

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 180°

- 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 180° 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 alingment

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 legs apart
- 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.