

2) Group element (1.0)



- All gymnasts
- Play an active role in
- A visible **lift** off the floor or a **throw**
- Different groups can perform different kind of group elements.



Group element example (lift)

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Group element example (throw)

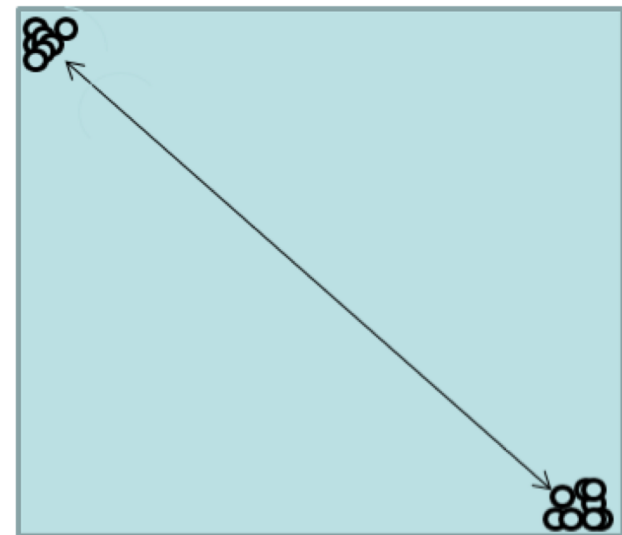
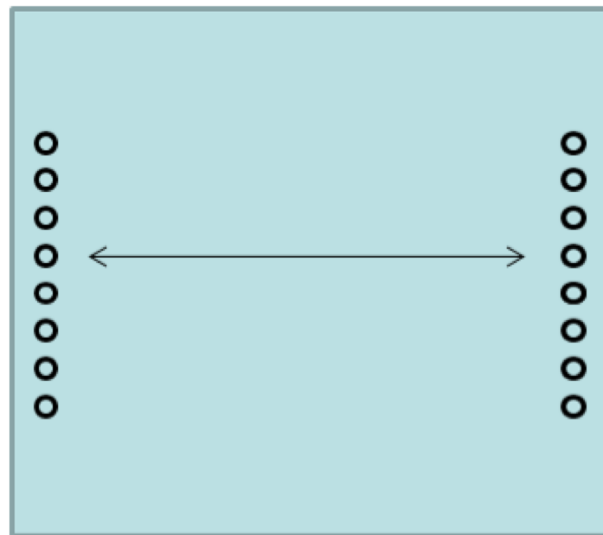
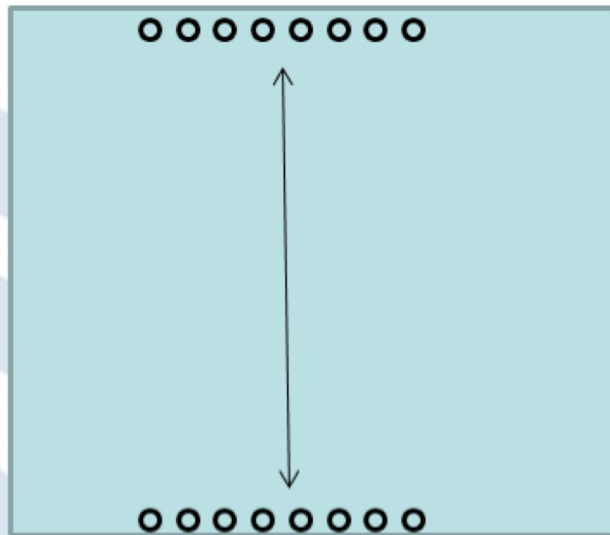


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3) Rhythmic Sequence (1.0)

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- All gymnasts perform the same sequence at the same time
- No difficulty elements
- Travel across the floor (3 options)



Rhythmic Sequence example

(from side to side)

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4) Difficulty Distribution (1.0)

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At least three (3) **difficulty elements** are performed in the program after 1 min 30 sec

Difficulty (open value)



All gymnasts do the same difficulty elements
AT THE SAME TIME

9 elements (including the combination) counted:

- 4 Balance elements, one must be **HANDSTAND**
- 3 Jumps/ Hops/ Leaps
- 2 Acrobatic elements

All difficulty element values are shown in

Appendix A1

Floor Difficulty Values

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Execution (10.0)



The execution score consists of:

1) Execution deductions

(Appendix A5, Table of General Faults and Penalties)

2) Choreographic requirements

3) Bonus (0.1) can be added to each judge's execution score.

1) Execution Deductions



Table of Execution Deductions				
Number of faults ↓	Size of the fault →	Minor fault	Moderate fault	Major fault
One gymnast makes the fault		Very small 0.1	Small 0.2	Medium 0.4
Less than half of the team's gymnasts make the fault		Small 0.2	Medium 0.4	Large 0.7
Half or more of the team's gymnasts make the fault		Medium 0.4	Large 0.7	Very large 1.0

Execution deductions



Size of Execution Deductions			
Fault	Minor fault	Moderate fault	Major fault
Precision in Formations	X		
Transitions (video examples)	X		
Synchronisation	X	X	X
Uniformity	X	X	
Performance in Difficulty and Flexibility Element	X	X	X
Dynamic Execution	X		
Amplitude and Extension	X		
Balance and Controlled Execution	X	X	
Line Violations	X		
Fall			0.3
Wrong Number of Gymnasts			1.0

Good Transition



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Deductible Transition



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2) Choreographic Requirements

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Table of Choreographic Requirements

a) Movements Corresponding to the Music

0.2

b) Formations

- 6 different formations

0.2/ each

- Large formation

0.2

- Small formation

0.2

- Moving curved formation

0.2

c) Planes

- Backwards

0.2

- Sideways

0.2

d) Directions

- Front

0.2

- Back

0.2

- Left or right

0.2

a) Movements Corresponding to the Music



There must be a relationship between
movement and music

“see what you hear and hear what you see”

b) Formations



Requirements:

- Six different formations
- One large formation
 - all gymnasts placed in one shape
 - $\leq 1\text{m}$ from floor edge
- One small formation $\leq 4\text{ m} \times 4\text{ m}$
- One moving curved formation

c) Planes

The floor program must include 2 different planes:
backwards ↑ and sideways ↔

Requirements:

- three different movements or elements
- all gymnasts at the same time
- no acrobatic elements

Plane backwards



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d) Directions

Requirements:

- must perform facing the front, the back and left OR right
- **all gymnasts at the same time**
- at least three different movements or elements, facing each direction

Direction backwards (and plane sideways)



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Bonus

If the program is performed with excellent skills, team can get a BONUS (0.1)

Tariff form



- To ensure fair judging
- Coach will fill and check before competition
- Includes all the requirements for floor

Let's see: Floor routine



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