



## Individual Exercises

JUDGE

**ARTISTRY (A)**

Judge (A) n°

Date

Fed. \_\_\_\_\_

Name gymnast \_\_\_\_\_



	CONCEPT		Penalty	JUDGE
MUSIC	Absence of unity between the different musical themes		- 0,20	
	Abrupt interruption of the music at the end of the exercise		- 0,20	
	Absence of harmony in the character of each movement sequence and music <b>1,00 p. maxi.</b>		X 0,10	
	Absence of harmony in the rhythm of each movement sequence and music <b>1,00 p. maxi.</b>		X 0,10	
	Background Music		- 2,00	
GENERALITIES	Interruption in the logical connection of the movements. <b>1,00 p. maxi.</b>		X 0,10	
	Insufficient connecting elements, technical, aesthetic and emotional in relationship with the music (absence of unity)		- 0,50	
	Lack of uniform distribution of difficulties		- 0,20	
	Insufficient use of the floor area		- 0,20	
APPARATUS	Absence of balance between the use of the different technical groups		- 0,10	
	Insufficient variety in the technical movements: type, amplitudes, directions, planes, dynamic	$\infty \neq$	- 0,20	
	For each missing risk	PR	X 0,20	
	For each additional element of decoration		X 0,20	
	Insufficient variety in the throws/catches in the same plan-direction or on the same level or same modality: <b>for each predominance</b>	$\uparrow \neq$	X 0,10	
BODY	Starting position not justified by the initial movement of the apparatus	1	- 0,20	
	Insufficient variety in the use of the body	$\neq$	- 0,10	
	Insufficient participation of the whole body (segmentary movements)	$\neq$	- 0,20	
	Movements not enough accompanied with the trunk, neck, head, arms, hands (lack of expressivity)	$\neq$	- 0,50	
PRE-ACROB.	Unauthorized Pre-A. or performed with an unauthorized technique		X 0,20	
	For each repetition of authorized pre-acrobatic elements, whether isolated or in combination		X 0,20	
	Pre-A. performed without coordination with the apparatus		X 0,20	
VARIETY	Insufficient variety in the use of the espace : directions / levels / trajectories / travelling modalities ( <b>for each type</b> )		X 0,20	
	Insufficient variety in the dynamic (speed and intensity of the movements)		- 0,30	
BEG. / END	Absence of contact between the gymnast and the apparatus at the beginning or the end of the exercise (composition fault)		X 0,30	
<b>TOTAL PENALTY</b>				

Signature Judge .....