



AESTHETIC GROUP GYMNASTICS

Execution (EXE) Children, Junior-Senior, Short program

Types of mistakes Deduction for each movement / each time	Small: -0.1 1 gymnast	Medium: -0.2 2 gymnasts	Big: -0.3 3 or more gymnasts
Healthy aspects: <ul style="list-style-type: none"> - shoulders and hips line - position of the supporting leg (in balances) - posture 	The same technical mistake (each time/each movement)		
Basic gymnastics technique: <ul style="list-style-type: none"> - insufficient extension - slight difference in execution - lack of fluency/continuity - lack of lightness 			
Body movements: <ul style="list-style-type: none"> - imperfection/insufficiency in execution - unfixed shape - extra movement 			
Jumps and leaps: <ul style="list-style-type: none"> - unfixed shape - lack of amplitude in the shape - insufficient elevation - heavy landing 			
Balances: <ul style="list-style-type: none"> - unfixed shape - unnecessary movement without a step or hop - insufficient muscle control in starting/ending the balance 			
Deduction for each gymnast /group / whole program	Small: -0.1	Medium: -0.2	Big: -0.3
Unity:	<ul style="list-style-type: none"> - lack of synchronization - imprecise planes, levels or directions - movement and rhythm - Inaccuracy in formations 		
Collision between gymnasts	execution is not disturbed	execution is slightly disturbed	execution is clearly disturbed
Physical characteristics: <ul style="list-style-type: none"> - lack in some area (flex., strength, etc) during whole program 	slight lack (group/each area)	clear lack (1-2 gymnasts/each area)	clear lack (group/each area)
Loss of balance:	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)
Total fall in any movement	-0.4 each gymnast/ each time		
Lift falls	Lift fall (disturbed) -0.5 (each time), gymnast(s) fall from the lift:-0.5 each time/gymnast		
AGG technique: <ul style="list-style-type: none"> - lack of total AGG technique 	-0.3 whole program		
Bilateral work long program Children : $\begin{matrix} \top & L & \wedge & L \end{matrix}$	-0.2 each time/each element		
Bilateral work Short program: <ul style="list-style-type: none"> - according to Body Movements technique 	-0.3 whole program		
Max.	10.0 - Short Program all categories 10.0 - Senior - Junior long program 9.8 – Children long program		
Bonus: elements are executed excellently and are synchronized	+ 0.1 - Children long program (group size 6-8) + 0.2 - Children long program (group size 9 and more)		

Penalty by Head Judge of EXE: -0.5 for each missing gymnast
-0.1 each time for gymnast out of floor area