

Updated Community Games routines - Boys

Deduction booklet

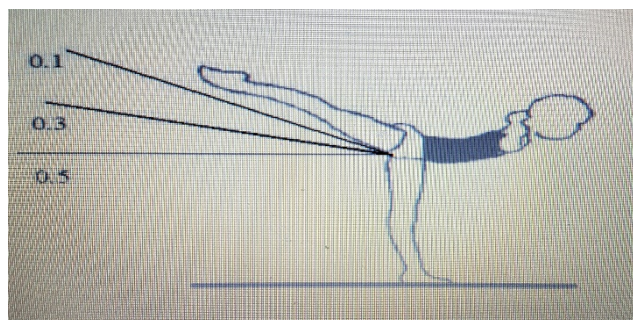
GENERAL

- All routines have a 'Start Value' noted below the title of each exercise
- This is the 'Start Value' given if all the elements/requirements are performed.
- All routines on each apparatus will be judged from the stated 'Start Value'.
- Missing requirements will be subtracted from the 'Start Value'.
- Then the execution deductions will be subtracted from the actual 'Start Value'.
- Therefore, the values of the Elements will not be counted.
- All routines are set routines. If the gymnast deviates from routine as listed then 0.3 for deviation from the text can be deducted from the final score.
- The General table of Faults are to be applied along with the deductions from the FIG code of points which can be found at <http://www.fig-gymnastics.com/vsite/vnavsite/page/directory/0,10853,5187-188050-205272-nav-list,00.html>.

Specific Deductions	1	3	5
Bent arms, Bent Legs, Legs apart	*	*	*
Legs apart on landings	*(Shoulder Width)	*(Greater than Shoulder Width)	
Height of arabesque (See Diagram Below)	*	*	*
Lack of Height in Flight Elements	*	*	
Indistinct Shapes, Straight, Tuck or Pike	*	*	*
Extra Steps	*(each time)		
Fall			1.0
Interruption of Exercise without a fall			*
Incomplete twists.	. up to 30°	° 31° - 60°	° >90° and non-recognition
Duration of Hold Parts		Less than 2 Seconds	Non-Stop (and non-recognition)
Other Aesthetic Errors	*	*	*

Floor

Table Specific Deductions



Arabesque

Under 9 - FLOOR

Floor Start Value 13.00

<u>Element</u>	<u>Judging Deductions</u>	
From standing raise one leg forwards & cartwheel ¼ turn outwards legs apart into immediate	Body alignment	0.1/0.3
	Bent knees	0.1/0.3/0.5
	Not performed in a straight line	0.1
	Steps on landing (each)	0.1
Forward roll (joining feet in roll)	Body alignment in roll (lack of extension)	0.1/0.3
	Roll not fluent	0.1
	Feet apart in roll	0.1/0.3/0.5
Then Forward roll to long lie with arms above head (2 secs)	Body alignment in roll (lack of extension)	0.1/0.3
	Roll not fluent	0.1
	Long lie not held for 2 seconds	0.3
	Long lie not held at all	0.5
Place arms at side, and roll backwards up to shoulder stand (2secs)	Body alignment in roll (lack of extension)	0.1/0.3
	Roll not fluent	0.1
	Shoulder stand not held for 2 seconds	0.3
	Shoulder stand not held at all	0.5
Roll forwards to pike sit arms above head	Body alignment in roll (lack of extension)	0.1/0.3
	Roll not fluent	0.1
	Bent knees in pike sit	0.1/0.3/0.5
Pike fold (2 secs)	Pike fold not achieved	0.1/0.3/0.5
	Bent knees	0.1/0.3/0.5

