

Please read the article written by Tom Koll in the Nov/Dec Technique magazine, page 32 *Top 10 Things to Remember For Success In Compulsory Floor*.

Tom stressed the contractions on floor at our October clinic and he addresses them in this article. The contraction deductions are NOT text errors. Under General Deductions there is a specific deduction Failure to Contract where indicated UP TO .10. Please remember that you would only take the full .10 if there is NO ATTEMPT AT ALL to show a contraction. Shane Sanders has provided a list of the 7 contractions and they are listed in the order they appear in the Level 4 and 5 routines.

1. Side contraction in the straddle lunge pose after the fish pose.
2. Forward contraction in the curtsy pose after the forward passe hop/punch front.
3. Backward contraction (45-degree lay back) in the double stag sit.
4. Forward contraction in the tuck sit that immediately follows the double stag sit.
5. Side contraction in the rocking step before the full turn.
6. Forward contraction in demi plie to begin the sequential wave.
7. Side contraction at the highest point of the releve/small jump before the slide to the ground.

Please apply contraction deductions appropriately.

Refer coaches to the Technique magazine and inform them that the contraction deduction is listed in the General Deductions and is a separate deduction from TEXT errors.

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