

U8 Judging Notes

Bars – D Score 1.30 – Routine A

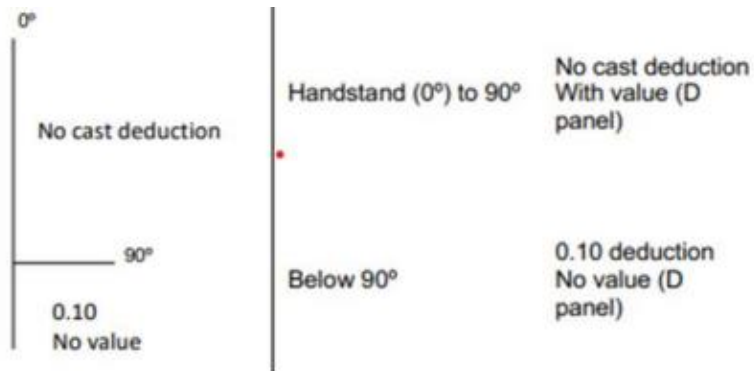
If a gymnast is too tall to hang on the low bar, they may use the HB instead with a safety mat in place underneath

Set routine as below

Value	Description	Execution faults	Small Fault 0.1	Medium Fault 0.3	Large Fault 0.5
0.50	Assisted by coach: Jump to catch the bar. Show straight hang with good body position	Lack of body extension in jump and hang	X	X	
0.50	Chin up (chin over the bar) Lower to straight hang in control.	Forehead not at the height of bar Chin resting on bar Poor technique (initiation of a swing)	VM	X X	
0.50	1 x leg lift with straight legs (feet to touch the bar), lower to straight hang in control	Failure to lift legs to horizontal Failure to lift feet to 45° from vertical Failure to touch the bar with feet Failure to finish in straight hang (finishing in dish)	VM X	X X	
0.50	Dish (Hold) Arch (Hold) then 2 dish, arch swings (fish)	Failure to hold dish and arch Lack of co-ordination in fish swing	X X	X	
0.50	release bar to land	Landing penalties			

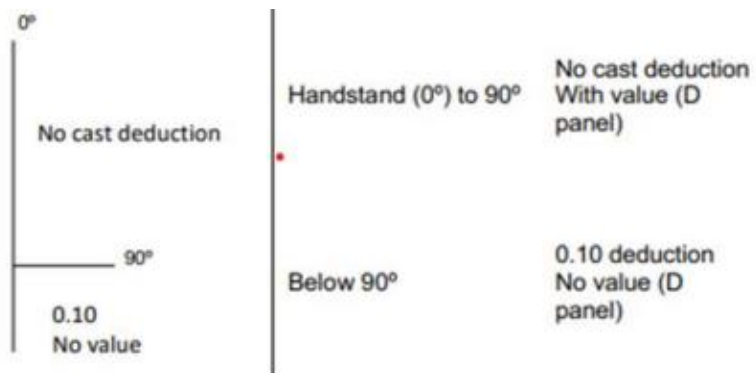
Bars – D Score 1.70 – Routine B

Value	Description	Execution faults	Small Fault 0.1	Medium Fault 0.3	Large Fault 0.5
0.50	Upward circle to front support	Failure to complete circle to front support VM Kicking one leg into circle up	VM X		
0.50	Cast into	Cast deductions			
0.50	Backward hip circle (NO composition deduction for empty swing after back hip circle)	Failure to circle the bar to front support VM Going round twice	VM		X
0.50	Cast into	Cast deductions			
0.50	Straddle or clear undershoot dismount	Feet not touching bar in straddle undershoot		X	



Bars – D Score 2.00 – Routine C

Value	Description	Execution faults	Small Fault 0.1	Medium Fault 0.3	Large Fault 0.5
0.50	Upstart (NO composition deduction for stop after)	Failure to complete upstart			1.00 (fall) + VM
0.50	Cast into	Cast deductions			
0.50	Backward hip circle (NO composition deduction for empty swing after back hip circle)	Failure to circle the bar to front support VM Going round twice	VM		X
0.50	Cast into	Cast deductions			
0.50	Straddle or clear undershoot dismount	Feet not touching bar in straddle undershoot		X	



Vault - DV 2.30

Handspring Flat Back onto Pile of Safety Mattresses at a choice of 60cm, 90cm or 120cm to suit the gymnast.

2.00 penalty for coach support. Applies to each vault.

Best score of 2 performed vaults.