	Not held for 2 sec	0.3
	Not held at all	0.5
Lift to back support (2 secs)	Body alignment	0.1/0.3
	Bent Arms	0.1/0.3/0.5
	Bent knees	0.1/0.3/0.5
	Not held for 2 sec	0.3
	Not held at all	0.5
Turn over to front support, squat one leg in and raise to arabesque (2 secs) stand.	Body alignment	0.1/0.3
	Bent Arms	0.1/0.3/0.5
	Bent knees	0.1/0.3/0.5
	Arabesque not held for 2 sec	0.3
	Arabesque not held at all	0.5
Jump ½ turn and immediate rebound into tuck jump to stand	Feet apart	0.1/0.3
	Lack of height	0.1/0.3
	Bent knees	0.1/0.3
	Body alignment	0.1/0.3
	Legs apart on landing	0.1
	Turn not complete	0.5
	Jump not immediate	0.3
	Lack of height in tuck jump	0.1/0.3
	Lack of tuck shape	0.1/0.3/0.5
	Feet apart on landing	0.1/0.3
	Steps on landing (each)	0.1/0.3
Two to three running steps and dive forward roll to stand	Body alignment in roll (lack of extension)	0.1/0.3
	Lack of flight	0.1/0.3
	Roll not fluent	0.1
	Feet apart in roll	0.1/0.3/0.5

Under 11 - FLOOR

Floor Start Value 10.00

<u>Element</u>	<u>Judging Deductions</u>	
Jump, skip (hurdle step), cartwheel, cartwheel, ¼ turn inwards into	Body alignment (each)	0.1/0.3
	Bent knees (each)	0.1/0.3/0.5
	Not performed in a straight line (each)	0.1
	Steps on landing (each)	0.1
Backward roll with straight arms to stand. (May be performed as backward roll to handstand with straight arms <u>without deduction/bonus</u>)	Body alignment	0.1/0.3
	Lack of push from floor	0.1/0.3
	Bent Arms	0.1/0.3/0.5
	Rolling over one shoulder	0.5
	Feet apart on landing	0.1
Forward roll to pike sit arms above head	Body alignment in roll (lack of extension)	0.1/0.3
	Roll not fluent	0.1
	Bent knees in pike sit	0.1/0.3/0.5
Pike Fold (2 secs)	Pike fold not achieved	0.1/0.3/0.5
	Bent knees	0.1/0.3/0.5
	Not held for 2 sec	0.3
	Not held at all	0.5
Pike Lever (2 secs)	Bent knees	0.1/0.3/0.5
	Not held for 2 sec	0.3
	Not held at all	0.5
Lower to pike sit and lift to back support (2secs)	Body alignment	0.1/0.3
	Bent Arms	0.1/0.3/0.5
	Bent knees	0.1/0.3/0.5
	Not held for 2 sec	0.3

	Not held at all	0.5
Turn over to front support, squat one leg in and raise to arabesque (2 secs) stand.	Body alignment	0.1/0.3
	Bent Arms	0.1/0.3/0.5
	Bent knees	0.1/0.3/0.5
	Arabesque not held for 2 sec	0.3
	Arabesque not held at all	0.5
Two to three running steps dive forward roll to stand	Body alignment in roll (lack of extension)	0.1/0.3
	Lack of flight	0.1/0.3
	Roll not fluent	0.1
	Feet apart in roll	0.1/0.3/0.5

Under 11 - VAULT

Vault Start Value 12.00

10 metre run into handspring prep to back lie on to mats set 80cm.

Equipment Required: Springboard, safety/landing mats measured at 80 cm.

<u>Element</u>	<u>Judging Deductions</u>	
First flight phase	Hip angle	0.1/0.3/0.5
	Arch	0.1/0.3
	Legs separated	0.1/0.3
	Knees bent	0.1/0.3/0.5
Repulsion phase	Staggered/alternate hand placement	0.1
	Bent arms	0.1/0.3/0.5
	Angles in shoulders closed	0.1/0.3
Second flight phase	Body alignment (not straight)	0.1/0.3
	Lack of height	0.1/0.3/0.5
	Lack of length	0.1/0.3
	Bent knees	0.1/0.3/0.5
	Leg or knee separations	0.1/0.3
Landing	Body alignment on landing	0.1/0.3
	Deviation from a straight direction	0.1
	Spotting during vault	Void

