.		+	
Any flight element with salto over the bar without a giant swing afterward.		+	
Entry angle deviation from handstand in Endos, Stalders y Weilers and Adler.	+	+	+
Additional swings in the beginning of exercise.		+	

Error	Small 0.10	Medium 0.30	Large 0.50
Deductions for aesthetic and execution errors			
Non-distinct positions (tuck, pike, straight).	+	+	+
Adjust or correct hand or grip position each time.	+		
Walking in handstand or hopping (each step or hop).	+		
Touching apparatus or floor with legs or feet.	+		
Hitting apparatus or floor.			+
Gymnast touched but not assisted by spotter during an exercise.		+	
Interruption of exercise without fall.			+
Bent arms, bent legs or legs apart.	+	+	+
Poor posture or body position or postural corrections in end positions.	+	+	+
Salto with knees or legs apart.	≤ shoulder width	> shoulder width	
Legs apart on landing.	≤ shoulder width	> shoulder width	
Unsteadiness, minor adjustment of feet, or excessive arm swings on landing.	+		
Loss of balance during any landing with no fall or hand support. (Maximum -1.0 total for steps and hops).	Slight imbalance, small step or hop, 0.1 per step	Large step or hop or touching the mat with 1 or 2 hands	
Fall or support with 1 or 2 hands during any landing.			1.0
Fall during any landing without feet contacting mat first.			1.0 and non-recognition by the "D" Jury
Atypical straddle.		+	
Other aesthetic errors.	+	+	+

Execution errors bent arms, legs or body

Mistake	Angular deviation	Deduction
Slight bending	>0° - 45°	0,1
Strong bending	>45° - 90°	0,3
Extreme bending	>90°	0,5 + NR

During hold positions and strength presses, the arms must be straight throughout the execution

Mistake	Angular deviation	Deduction
Small	0° - 15°	0,1
Medium	>15° - 30°	0,3
Large	>30° - 45°	0,5
Large	>45°	0,5 + NR

Error	Small 0.10	Medium 0.30	Large 0.50
Deductions for Technical errors			
Deviations in swings to or through handstand or in circle elements.	15° - 30°	>30° - 45°	>45° and NR
Angular deviations from perfect hold positions.	up to 15°	>15° - 30°	>30° - 45° >45° and NR
Press from poorly held positions.	deductions equivalent to those for the hold position are repeated (max. 0,3)		
Incomplete twists.	up to 30°	>30° - 60°	>60° - 90° >90° and NR
Lack of height or amplitude on salto and flight elements.	+	+	
Additional or intermediate hand support.	+		
Strength with swing and vice versa. (SEE RINGS)	+	+	+
Duration of hold parts (2 sec.).		less 2 sec.	no stop and NR
Interruption in upward movement.	+	+	+
Lowering of legs on any element to handstand or hold parts.	0 - 15°	>15° - 30°	>30° - 45° >45° NR.
Unsteadiness in or fall from handstand.	+	swing or big disturbance	
Fall from or onto apparatus.			1,0
Intermediate swing or layaway.		half or layaway	full
Assistance by spotter in the completion of an element.			1.0 and NR
Lack of extension in preparation for landing.	+	+	
Other technical errors.	+	+	+

Strength hold or simple hold position, angular deviations from the perfect hold position

Small error	Medium error	Large error
up to 15°	>15° - 30°	> 30° > 45° NR.

Examples:

