

**FISAF INTERNATIONAL**

**SPORTS AEROBICS TECHNICAL REGULATION**

**APPENDIX 2 - EXECUTION ERRORS OF SKILL ELEMENTS**

**FOR USE BY JUDGES, COACHES AND ATHLETES**

## Content

1 Push Up Group .....	4
1. 1 Push up group – General execution errors .....	4
1. 2 Push up group – Specific execution errors.....	5
2 Static strength group.....	8
2. 1 Static strength group – General execution errors.....	8
2. 2 Static strength group – Specific execution errors .....	9
2. 2. 1 Horizontal press family.....	9
2. 2. 1. 1 Horizontal press family – specific execution errors .....	9
2. 2. 1. 2 Horizontal press family – elements.....	9
2. 2. 2 V press family .....	10
2. 2. 2. 1 V press family – elements .....	10
2. 2. 3 Supported planches family.....	11
2. 2. 3. 1 Supported planches family – General execution errors.....	11
2. 2. 3. 2 Supported planches family – Specific execution errors .....	11
2. 2. 4 Unsupported planches family .....	12
2. 2. 4. 1 Unsupported planches family – General execution errors .....	12
2. 2. 4. 2 Unsupported planches family – Specific execution errors.....	12
3 Jump Group.....	12
3. 1 Jump group – jump/jete taking off 1 leg - General execution errors .....	12
3. 2 Jump group – jumps taking off from two legs – General execution errors .....	13
3. 3 Jump group – turns – General execution errors .....	14
3. 4 Jump group – landings – General execution errors .....	14
3. 4. 1 Aerial to front split landing .....	14
3. 4. 2 Aerial to Prone Straddle sit landing.....	15
3. 4. 3 Aerial to Prone Straddle split landing.....	15
3. 4. 4 Aerial landing to one or two feet .....	16
3. 4. 5 Aerial to push up landing .....	16
3. 4. 5. 1 Aerial to two arm push up landing .....	16
3. 4. 5. 2 Aerial to one arm push up landing .....	17
3. 5 Jump group - elements.....	17
3. 5. 1 Air jack family .....	17

3. 5. 2 Tuck jump family .....	17
3. 5. 3 Front split jump family .....	18
3. 5. 4 Front jeté family .....	18
3. 5. 5 Straddle jete family .....	18
3. 5. 6 Variation leap family .....	19
3. 5. 7 Straddle jump family .....	20
3. 5. 8 Pike jump family .....	20
3. 5. 9 Pirouette jump family (vertical turn) .....	21
3. 5. 10 Barrel roll family (horizontal turn) to push up landing .....	21
3. 5. 11 Barrel roll (horizontal turn) taking off 1 leg to push up landing .....	22
3. 5. 12 Barrel roll (horizontal turn) taking off 2 legs to push up landing .....	22
4 Flexibility group.....	22
4. 1 Front split family .....	23
4. 1. 1 Front split family – general mistakes .....	23
4. 1. 2 Front split family - elements .....	23
4. 2. Straddle split family.....	24
4. 2. 1 Straddle split family – General execution errors.....	24
4. 2. 2 Straddle split family – elements .....	24
4. 3 Straddle sit family.....	25
4. 3. 1 Straddle sit family – General execution criteria.....	25
4. 3. 2 Straddle sit family – elements.....	26
4. 4 Combination split flexibility .....	26
5 Compulsory elements .....	27

