2019 specific judging deductions for club runs

Forwards roll
0.1 Head contact on floor
0.1-0.2 legs apart
0.1 arms not by ears
1.0 Second hand contact with floor to stand up
1.0 Any knee contact with floor

Straight jump (End of run)
0.1-0.2 legs bent/apart
0.1-0.2 lack of height
0.1-0.2 Lack of extension
1.0 Land on one foot (incomplete element)

Straight jump (walk out) (from standing start on floor)
0.1 arms bent
0.1 arms not by ears
0.1-0.2 legs bent in extended jump phase
1.0 Substatuted skill if not from a 2 footed jump into skill

Tuck jump
0.1-0.2 legs apart
0.1-0.2 body position
0.1-0.2 lack of ampletude
0.1 Arm position
0.1-0.2 Loss of balance
1.0 Landing on one foot (incomplete element)

Jump 180º
0.1- 0.2 Lack of tension
0.1- 0.2 legs bent in extended jump phase
0.2 Not tucking arms to chest in 180 turn
0.1- 0.2 Loss of balance
0.1- 0.2 Lack of ampletude
Land on one foot incomplete element

Jump 180º walkout
0.1- 0.2 Lack of tension
0.1- 0.2 legs bent in extended jump phase
0.2 Not tucking arms to chest in 180 turn
0.1- 0.2 Loss of balance
0.1- 0.2 Lack of ampletude
0.1-0.2 Walkout out, out of alignment
If additional steps are added then it is an interruption of pass.

Cartwheel
0.1-0.2 Lack of leg extension
0.1 arms bent
0.1 body not through vertical
0.1 legs not separated enough
0.1-0.2 Walkout out, out of alignment
Chasse
0.1 arms bent
0.1-0.2 lack of extension
0.1 loss of tempo
0.1 Out of alignment

Backwards roll
0.1-0.2 legs apart
0.1-0.2 lack of push through hands
0.1 arms not by ears
1.0 Knees touch floor (incomplete element)
0.5 Over one shoulder incomplete element

Handspring
0.1-0.2 legs bent
0.1-0.2 body position
0.1-0.2 legs apart
0.1 arms bent
0.1-0.2 lack of flight from hands
0.2 Feet not landing at the same time

Fall back to dish onto safety mat
0.1 Dish shown but not held for the full 3 seconds
0.3 Did not show a still dish position
0.1 Arms not pressing down towards thighs
0.1 Lack of body tension.
0.1-0.2 legs apart

Jump back to dish onto safety mat
0.1 Dish shown but not held for the full 3 seconds
0.3 Did not show a still dish position
0.1 Arms not pressing down towards thighs
0.1 Lack of body tension.
0.1-0.2 lack of flight

Round off or flic deductions are in FIG COP

Where the run states “From a short run” we are looking for somewhere about 3-5 steps, gymnasts should not be penalized for taking more or less.