

EXECUTION ERRORS  
OF SKILL ELEMENTS  
**SPORT AEROBICS TECHNICAL  
REGULATIONS**  
**2025**

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# PUSH UP GROUP

## PUSH UP GROUP – GENERAL EXECUTION ERRORS

MINOR ERRORS: (HALF VALUE)	MAJOR ERRORS: (ZERO VALUE)
head, torso, and legs are not in one straight line	
fingers and palms are not in contact with the floor during the movement	
	Hyperlordosis of lower back
	grounded feet are more than 90° in the straddle split position
feet are not held on the toes	
	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	
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 the judges)

## PUSH UP GROUP – SPECIFIC EXECUTION ERRORS

### 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
forearms do not touch the floor	elbow, forearm and palm are not simultaneously in contact with the floor

### TWO ARM TRICEPS HINGE PUSH UP

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

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

## STATIC STRENGTH GROUP

### STATIC STRENGTH GROUP – GENERAL EXECUTION ERRORS

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
hyperextension of the neck	
shoulders lifted	
Bent knees & flexed feet	
transition to the element is performed with momentum that is not controlled	
	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 at the final position of the element (legs, shoulders, trunk and arms)	

### STATIC STRENGTH GROUP – SPECIFIC EXECUTION ERRORS

#### **HORIZONTAL PRESS FAMILY**

##### *HORIZONTAL PRESS FAMILY – SPECIFIC EXECUTION ERRORS*

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

##### *HORIZONTAL PRESS FAMILY – ELEMENTS*

#### PIKE PRESS

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

#### STRADDLE PRESS

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

#### **V PRESS FAMILY**

##### 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

## SUPPORTED PLANCHES FAMILY

### 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 and hips are not exactly parallel to the floor
	hips are not horizontal to the floor

## JUMP GROUP

### JUMP GROUP – JUMP/JETE TAKING OFF 1 LEG - GENERAL EXECUTION ERRORS

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
only a little elevation (lack of power) of the hips during air position	no noticeable elevation of the hips
Hyperlordosis of lower back in air position	
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 and hip joint are turned out	
	Hyperlordosis of lower back during landing
range of motion in front split position is less than horizontal to the floor	
	legs are not at least parallel to the floor in Straddle split position
legs are not in the same height	
	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	

## JUMP GROUP – JUMPS TAKING OFF FROM TWO LEGS – GENERAL EXECUTION ERRORS

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
	no noticeable elevation of the hips
Hyperlordosis of lower back in air position	Hyperlordosis of lower back during landing
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 less than horizontal to the floor	
	legs are not at least parallel to the floor in Straddle split position
legs are not the same height	
	legs are turned in (Straddle split position)
	flexion of the torso and the legs parallel to the floor is not shown simultaneously

## 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, e.g., 540°, 720°etc.)

## JUMP GROUP – LANDINGS – GENERAL EXECUTION ERRORS

### AERIAL TO FRONT SPLIT LANDING

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
no precise front & back position of the leg (the ankle is not level with the hip joint)	
back leg and hip joint are turned out	
off balance in landing	
the body is not in an upright position	
	the feet not contacting the floor before the split position

### 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

**AERIAL TO PRONE STRADDLE SPLIT LANDING**

<b>MINOR ERRORS (HALF VALUE)</b>	<b>MAJOR ERRORS (ZERO VALUE)</b>
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°	straddle 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)

**AERIAL LANDING TO TWO FEET**

<b>MINOR ERRORS (HALF VALUE)</b>	<b>MAJOR ERRORS (ZERO VALUE)</b>
	landing to two feet is not performed with legs and feet together

**AERIAL TO PUSH UP LANDING****AERIAL TO TWO ARM PUSH UP LANDING**

<b>MINOR ERRORS (HALF VALUE)</b>	<b>MAJOR ERRORS (ZERO VALUE)</b>
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	

**JUMP GROUP – ELEMENTS****AIR JACK FAMILY****AIR JACK**

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



**TUCK JUMP FAMILY**

## TUCK JUMP

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

**FRONT SPLIT JUMP FAMILY**

## FRONT SPLIT JUMP

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
	Hyperlordosis of lower back during jump, in landing

**FRONT JETE FAMILY**

## FRONT SWITCH JETE

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

**STRADDLE JETE FAMILY**

## STRADDLE JETE

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	
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 switch
	landing with Hyperlordosis of lower back

## VARIATION LEAP FAMILY

### COSSACK LEAP

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
knees are not together in air position	
	extended leg is not at least parallel to the floor
	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	
bend in either leg when extending to straddle position	
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

## 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 at least parallel to the floor
	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	

## PIKE JUMP FAMILY

### PIKE JUMP

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
legs are not closed during the whole movement	
	legs are not at least parallel to the floor
	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 than horizontal to the floor
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

## 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

## FLEXIBILITY GROUP

### FRONT SPLIT FAMILY

#### 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)

#### 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

## STRADDLE SPLIT FAMILY

### 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)

### 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

## STRADDLE SIT FAMILY

### PRONE STRADDLE SIT

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
bent knees & flexed feet	
Hyperlordosis of lower back	
	range of motion is less than 135°
	no short hold position in static flexibility elements (2 counts)

## COMPULSORY ELEMENTS

### JUMPING JACKS

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
	no four repetitions
	not the same rhythm
	no facing front
	travelling
	turning
	movement of the feet/calves/thighs 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
	Not the same rhythm
	no facing side (and same direction in duos or trios)
	travelling
	turning
	movement of the feet/calves/thighs 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 height of kicks

### PUSH UPS

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

MINOR ERRORS (HALF VALUE)	MAJOR ERRORS (ZERO VALUE)
	Not four repetitions
	Not the same rhythm
	Not facing side (and same direction in duos or trios)
	Not identical
	Hyperextension in elbows
	Both hands are not in contact with the floor during starting and finishing position
	Feet are not in contact with the floor