



EXECUTION (EXE) – LONG PROGRAM CHILDREN

Maximum points of the execution are 10.00

Requirements and types of mistakes	Deduction per mistake (each time/each element, unless otherwise specified)		
	Minor: -0.1	Medium: -0.2	Major: -0.3
Posture and supporting line, healthy aspects	incorrect supporting line (e.g. position of the supporting leg (in balances) or shoulders and hips not in line) poor posture heavy ending of the lift	body control lost during or in ending of the lift	landing from jump/leap while still in back bending in a lift, clearly poor posture/supporting line by lifting gymnasts
Basic gymnastics technique	insufficient extension difference in execution between gymnasts lack of fluency/continuity lack of lightness	-	-
Loss of balance (in any movement):	with unnecessary movement (each time/gymnast)	with unnecessary hop (each time/gymnast)	With one support on hand, foot or other part of the body (each time/gymnast)
Unity	lack of synchronization imprecise planes, levels or directions inaccuracy between movement and rhythm of the music inaccuracy in formations	-	-
Collision between gymnasts	execution is not or is slightly disturbed	execution is clearly disturbed for 1 gymnast	execution is clearly disturbed for 2 or more gymnasts
Physical characteristics: - lack in some area (flexibility, coordination, strength, speed, muscle control or endurance.) during the whole program	slight lack (team/each area)	clear lack (1-2 gymnasts/each area)	clear lack (team/each area)

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	Minor: -0.1	Medium: -0.2	Major: -0.3
Body movements: - incorrect technique - characteristics not shown for basic body movements	Mistake in technique of an element done by 1 gymnast	Mistake in technique of an element done by 2 gymnasts	Mistake in technique of an element done by 3 or more gymnasts
Jumps and leaps: - incorrect technique - characteristics not shown (shape not fixed, low elevation, poor body control, heavy landing)			
Balances: - incorrect technique - characteristics not shown (shape not fixed, insufficient amplitude, poor body control, insufficient rotation)			
Acrobatic elements: - incorrect technique - characteristics not shown (shape not fixed, poor body control, insufficient rotation)			

Total fall (two or more supports) in any movement	-0.4 each gymnast/ each time
Lift fails	- lift fails: -0.5 each time - gymnast(s) fall to the floor from lift: -0.5 each time
AGG technique: - Lack of total AGG technique	-0.3 whole program

Penalty by Head Judge

- 0.50 for each missing or additional gymnast
- 0.10 for each gymnast each time for crossing the borderline