Deductions

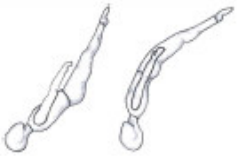
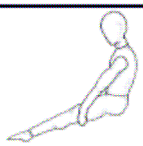
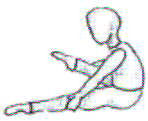
The deductions applied to competitive routines are shown below. These are set in the F.I.G (Fédération Internationale de Gymnastique) Code of Points 2009 and are shown here for educational purposes.

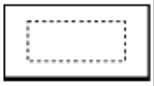
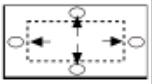
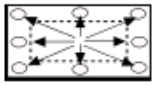
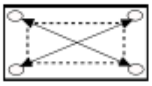
The information and diagrams provide the guidelines used by judges in deciding what deductions to make. Although there is a lot to assess for each move in limited time; experienced judges tend to be fair and accurate in the points they award.

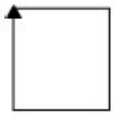
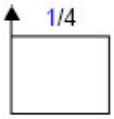
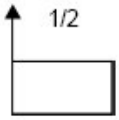
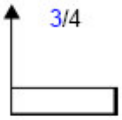
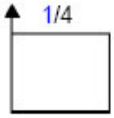
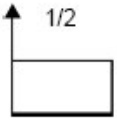
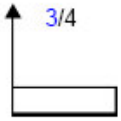
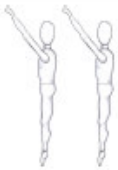
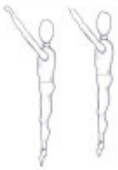
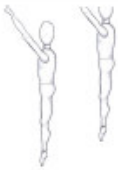
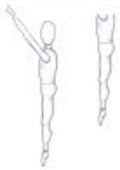
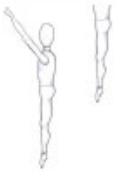
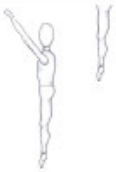
At STC we use this deductions sheet to help prepare our members for competitions so that they understand what the judges are looking for in the presentation of a competition routine. As coaches we aim to achieve these standards by the use of sound progressive skills to ensure that good trampolining technique produces good form.

These deduction are also used to inform a consistent evaluation of members performance for the proficiency awards. For example we expect that all individual moves for Award 8 are performed to a 0.3 deduction and that the routine would attract a score of 6.5. For more information on how we assess the proficiency awards please contact a coach.

DEDUCTIONS	0.0	0.1	0.2	0.3	0.4	0.5
LEGS						
Bending of the legs						
Position of the legs (1)						
Position of the legs (2)						
FEET						
Pointing of the feet/toes						

DEDUCTIONS	0.0	0.1	0.2	0.3	0.4	0.5
ARMS						
Bending of the arms						
Position of the arms						
HEAD						
Position of the head						
STRAIGHT POSITION						
Bending of the body Somersaults with & without twist						
PIKE POSITION						
Angle upper body/thighs Elements without twist						
Multiple somersaults with twist						
Position of the hands						
Vertical jumps Straddle jump						

DEDUCTIONS	0.0	0.1	0.2	0.3	0.4	0.5
TUCK POSITION						
Angle upper body/thighs Elements without twist						
Multiple somersaults with twist *(puck position)*						
Knees apart						
Position of the arms/hands						
OPENINGS						
Openings of somersaults						
LANDINGS						
Bending of the legs						
INSECURITY						
Travelling on the bed						

DEDUCTIONS	0.0	0.1	0.2	0.3	0.4	0.5
LOSS OF HEIGHT						
Take-off from feet						
Take-offs from front, back and seat landings						
SYNCHRONISATION						
Difference in landing between the two gymnasts						

Required positions during an element

To assess body shape (tuck, pike or straight) within a move, the Difficulty Judges will, score the shape based on the least difficult shape shown during the middle phase of the move (straight is considered the most difficult position and tuck the least difficult position).

In all positions, the feet and legs should be kept together (except straddle jumps), and the feet and toes pointed.

Depending on the requirements of the element, the body should be tucked, piked or straight.

In the tucked and piked positions the thighs should be close to the upper body, except in the twisting phase of multiple somersaults.

In the tucked position the hands should touch the legs below the knees except in the twisting phase of multiple somersaults.

The arms should be straight and/or held close to the body whenever possible.

The following defines the minimum requirements for a particular body shape:

- Straight position: The angle between the upper body and thighs must be greater than 135°.
- Pike position: The angle between the upper body and thighs must be equal to or less than 135° and the angle between the thighs and the lower legs must be greater than 135°.
- Tuck position: The angle between the upper body and thighs must be equal to or less than 135° and the angle between the thighs and the lower legs must be equal to or less than 135°.

In multiple somersaults with twists, the tuck and pike position may be modified during the twisting phase as shown in the drawings above (puck and pike twisting positions).

Evaluation of execution

- Position of the arms 0.0-0.2 pts
- Position of the legs 0.0-0.3 pts
- Position of the body 0.0-0.4 pts
- Loss of height 0.0-0.3 pts
- Opening of the somersault 0.0-0.3 pts
- Horizontal displacement 0.0-0.3 pts

These deductions are all cumulative and are added to each other to determine the deduction score for the move. NOTE: The deduction for poor execution cannot exceed 0.5 points per element.