What are judges looking for during a run?

Each **element** within a tumble **run** has a technical description against which it is evaluated. In addition to this the whole run is evaluated against certain criteria.

Each **run** has an initial value of 10.0 against which judges deduct 0.1 or multiples of 0.1 to reach the run score.

Here are some of the general rules applied

- lack of **form, control, height and rhythm** in each element
  The critical part of this statement is '***each element***' i.e. if a tumbler has a poorly formed flick and performs 6 of them during a run the deductions add up very quickly.
    - **form** = Straight legs, pointed toes, arms by ears, etc.
    - **control** = all elements are inline, arms and legs are under control etc.
    - **height** = rows of flicks and whips are all at the same level; salo (or rebound) height is appropriate for the element, etc.
    - **rhythm** = the **run** should be smooth,fast and the rhythm should ideally speed up slightly from beginning to end. Runs that are slow and out of rhythm can be deducted heavily.
    - The deductions range from 0.1 to 0.5 ***per element*.**

- lack of stability after a completed run
    - This has multiple types of deduction possible from a slight wiggle or step to a crashing fall.
    - The deductions range from 0.1 to 1.0.

Additional judging notes for Club runs

- Landing on one foot at the end of an exercise will be deemed as an interruption, therefore that move will not be counted and the gymnasts will lose 1 mark from execution and the difficulty of the element.
- Arms should come into the chest on a half turn jump (as a final skill). Failure to do this will result in a technical error of 0.1 for arm position from the execution judges.
- Where the half turn is 'mid exercise, arms should go overhead. Failure to do this will result in a technical error of 0.1 for arm position from the execution judges.

Now you have the basics, let's look at how these are applied to each element of each run.

I'm not including '**form**' here as I expect all skills to have been taught properly with great attention to correct form.

Club 2

Be aware of the age of the gymnasts doing this run. They will not understand all this technical stuff so as a coach you have to translate it into easy to understand language with some help with physical shaping.

Run 1

Straight Jump (walk out) (From a standing start on floor),Cartwheel, Chassé, Cartwheel, Chassé, Cartwheel

- Element 1 - Straight Jump (walk out)
  Think of this as a drive into a hurdle step. The ‘Jump’ is not vertical.
  This element creates the power and movement for the remaining elements and must be explosive. The ‘jump’ is directed forward and driven by the arms being brought up to the ears into a hurdle step like exit ready to perform the next element.
    - **Control** - The development of power needs to be tempered so that the remaining element can be executed accurately. The exit should be over a bent front leg with the leading foot facing forward along the track ready for the next element
    - **Height** - The height will be governed by the walk out technique. In general this will be quite low.
    - **Rhythm** - This is a very quick element and its timing and rhythm need to be seen in relation to the overall run

- Element 2 - Cartwheel
  This element relies on the exit from the previous element so the leading foot needs to be pointing down the track and the cartwheel needs to be lunged into whilst retaining the cartwheel shape. As the next element is a sideways element the exit from this element needs to be sideways. This requires the leading foot to be across the track.
    - **Control** - The speed should be controlled to ensure proper form. As this is to link into the next element the leading foot, as it exits, should be across the track.
    - **Height** - Make sure the gymnast stays extended throughout the element. Hips should remain in line with feet and head.
    - **Rhythm** - This is a very quick element and its timing and rhythm need to be seen in relation to the overall run.

- Element 3 - Chassé
  This element relies on the exit from the previous element so the leading foot needs to be across the track. The tumbler then needs to lift the body off the track at a controllable height, bring the ankles together then exit in preparation for the next element whilst maintaining the momentum down the track. As the next element is a forward element the exit from this element needs to be forward. This requires the leading foot to be turned to point down the track.
    - **Control** - The speed should be controlled to ensure proper form. As this is to link into the next element the leading foot, as it exits, should be turned to point down the track.
    - **Height** - This element will be evaluated for height or more accurately amplitude. Too high would interrupt the flow
    - **Rhythm** - This element must not disrupt the natural flow of the whole run. There should be no hesitation on entry or exit.

- Element 4 - Cartwheel
  This element relies on the exit from the previous element so the leading foot needs to be pointing down the track and the cartwheel needs to be lunged into whilst retaining the cartwheel shape. As the next element is a sideways element the exit from this element needs to be sideways. This requires the leading foot to be across the track.
    - **Control** - The speed should be controlled to ensure proper form. As this is to link into the next element the leading foot, as it exits, should be across the track.
    - **Height** - Make sure the gymnast stays extended throughout the element. Hips should remain in line with feet and head.
    - **Rhythm** - This is a very quick element and its timing and rhythm need to be seen in relation to the overall run.

- Element 5 - Chassé
  This element relies on the exit from the previous element so the leading foot needs to be across the track. The tumbler then needs to lift the body off the track at a controllable height, bring the ankles together then exit in preparation for the next element whilst maintaining the momentum down the track. As the next element is a forward element the exit from this element needs to be forward. This requires the leading foot to be turned to point down the track.
    - **Control** - The speed should be controlled to ensure proper form. As this is to link into the next element the leading foot, as it exits, should be turned to point down the track.
    - **Height** - This element will be evaluated for height or more accurately amplitude. Too high would interrupt the flow
    - **Rhythm** - This element must not disrupt the natural flow of the whole run. There should be no hesitation on entry or exit.

- Element 6 - Cartwheel
  This element relies on the exit from the previous element so the leading foot needs to be pointing down the track and the cartwheel needs to be lunged into whilst retaining the cartwheel shape. As this is the last element the exit from this element needs to be sideways. This requires the leading foot to be across the track.
    - **Control** - The speed should be controlled to ensure proper form. As this is the last element the leading foot, as it exits, should be across the track.
    - **Height** - Make sure the gymnast stays extended throughout the element. Hips should remain in line with feet and head.
    - **Rhythm** - This is a very quick element and its timing and rhythm need to be seen in relation to the overall run.