



## EXECUTION (EXE) WOMEN/JUNIORS

**Maximum score: 10.0 points**

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

Requirements and types of mistakes	Deduction per mistake (each time/each element, unless otherwise specified)		
	Minor: -0.1	Medium: -0.2	Major: -0.3
<b>Body movements:</b> - incorrect technique - characteristics not shown for basic body movements	Small mistakes in technique of an element	Partly incorrect technique of an element	Totally incorrect technique of an element
<b>Jumps and leaps:</b> - incorrect technique - characteristics not shown (shape not fixed, low elevation, poor body control, heavy landing)			
<b>Balances:</b> - incorrect technique - characteristics not shown (shape not fixed, insufficient amplitude, poor body control, insufficient rotation)			

<b>Total fall in any movement</b>	-0.4 each gymnast/ each time
<b>Lift fails</b>	- lift fails: -0.5 each time - gymnast(s) fall onto the floor from lift: -0.5 each time
<b>AGG technique:</b> - lack of total AGG technique	-0.3 whole program