

TOP 10 THINGS TO SUCCESS IN COM

10 Staying with your music will help the gymnast score well.

9 There is an "up to 0.40" deduction for the entire routine for failing to perform the text correctly.

8 Quality of movement will make the difference in receiving a high score. This category is "up to 0.15."

7 Gymnasts should show excellent presentation; the "up to 0.15" deduction can make the difference between first and fifth place in many cases.

6 Posture errors occurring on connections/poses can add up to a 0.30 deduction when looking at the entire routine.

5 Good turn out and proper footwork should be a constant focal point.

BY TOM KOLL, NATIONAL JUNIOR OLYMPIC COMMITTEE CHAIR/USA BREVET JUDGE

Welcome, everyone, to the third season of the 2013-2021 compulsory cycle. My, is time moving quickly! With this being the third set of compulsory routines that I have helped create, I realize it is this time in the cycle when "new and creative" (but, unfortunately, incorrect) versions of the routines begin to evolve. I attribute this "creativity" to a few factors:

1. People who are now teaching the routines are coaches who learned

DO NOT REMEMBER FOR IMPULSORY FLOOR

the routines second or possibly third hand from someone else, without ever even opening the book themselves.

2. Even though it's been stated many times, coaches teaching the routines still simply look at the pictures and the video and never bother reading the text.

3. Coaches teaching the routines have switched gyms and brought to the new gym "their new and

improved versions" of the routines.

4. Even though many sessions are offered at state, regional, and national congresses to reinforce correct technique and exactness of the routines, for whatever reason many coaches choose to not attend.

5. YouTube

In the previous cycle, the choreographers put in movements requiring full body movements of the torso, including level changes and contractions with releases.

Remember the dance steps that changed levels after the first tumbling run and the curved run that showed a side contraction and release into the leap pass? Well, at least that is how it was taught in 2005. It quickly vanished around the country and was replaced with marching steps and a swing turn into the leap. There were deductions in the faults and penalties for failure to show these movements; however, as more and more gymnasts deleted these movements, it somehow became acceptable and many judges simply forgot to apply the deductions.

Being now the third year of the cycle, the judges should have a strong command of the routines and will

1
In the Level 4 and 5 routines, there are seven (7) places where the gymnasts are required to contract and/or extend. These poses/dance moves are worth "up to 0.10" each.

2
Strong tumbling and acrobatic skills will help get a great score.

3
Good height and alignment on dance elements is a must in order to score well.

4
The emphasis for coaches and judges needs to be working and rewarding the perfection of the major elements.

FEATURE

...COMPULSORY FLOOR ...CONTINUED

be able to see all the choreography requirements as well as the major elements. As mentioned in the "Top Ten List," there are seven (7) places in the Level 4 and 5 routines where the gymnasts are required to contract and/or extend. These poses/dance moves are worth up to 0.10 each. (Level 3 floor has only two.)

Below is a chart to assist you in coaching and applying the deduction for failure to perform the side contractions. In my experience in teaching these routines in Central and South America, as well as around the United States, I have discovered by relating the concept of the amount of lean/contraction to a "clock," it helps people understand the movement better. These drawings only apply

to the side contractions. Please remember to read the book for the releases and contractions to show the full body movements created in the routines.

The choreographers of the compulsory exercises hope that gymnasts, judges and coaches alike will find this helpful in keeping the integrity of the choreography for this entire eight-year cycle.



Side pose before 1/1 turn in Level 4 & 5 Floor routine

Figures depicted in a front facing pose

| | |
|--|--------------------|
| <p>Right</p> | <p>Left</p> |
| <p>Deduct 0.10 (No Contraction)</p> | |
| | |
| <p>Deduct 0.05 (Slight Contraction)</p> | |
| | |
| <p>No Deduction (Correct)</p> | |

Side lunge after fish pose in Level 4 & 5 Floor routine

Figures depicted in a back facing pose

| | |
|--|--------------------|
| <p>Right</p> | <p>Left</p> |
| <p>Deduct 0.10 (No Contraction)</p> | |
| | |
| <p>Deduct 0.05 (Slight Contraction)</p> | |
| | |
| <p>No Deduction (Correct)</p> | |

Contraction into side fall in Level 4 & 5 Floor routine

Figures depicted in a back facing pose

| | |
|--|--------------------|
| <p>Right</p> | <p>Left</p> |
| <p>Deduct 0.10 (No Contraction)</p> | |
| | |
| <p>Deduct 0.05 (Slight Contraction)</p> | |
| | |
| <p>No Deduction (Correct)</p> | |