# 1 Push Up Group

## 1. 1 Push up group – General execution errors

MINOR ERRORS: (HALF VALUE)	MAJOR ERRORS: (ZERO VALUE)
head is not in the same alignment as the trunk	head, torso and legs are not in one straight line
bent knees	
fingers are not in contact with the floor during the movement	fingers and palms are not in contact with the floor during the movement
hyperextension in elbow joint	
	hyperlordosis of lower back
	grounded feet are more than 90° in the straddle split position
feet are not held on the toes	feet are held on the inside of the foot
	the movement of the arms is unequal with one arm working more than the other
	start and finish positions are not executed with the elbows in the extended position
	the chest touches the floor in down position
	the angle in elbow joint is greater than 90° in down position
hands are not in horizontal axis (line) with the shoulders	
shoulders are not exactly parallel to the floor	shoulders and hips are not exactly parallel to the floor
	the body is supported with the elbow/s in the down position
push up is performed to the back of the stage (heels facing to to the judges)	

## 1. 2 Push up group – Specific execution errors

### Free fall (only for cadet category)

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
	touching any other part of the body of the floor other than the feet and palms
shoulders are not horizontal to the floor	
	it is not a clear stop (hold) in down the position

### Two arm triceps push up

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
	elbow/s is angled away from the body more than 45°

### Two arm circular lateral hinge push up

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
	there is no noticeable shift of the centre point of the body in the side, back and down positions
	the hinge position is performed only to one side
forearm do not touch the floor	elbow, forearm and palm are not simultaneously in contact with the floor

### Two arm circular push up

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
	there is no noticeable shift of the centre point of the body in the forward, backward and down positions

**Two arm triceps hinge push up**

<b>MINOR ERRORS (HALF VALUE)</b>	<b>MAJOR ERRORS (ZERO VALUE)</b>
	there is no noticeable shift of the centre point of the body in backward, the forward or down positions
forearms do not touch the floor	elbows, forearms and palms are not simultaneously in contact with the floor

**One arm triceps push up**

<b>MINOR ERRORS (HALF VALUE)</b>	<b>MAJOR ERRORS (ZERO VALUE)</b>
	elbow is angled away from the body more than 45°

**One arm lateral hinge push up**

<b>MINOR ERRORS (HALF VALUE)</b>	<b>MAJOR ERRORS (ZERO VALUE)</b>
	there is no noticeable shift of the centre point of the body in the side, back and down positions
forearms do not touch the floor	elbow, forearm and palm are not simultaneously in contact with the floor

**One arm triceps hinge push up**

<b>MINOR ERRORS (HALF VALUE)</b>	<b>MAJOR ERRORS (ZERO VALUE)</b>
	there is no noticeable shift of the centre point of the body in the forward, backward and down positions
forearms do not touch the floor	elbow, forearm and palm are not simultaneously in contact with the floor

### One arm and one leg push up

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
small movement of the unsupported leg	

### One arm and one leg triceps push up

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
	elbow is angled away from the body more than 45°
small movement of the unsupported leg	

### One arm and one leg lateral hinge push up

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
	there is no noticeable shift of the centre point of the body in the side, back and down positions
forearms do not touch the floor	elbow, forearm and palm are not simultaneously in contact with the floor
Small movement of the unsupported leg	

### One arm and one leg triceps hinge push up

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
	there is no noticeable shift of the centre point of the body in the forward, backward and down positions
forearms do not touch the floor	elbow, forearm and palm are not simultaneously in contact with the floor
small movement of the unsupported leg	

## 2 Static strength group

### 2.1 Static strength group – General execution errors

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
hyperextension of the neck	
shoulders lifted	
bent knees	
feet not pointed	
	transition to the element is performed with momentum that is not controlled
holding the position for three counts	holding the position for two counts or less
	sitting on the hands
	touching any body part to the floor except the palms and fingers
instability of final position of legs	instability at the final position of the element (legs, shoulders, trunk and arms should not show any movement)
instability of height of legs	
turn – legs are not in the same position during the turn	
	No full turn as stated by the description of the element, e.g. 540°, 720°etc. The element listed must match the element performed.
one arm static strength elements with the the trunk not straight and sufficiently upright	



## 2. 2 Static strength group – Specific execution errors

### 2. 2. 1 Horizontal press family

#### 2. 2. 1. 1 Horizontal press family – specific execution errors

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
legs are not parallel to the floor	