(No deduction if only 1 vault performed)

PHASE	EXECUTION FAULTS	EXECUTION DEDUCTIONS		
		0.10	0.30	0.50
TAKE OFF BOARD	Poor co-ordination of arm swing	X		
	Arms already up on jump onto board		X	
FIRST FLIGHT	Hip angle	X	X	
	Arch	X	X	
	Bent knees	X	X	X
	Leg or knee separations	X	X	
REPULSION	Shoulder angle on contact with mat	X	X	
	Bent arms	X	X	X
	Walking on hands	X		
	Double bounce on hands			1.00
SECOND FLIGHT	Bent knees	X	X	X
	Failure to maintain straight body position	X	X	
	Insufficient Height	X	X	X
	Distance (Insufficient length)	X	X	
	Leg or knee separations	X	X	
LANDING ON SAFETY MATS	Landing on mats with legs apart	X		
	Failure to land on flat back (landing in dish)		X	
GENERAL	Body alignment at any phase (taken only once)	X		
	Dynamics	X	X	

Judging finishes when the gymnast has landed on the mats

BEAM ARTISTRY AND COMPOSITION DEDUCTIONS

ARTISTRY:

Poor body posture (head/shoulders/trunk):	0.1
Insufficient amplitude (maximum elongation of the movements)	0.1
Insufficient amplitude of leg swings or kicks	0.1
Feet not pointed/relaxed/turned in:	0.1
Poor work in releve	0.1
Insufficient movement of the body parts	0.1
Insufficient variation in rhythm & tempo in movements (no DV):	0.1
Lack of movements sideways (no DV):	0.1
Missing combination of movements/ elements close to beam	0.1

SPECIFIC DEDUCTIONS:

Poor rhythm in connection (with DV)	0.1 each
Adjustments (steps without choreography/unnecessary movements)	0.1 each
Excessive arm swing before dance elements	0.1 each
Pause (apply at 2 secs)	0.1 each
Additional support of leg against the side surface of the beam	0.3
Grasp of beam to avoid a fall	0.5
Additional movements to maintain balance	0.1/0.3/0.5

FLOOR ARTISTRY AND COMPOSITION DEDUCTIONS

ARTISTRY:

Poor body posture (head/shoulders/trunk):	0.1
Insufficient amplitude (maximum elongation of the movements):	0.1
Feet not pointed/relaxed/turned in:	0.1
Insufficient involvement of the body parts	0.1
Missing movement touching the floor	0.1

Additional Artistry if music is used:

Insufficient complexity or creativity of movements throughout exercise	0.1
Poor expressive engagement according to the style of music	0.1
Lack of synchronisation between movement & musical beat at the end	0.1
Background music	0.1 / 0.3

SPECIFIC DEDUCTIONS FOR FLOOR:

Adjustments (steps without choreography)	0.1 each
Excessive arm swings before dance elements	0.1 each
Pause (apply at 2 secs)	0.1 each

RANGE & CONDITIONING – Routine with set elements – D score 4.00

Elements must be performed in the stated order. Elements performed out of order will be subject to a deduction of 0.50 (taken as a NEUTRAL PENALTY) once only in routine. These specific deductions are in addition to the general table of faults & Technical Directives in the Code of Points.

Strip of firm matting

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.50	Crouch down and forward roll (bent or straight arms – pause in shoulder stand not necessary) to straddle sit (show position)	Execution Penalties	As CoP		
0.50	Lift to straddle ½ lever hold with feet higher than hips. HOLD for 2 seconds Lower to straddle sit position	Legs held at or below horizontal Position not held for 2 seconds	X	X	0.30 Neutral Penalty (D Panel)
0.50	Without changing leg position, lift arms above head and keeping back straight, lean forwards to Japana position. HOLD for 2 seconds	Back not straight during lean forwards Widening legs before japana fold Torso not close to floor in hold position Position not held for 2 seconds	X X X		0.30 Neutral Penalty (D Panel)
0.50	Take legs backwards (swim through) to join together with arms by ears. Push up to front support with toes pointed. HOLD for 2 seconds	Lack of splits in swim through Position not held for 2 seconds	X	X	0.30 Neutral Penalty (D Panel)
0.50	Swing one leg forwards to sit in splits HOLD for 2 seconds	Lack of flexibility in splits Hands on floor in hold position Position not held for 2 seconds		As CoP X	0.30 Neutral Penalty (D Panel)
0.50	½ turn to sit in splits on other leg (may use hands in transition without penalty) HOLD for 2 seconds	Lack of flexibility in splits Hands on floor in hold position Position not held for 2 seconds		As CoP X	0.30 Neutral Penalty (D Panel)
0.50	<i>Bring back leg forwards to long sit with legs together</i> Lift arms to ears and pike fold placing hands flat on floor beside feet Hold position for 2 seconds	Insufficient pike Position not held for 2 seconds		As CoP	0.30 Neutral Penalty (D Panel)
0.50	<i>Lie on back and push to bridge with feet together. Straighten legs and</i> Hold position for 2 seconds	Insufficient shoulder extension Position not held for 2 seconds	X	X	0.30 Neutral Penalty (D Panel)
0.50	<i>Lift one leg straight to vertical (may move support leg if needed) and</i> Kick over through split handstand to stand	Lack of flexibility in splits Failure to kick over to stand		As CoP	1.00 (Fall) + VM
0.50	Lift one leg to horizontal arms pressed out to side and perform a leg dip <i>Step forward and</i>	Failure to achieve deep squat Free leg touching the floor	X	X X	
0.50	Lift other leg to horizontal arms to side and perform a leg dip on the other leg	Failure to achieve deep squat Free leg touching the floor	X	X X	
		Lack of fluency throughout the exercise	X	X	