Under 13 – FLOOR

Floor Start Value 13.00

<u>Element</u>	<u>Judging Deductions</u>	
From standing, jump, skip, (hurdle) round off, rebound backwards into dished jump	Body alignment in round off	0.1/0.3
	Lack of push from floor	0.1/0.3
	Bent knees	0.1/0.3/0.5
	Not performed in a straight line	0.1
	Poor Shape in dished jump	0.1/0.3/0.5
	Steps on landing (each)	0.1
into backward roll with straight arms and straight legs to front support.	Body alignment in bwd roll	0.1/0.3
	Lack of push from floor	0.1/0.3
	Bent Arms	0.1/0.3/0.5
	Rolling over one shoulder	0.5
	Not landing in front support	0.1/0.3/0.5
Turn to back support, lower to pike sit	Body alignment	0.1/0.3
	Bent Arms	0.1/0.3/0.5
	Bent knees	0.1/0.3/0.5
Pike Lever (2 secs)	Bent knees	0.1/0.3/0.5
	Not held for 2 sec	0.3
	Not held at all	0.5
Touch toes and immediate backward roll to stand	Roll not immediate	0.3
	Body alignment	0.1/0.3
	Lack of push from floor	0.1/0.3
	Bent Arms	0.1/0.3/0.5
	Rolling over one shoulder	0.5
	Feet apart on landing	0.1

Jump full turn	Feet apart	0.1
	Body alignment	0.1/0.3
	Lack of height	0.1/0.3
	Bent knees	0.1/0.3/0.5
	Feet apart on landing	0.1
	Steps on landing (each)	0.1/0.3
	Turn not complete	0.5
Step forwards and hold arabesque (2 secs) stand	Body alignment	0.1/0.3
	Bent Arms	0.1/0.3/0.5
	Bent knees	0.1/0.3/0.5
	Arabesque not held for 2 sec	0.3
	Arabesque not held at all	0.5
Two to three running steps handspring immediate rebound stretch jump to land	Body alignment in handspring	0.1/0.3
	Lack of push from floor	0.1/0.3
	Bent knees	0.1/0.3/0.5
	Not performed in a straight line	0.1
	Jump not immediate	0.3
	Lack of height in tuck jump	0.1/0.3
	Lack of tuck shape	0.1/0.3/0.5
	Feet apart on landing	0.1/0.3
	Steps on landing (each)	0.1/0.3

Under 13 – VAULT

Vault Start Value 12.00

10 metre run into handspring prep to back lie on to mats set 100 cm higher.

Equipment Required: Springboard, safety/landing mats measured at 100 cm.

<u>Element</u>	<u>Judging Deductions</u>	
First flight phase	Hip angle	0.1/0.3/0.5
	Arch	0.1/0.3
	Legs separated	0.1/0.3
	Knees bent	0.1/0.3/0.5
Repulsion phase	Staggered/alternate hand placement	0.1
	Bent arms	0.1/0.3/0.5
	Angles in shoulders closed	0.1/0.3
Second flight phase	Body alignment (not straight)	0.1/0.3
	Lack of height	0.1/0.3/0.5
	Lack of length	0.1/0.3
	Bent knees	0.1/0.3/0.5
	Leg or knee separations	0.1/0.3
Landing	Body alignment on landing	0.1/0.3
	Deviation from a straight direction	0.1
	Spotting during vault	Void