#### 2. 2. 1. 2 Horizontal press family – elements

##### Pike press

MINOR ERRORS (HALF VALUE)	BIG MISTAKE (ZERO VALUE)
palms are below the hips (too far back)	

##### Straddle press (one hand front, one back)

MAJOR ERRORS	MAJOR ERRORS
range of motion between legs is 46° – 90°	range of motion between legs is less than 45°

##### Straddle press (both hands back)

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
range of motion between legs is 46° – 90°	range of motion between legs is less than 45°

##### One arm pike press with leg hold

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
front position of the legs is not in an upright position	

### Half pike press (one leg straight, one leg bent) – cadet only

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
extended leg is not horizontal to the floor	

## 2. 2. 2 V press family

### 2. 2. 2. 1 V press family – elements

#### V press open

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
legs are not vertical but within 20°	legs are 20° below vertical
	the angle between the legs is greater than 90°
upright position of trunk is less than 20° from vertical	upright position of trunk is greater than 20° from vertical

#### V press closed

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
legs are not vertical but within 20°	legs are 20° below vertical
upright position of trunk is less than 20° from vertical	upright position of trunk is greater than 20° from vertical

#### V press reverse

MINOR ERRORS	MAJOR ERRORS
back and hips are not horizontal to the floor – no less than 160°	back and hips are not horizontal to the floor – greater than 160°

## 2. 2. 3 Supported planches family

### 2. 2. 3. 1 Supported planches family – General execution errors

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
	shoulders are lower than hips
hyperlordosis of lower back	
legs are lower than hips	
the straddle split position of the legs is greater than 135° (planche open)	
legs are not parallel to the floor but within a 20° variation	legs are not parallel to the floor and over a 20° variation
shoulders are not exactly parallel to the floor	shoulders and hips are not exactly parallel to the floor
	hips are not horizontal to the floor
	Planche with hinge – elbow and forearm are not in contact with the floor
	Planche with hinge, no clear hold of the planche position for 4 counts
	Planche with hinge, no clear planche position prior to and after the hinge

### 2. 2. 3. 2 Supported planches family – Specific execution errors

#### Two arm supported split planche

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
	legs are not in the front split position

#### Two arm supported single Wenson planche

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
	legs are not in the front split position

## 2. 2. 4 Unsupported planches family

### 2. 2. 4. 1 Unsupported planches family – General execution errors

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
	elbows are not extended during the whole movement
hips are not horizontal with the shoulders, but are within 20° above or below the shoulders	hips are more than 21° above or below the shoulders
feet are lower than the hips but no lower than 20°	feet are 20° lower than hip

### 2. 2. 4. 2 Unsupported planches family – Specific execution errors

#### Two arm planche with no support open push up

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
	no hold position of 4 counts from the beginning to the end of the planche position
	angle of the trunk during push up is greater than 20°
	the angle in the elbow joint is greater than 90°

## 3 Jump Group

### 3. 1 Jump group – jump/jete taking off 1 leg - General execution errors

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
the take off does not use plantar flexion of the foot/feet (the foot is flat)	
only a little elevation (lack of power) of the hips during air position	no noticeable elevation of the hips
hyperlordosis of lower back	

shoulders lifted	
bent knees	
Feet not pointed	
no precise front position of the leg (the ankle is not level with the hip joint)	
no precise back position of the leg (the ankle is not level with hip joint)	
back leg is turned out, back knee is not faced down	back leg and hip joint are turned out
	hyperlordosis of lower back during landing
range of motion in front split position is 160 – 179°	range of motion in front split position is less than 160°
legs are not in the same height, one leg is lower in Straddle split position	legs are not parallel to the floor in Straddle split position
	legs are turned in (Straddle split position)
no full range of motion in the leg positions when at the height of the jump/leap	
off balance landing	

