# RGM Interclub Program

# TECHNICAL EXECUTION

**Gymnast/Group**: _____     **Level/Apparatus**: _____
**Club**: _____

**Execution Deductions:**

| | |
|---|---|
| **Small Errors = 0.1 each time**<br>• Incomplete movement<br>• Traveling without a throw<br>• Body segment held incorrectly<br>• Loss of balance (wobble)<br>• Heavy landing<br>• Heel drop in rotation (pivot)<br>• Incorrect catch (help with other hand or body)<br>• Incorrect shape, plane or handling of apparatus<br>• Knot (small, does not impair handling)<br>• Bouncing in a roll<br>• Lack of club synchronization | |
| **Medium Errors = 0.3 each time**<br>• Axis of body not straight in pivots<br>• Hops in a rotation<br>• Shape of balance not held for a minimum of 1 second<br>• Static gymnast<br>• Imprecise trajectory with 1 step<br>• Feet caught in the apparatus | |
| **Large Errors = 0.5 each time**<br>• Loss of balance with support of hand(s) or apparatus<br>• Involuntary wrapping around body (rope/ribbon)<br>• Imprecise trajectory with 2 or more steps<br>• Loss of apparatus (0 steps) | |
| **Major Errors = 0.7-1.0 each time**<br>• Loss of balance with fall (0.7)<br>• Loss of apparatus with 1-2 or more steps (0.7)<br>• Loss of apparatus with 3 or more steps (1.0)<br>• Loss of apparatus at the end of routine (1.0) | |

**TOTAL DEDUCTIONS:**

**JUDGE'S INITIALS:**