

ARTICLE 6 – Table of General Faults and Penalties

Faults		Small	Med.	Large	Very Large
		0.10	0.30	0.50	1.00 or more
By E- Panel Judges ($E^1 - E^6$)					
Execution Faults					
- Bent arms or bent knees	each time	X	X	X	
- Leg or knee separations	each time	X	X shoulder width or more		
- Legs crossed during elements with twist	each time	X			
- Insufficient height of elements (external amplitude)	each time	X	X		
Insufficient					
- exactness of tuck or pike	each time	X 90° hip angle	X < 135° hip angle		
- exactness of stretch position	each time	X	X > 135°		
- Failure to maintain stretched body posture (UB, BB, FX) – piking too early	each time	X	X		
- Hesitation during jumps, press or swing to handstand	each time	X			
- insufficient extension in the preparation for landing	each time	X			
- Deviation from straight direction	each time	X			
- Insufficient flexibility (internal amplitude)	each time	X			
Position of legs in acro and dance elements:					
- Insufficient split	each time	X	X		
- Legs in Split are not parallel to BB/FX (dance)	each time	X			
Body posture in elements:	each time				
- Body alignment		X	X		
- Feet not pointed/loose		X			
- Feet turned in		X			
- Precision (Each movement has a clear start and finish position.)	each time	X			
Throughout the entire exercise:					
- Insufficient dynamics (気合)		X	X		
• Energy maintained throughout the exercise creating an impression of ease of execution.					
• To make the "very difficult" look effortless					
• Lightness via strong extension, speed and quickness of achieving ultimate positions					
- Body posture in dance movements		X	X		
- Insufficient amplitude		X	X		
Landing Faults (all elements including dismounts)		If there is no fall the maximum landing deduction may not exceed 0.80			
- Legs apart on landing	each time	X			
- Too close to the apparatus (UB & BB)		X	X		
Movements to maintain balance:					
- extra arm swings		X			
- additional trunk movements to maintain balance	each time	X	X		
- extra steps, slight hop	each time	X			
- very large step or jump (guideline – 1 meter)	each time		X		
- body posture fault	each time	X	X	X	
- deep squat	each time	0.1	0.5	X	
- brushing apparatus with hands-arms, but not falling against the apparatus	each time		X		
- support on mat/apparatus with 1 or 2 hands	each time				1.00
- fall on mat to knees or hips	each time				1.00
- fall on or against apparatus	each time				1.00