### 3. 2 Jump group – jumps taking off from two legs – General execution errors

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
the take off does not use plantar flexion of the foot/feet (the foot is flat)	
the hips are not pushed back in a squat position during take off	
take off not from a squat position	
only small elevation (lack of power) of the hips during the air position	no noticeable elevation of the hips
hyperlordosis of lower back	hyperlordosis of lower back during landing
shoulders lifted	

bent knees	
feet not pointed	
no full range of motion in the leg positions when at the height of the jump/leap	
no precise front position of the leg (the ankle is not level with the hip joint)	
back leg is turned out instead of facing down	back leg and hip joint are turned out, back knee is not facing down
off balance in landing	
range of motion in front split position is 160 – 179°	range of motion in front split position is less than 160°
legs are not the same height in straddle split	legs are not parallel to the floor in Straddle split position
	legs are turned in (Straddle split position)
landing away from the place of take off	
	if required, flexion of the torso and the legs parallel to the floor is not shown simultaneously

### 3.3 Jump group – turns – General execution errors

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
rotation of the body is not finished	
	no full turns (as stated by the element, eg. 540°, 720°etc.)

### 3.4 Jump group – landings – General execution errors

#### 3.4.1 Aerial to front split landing

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
bent knees	
no precise front position of the leg (the ankle is not level with the hip joint)	

no precise back position of the leg (the ankle is not level with hip joint)	
back leg is turned out, back knee is not faced down	back leg and hip joint are turned out
the back foot not pointed in the split landing	
off balance in landing	
the body is not in an upright position	
	the feet not contacting the floor before the split position

### 3. 4. 2 Aerial to Prone Straddle sit landing

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
knees are bent in the straddle sit landing position	
the torso leaning forward less than 45° towards the floor	
	the feet not contacting the floor before the sit position

### 3. 4. 3 Aerial to Prone Straddle split landing

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
knees are bent in the straddle split landing position	
feet not pointed	
the torso leaning forward less than 45° towards the floor	
Straddle split in landing is 170 – 179°	stradle split in landing is less than 170°
	the feet not contacting the floor before the split position
	landing is not to Straddle split (range of motion 180° between legs)

### 3. 4. 4 Aerial landing to one or two feet

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
	no diagonal motion of the centre point of the body in landing in jumps taking off one leg
	landing to two feet is not performed with legs and feet together

### 3. 4. 5 Aerial to push up landing

#### 3. 4. 5. 1 Aerial to two arm push up landing

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
bent knees	
landing with the shoulders not square/in alignment	landing with the shoulders and trunk not square in alignment
	head is not in the same alignment as the body
legs are not together	
	landing on one arm slightly earlier than on the other
	landing on the legs first then on the arms or landing on the arms first and then on the legs
	hyperlordosis of lower back
	touching any other part of the body other than the feet, palms and fingers on the floor
	landing down is not in a clear stop position
	hips are higher than the shoulders in the landing



### 3. 4. 5. 2 Aerial to one arm push up landing

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
landing with the shoulders not square/in alignment	landing with the shoulders and trunk not square in alignment
	head is not in the same alignment as the body
	landing is not on one arm
	landing on the legs first then on the arm or landing on the arm first and then on the legs
	hyperlordosis of lower back
	hips are not parallel to the floor
	feet are more than 90° apart in the landing
	touching any other part of the body other than the feet, palms and fingers on the floor
	landing down is not in a clear stop position
	hips are higher than the shoulders in the landing

## 3. 5 Jump group - elements

### 3. 5. 1 Air jack family

#### Air jack (cadet only)

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
	range of motion between legs is less than 90°

### 3. 5. 2 Tuck jump family

#### Tuck jump (cadet only)

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
knees are not together in air position	
knees are lower than horizontal position	

	no simultaneous movement of the tuck position of legs and elevation of hips
	landing with more than 45° knee flexion
	torso flexion is not 45° in the air

