

INDIVIDUAL EXERCISE

EXECUTION (E)



NF	№ Gymnast		№ Judge		Date					
Artistic Faults			Penalty							
Guiding idea: Character: <i>style and character of movements reflect character of music; guiding idea is developed</i>	0.10		0.30		0.50					
Connections: <i>Logical, smooth transitions from one movement to the next</i>	0.10	0.20	0.30	0.40	0.50	0.60	0.70	0.80	0.90	1.00
<i>Lack of contact with the apparatus in the beginning and end (composition fault)/ Unjustified start position</i>			0.30							
Rhythm: <i>harmony between movements and musical accents, phrases, tempo</i>	0.10	0.20	0.30	0.40	0.50	0.60	0.70	0.80	0.90	1.00
<i>Absence of harmony between music-movement at the end of the exercise</i>					0.50					
Dynamic Changes: <i>energy, power, speed and intensity of movement corresponds to dynamic changes in music</i>		0.20								
Body Expression	0.10	0.20	0.30							
Variety: directions	0.10	0.20	0.30							
Variety: levels, travelling	0.10									
Variety: apparatus elements	0.10		0.30							
Artistic Faults										

Judge Signature _____