Under 15 – FLOOR

Floor Start Value 13.00

<u>Element</u>	<u>Judging Deductions</u>	
From standing take two to three running steps skip handspring into immediate dive roll to stand	Body alignment in handspring	0.1/0.3
	Lack of push from floor	0.1/0.3
	Bent knees	0.1/0.3/0.5
	Not performed in a straight line	0.1
	Dive roll not immediate	0.3
	Body alignment in roll (lack of extension)	0.1/0.3
	Lack of flight	0.1/0.3
	Roll not fluent	0.1
	Feet apart in roll	0.1/0.3
Forward roll into tuck lift to handstand forward roll	Body alignment in roll (lack of extension)	0.1/0.3
	Roll not fluent	0.1
	Feet apart in roll	0.1/0.3/0.5
	Failure to pass through vertical	0.1/0.3/1.0
	Placing hands on floor to stand up brush/1.0 – support	0.3-
Fall to prone position, stretch to long lie	Body alignment (lack of extension)	0.1/0.3
	Fall not fluent	0.1
Lift to arch hold position, arms stretched by ears (2secs)	Body alignment (lack of extension)	0.1/0.3
	Bent knees	0.1/0.3/0.5
	Bent Arms	0.1/0.3/0.5
	Not held for 2 sec	0.3

Sport Starts Here.

	Not held at all	0.5
Roll over to long dish position (2 secs)	Bent knees	0.1/0.3/0.5
	Bent Arms	0.1/0.3/0.5
	Not held for 2 sec	0.3
	Not held at all	0.5
Sit up to pike sit. Lift to pike lever (2 secs)	Bent knees	0.1/0.3/0.5
	Not held for 2 sec	0.3
	Not held at all	0.5
Lift feet up to half Russian lever and push out to back support	Body alignment (lack of extension)	0.1/0.3
	Bent Arms	0.1/0.3/0.5
	Bent knees	0.1/0.3/0.5
Lift one leg up in the air and turn to front support bringing the same leg underneath.	Body alignment (lack of extension)	0.1/0.3
Lift to a lunge position and lift to arabesque (2 secs)	Bent Arms	0.1/0.3/0.5
	Bent knees	0.1/0.3/0.5
	Not held for 2 sec	0.3
	Not held at all	0.5
Fouette making a half turn to stand (swing the back-leg forwards from the arabesque, whip through the hips making a half turn)	Body alignment (lack of extension)	0.1/0.3
	Bent Arms	0.1/0.3/0.5
	Bent knees	0.1/0.3/0.5
	Turn not complete	0.5
Place arms horizontal sideways, take two steps forward and scissors kick to stand	Body alignment (lack of extension)	0.1/0.3
	Bent knees	0.1/0.3/0.5

Two to three running steps into skip round off, stretch jump into

Body alignment in round off	0.1/0.3
Lack of push from floor	0.1/0.3
Bent knees	0.1/0.3/0.5
Not performed in a straight line	0.1
Poor Shape in stretch jump	0.1/0.3/0.5
Steps on landing (each)	0.1

backward roll through handstand to stand.

Body alignment	0.1/0.3
(with straight arms)	
Bent arms	0.1/0.3/0.5
Not passing through vertical	0.1/0.3/1.0
Legs apart	0.1/0.3
Bent knees	0.1/0.3/0.5

Under 15 – VAULT

Vault Start Value 12.00

10 metre run into handspring prep to back lie on to mats set 120 cm.

Equipment Required: Springboard, safety/landing mats measured at 120 cm.

<u>Element</u>	<u>Judging Deductions</u>	
First flight phase	Hip angle	0.1/0.3/0.5
	Arch	0.1/0.3
	Legs separated	0.1/0.3
	Knees bent	0.1/0.3/0.5
Repulsion phase	Staggered/alternate hand placement	0.1
	Bent arms	0.1/0.3/0.5
	Angles in shoulders closed	0.1/0.3
Second flight phase	Body alignment (not straight)	0.1/0.3
	Lack of height	0.1/0.3/0.5
	Lack of length	0.1/0.3
	Bent knees	0.1/0.3/0.5
	Leg or knee separations	0.1/0.3
Landing	Body alignment on landing	0.1/0.3
	Deviation from a straight direction	0.1
	Spotting during vault	Void