### 3. 5. 3 Front split jump family

#### Front split jump

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
uneven position of the legs	

### 3. 5. 4 Front jeté family

#### Front switch jete

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
	switch is performed with bent knee
	landing with both legs together

### 3. 5. 5 Straddle jete family

#### Straddle jeté

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
uneven position of legs	
	range of motion between legs is less than 135°
	no simultaneous movement of the straddle position of legs and elevation of hips
	torso flexion is not 45° in the air

### Straddle switch jete (switch included)

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
uneven position of legs	
	legs are not parallel to the floor
	range of motion between legs is less than 135°
	no simultaneous movement of the straddle position of legs and elevation of hips
	torso flexion is not 45° in the air
	no angle change of the body 45°
	no switch
	landing with hyperlordosis of lower back

### 3. 5. 6 Variation leap family

#### Cossack leap

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
knees are not together in air position	
	extended leg is not parallel to the floor and lower than horizontal
	no simultaneous movement of the cossack position of legs and elevation of hips
	landing with more than 45° knee flexion

#### Straddle leap

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
uneven position of legs	legs are not parallel to the floor
bend in either leg when extending to straddle position	
landing one foot before the other	
	no completion of stated turn

	range of motion between legs is less than 135°
	no simultaneous movement of the straddle position of legs and elevation of hips
	torso flexion is not 45° in the air
	landing with hyperlordosis of lower back

### 3. 5. 7 Straddle jump family

#### Straddle jump

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
uneven position of legs	
legs not taking the straight line to and from the straddle position	
	legs are not parallel to the floor and lower than horizontal
	range of motion between legs in less than 135°
	no simultaneous movement of the straddle position of legs and elevation of hips
	torso flexion is not 45° in the air

### 3. 5. 8 Pike jump family

#### Pike jump

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
legs are not closed during the whole movement	
	legs are not parallel to the floor and are lower than horizontal (90°)
	no simultaneous movement of the pike position of legs and elevation of hips

### Cossack jump

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
	extended leg is lower lower than horizontal
knees are not together in air position	
	knee of bent leg is lower than horizontal position
	no simultaneous movement of the cossack position of legs and elevation of hips
	landing with more than 45° knee flexion

### 3. 5. 9 Pirouette jump family (vertical turn)

#### Pirouette jump 360°

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
legs are not together during the whole movement	
	the taking off is not finished; there is no taking off first with the raising of the centre point of the body and then turning

### 3. 5. 10 Barrel roll family (horizontal turn) to push up landing

#### Tomaro (spin barrel role to push up landing) 360° turn

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
neck/head not in alignment with the body	
	taking off is not from scale position
	the taking off is not finished; there is no taking off first with the raising of the centre point of the body and then turning
	the centre point of the body does not land to the same place of take off
	landing is not in the same axis of take off

### 3. 5. 11 Barrel roll (horizontal turn) taking off 1 leg to push up landing

#### Barrel roll 540° turn, one leg take off to push up landing

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
Neck/head not in alignment with the body	
	the taking off is not finished; there is no taking off first with the raising of the centre point of the body and then turning
	the centre point of the body does not land at the same place of take off

#### Butterfly jump to push up landing (with 360° barrel roll)

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
neck/head not in alignment with the body	
	the taking off is not finished, there is no taking off first, after raising of the centre point of the body and then turning
	the centre point of the body does not land at the same place of take off

### 3. 5. 12 Barrel roll (horizontal turn) taking off 2 legs to push up landing

#### Barrel roll 360° turn, two legs take off to push up landing

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
neck/head not in alignment with the body	
	the taking off is not finished; there is no taking off first with the raising of the centre point of the body and then turning
	the centre point of the body does not land at the same place of take off

## 4 Flexibility group

## 4. 1 Front split family

### 4. 1. 1 Front split family – general mistakes

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
bent knees	
feet not pointed	
no precise front leg position (the ankle is not in lines with the hip joint)	
no precise back leg position (the ankle is not in lines with hip joint)	
back leg is turned out, back knee is not faced down	back leg and hip joint are turned out
hyperlordosis of lower back	
tilting the body sideways in the front split	
	legs turned in
	no 180° range of motion of front or straddle split
	no short hold position in static flexibility elements (2 counts)

### 4. 1. 2 Front split family - elements

#### Supine front split

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
	both buttocks are not on the floor

#### Needlepoint, with or without hands

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
off balance during the movement	
not finishing with the feet together	
	supporting foot is not placed flat on the floor

### Standing front split

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
supporting heel is up	
	hips are not in alignment (square)
off balance during the movement	
	no precise front position

### Illusion on right or left leg

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
	no full turn 360°
flexion of the trunk occurs before the lifting of the unsupported (back) leg	
the trunk and circling leg are not in the same plane	
off balance during the movement	
Not finishing with the feet together	

## 4. 2. Straddle split family

### 4. 2. 1 Straddle split family – General execution errors

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
bent knees	
feet not pointed	
hyperlordosis of lower back	
	legs turned in
	no 180° range of motion between legs
	no short hold position in static flexibility elements (2 counts)

### 4. 2. 2 Straddle split family – elements

#### Supine straddle split

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
---------------------------	---------------------------



	buttocks are not on the floor
	the pelvis is tilted under
	no contact to the floor with the toes

#### Prone straddle split

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
	the chest and abdomen do not touch the floor

#### Sit through

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
forward motion – the movement is not finished with legs together backward motion – the movement is not begun with legs together	
	chest, abdomen and hips are not on the floor
	both legs do not perform the motion simultaneously

#### Standing straddle split

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
supporting leg is with the heel up	
	hips are not in alignment (square)
off balance during the movement	
	no precise straddle position

### 4. 3 Straddle sit family

#### 4. 3. 1 Straddle sit family – General execution criteria

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)

bent knees	
feet not pointed	
hyperlordosis of lower back	
	legs turned in
	range of motion is less than 135°
	no short hold position in static flexibility elements (2 counts)

#### 4.3.2 Straddle sit family – elements

##### Prone straddle sit

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
	the chest and abdomen do not touch the floor

##### Supine straddle sit

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
	buttocks are not on the floor
	the pelvis is tilted under
	no contact to the floor with the toes

#### 4.4 Combination split flexibility

##### Split rotation

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
bent knees	
feet not pointed	
hyperlorosis of lower back	
no precise front position of leg (the ankle is not in alignment with the hip joint)	

no precise back position of leg (the ankle is not in alignment with the hip joint)	
back knee does not face down, but sideways	back leg, knee and the hip are faced sideways
the body is leaning sideways	
	the angle between the legs is less than 180°
	no precise position of hip joints
	no finish position of both front splits and the straddle split

## 5 Compulsory elements

### Jumping jacks

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
	no four repetitions
	no the same rhythm
	no facing front
	travelling
	turning
	movement of the feet/calves/tighs is not identical
	feet are not together during starting and finishing position
	the wide is inside the shoulders in outside landing position
hyperlordosis of lower back	
	knees are turned in
pounding	

### Alternating High leg kicks

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
bent knees	

	no four repetitions
	no the same rhythm
	no facing side (and same direction in pairs or trios)
	travelling
	turning
	movement of the feet/calves/tighs is not identical
	feet are not together during starting and finishing position
	kick/s side
hyperkyphosis of higher back	
hyperlordosis of lower back	
head is not with line of the body	
	the kicks are lower than waist
	discernible different hight of kicks

### Push ups

For execution of compulsory push ups applies the same criteria as an additional push ups.

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
	no four repetitions
	no the same rhythm
	no facing side (and same direction in pairs or trios)
	no identical
	hyperxtension in elbows
	both hands are not in contact with the floor during starting and finishing position
	feet are not in contact with the floor