



## FLOOR EXERCISE

### COMPOSITION (0.8)

#### Variety / Choice (up to 0.3)

##### Consider:

- up to .1 - variety of acro
- up to .1 - variety of dance
- up to .1 - balance of acro and dance
- up to .1 - level of acro vs. level of dance
- up to .1 - higher level VP's - isolated
- up to .1 - variety of connections
- 0.1 - > 2 of same dance shape
- 0.1 - same value part used twice to fulfill difficulty

#### Spacing / Direction (up to 0.2)

- up to 0.1 - space and levels
- 0.1 - acro in 2 directions
  - one must be forward or sideward
  - one must be backward
  - must be within an acro pass
  - excludes roundoff and handstand

#### Originality / Artistry (up to 0.2)

- up to 0.1 - originality/creativity of elements/connections
- up to 0.1 - quality of expression and movement to reflect personal style

#### Distribution (up to 0.1)

- level not maintained
- value parts not spaced

### RECOGNITION OF VALUE PARTS

- Elements can receive VP credit twice
- Elements are **different** if:
  - different # in the rulebook
  - saltos have different body position
  - different degree of turn  
(1/4 not different unless listed in rulebook)
  - support is on 1 or 2 arms
  - takeoff for leaps or jumps is from 1 or 2 legs
- Elements are the **same** if:
  - takeoff for acro elements is from 1 or 2 legs

### TIMING

#### Not longer than 1:30 -

- Timing begins with first movement
- Time stops with gymnast's final position
- Evaluate whole routine even if overtime
- No warning is called

#### Less than :30 (short routine) = -2.0

### EVENT REQUIREMENTS (1.0)

- Deduct -0.2 for each missing requirement
- 1 element may fulfill more than 1 ER
- Exception - Series may not overlap
- Elements **not** awarded VP credit may **not** fulfill ER
- **min. 180° twisting salto**
  - entire twist must be in air
- **3 acro passes**
  - 3 directly connected acro elements, one of value
  - **or** 2 directly connected **fwd** acro elements, one of which, or the series must be a HS
- **superior acro dismount**
  - may be in 3rd acro pass
  - **or** may be the last acro element in the routine
- **superior jump, leap, or turn on 1 foot**
  - jp/lp may be isolated or within dance series
- **dance series** - min. 2 different value parts
  - any elements from Group 1 leaps/jumps

### BONUS (0.8)

- **Advanced High Superiors (0.2 each, max. 0.4)**
  - Second AHS must be different
  - No credit if fall or spot has occurred
- **High Level BBS (0.2)**
  - HS+HS, HS+AHS, AHS+AHS, AHS acro + S salto
- **Max. 0.2 may be earned in any of the following ways:**
  - a) Low level BBS - same or different (0.1 ea, max. 0.2)
    - S+S, S+HS, S+AHS
    - Series of 3 receives only one BBS
  - b) 2nd high level BBS - same or different (0.2)
  - c) 3rd different Advanced High Superior (0.2)
    - No credit if fall or spot has occurred

### DIFFICULTY EXCEPTIONS

- series of flic-flacs = S
- series of front handsprings = S
- series of flysprings = HS
- flyspring + salto forward = HS
- series of saltos (fwd and/or bwd) = HS
- series of butterflies = HS
- series of fwd saltos stretched = AHS

### ADDITIONAL MATTING

- Add'l matting may be used for **any** type of element
- up to 2 mats (max. 8") may be placed separately on FX
- If 8", the skill cushion must be 5'x10'
- A sting mat **may** be placed on top of a skill cushion and the combination of the 2 mats will count as 1 of the allowed additional mats
- If mat covers boundary, boundary must be marked
- Failure to mark boundary on mat = -0.1 CJ
- Only one skill cushion may be used per acro pass
- There is no requirement to remove additional mats
- If removed, may not be placed back on FX
- May step inside boundary to place or remove mat



# FLOOR EXERCISE

Medium	Superior	High Superior	Advanced High Superior
1.101 tuck jp w/wo 1/2	1.201 tuck jp 1/1	1.301 tuck jp 1 1/2	1.401 tuck jp 2/1
1.102 cat lp w/wo 1/2	1.202 cat lp 1/1	1.302 cat lp 1 1/2	1.402 cat lp 2/1
1.103 wolf jp/hop/switch	1.203 wolf jp/hop 1/2	1.303 wolf jp/hop 1/1	1.403 wolf jp/hop 1 1/2
1.104 pike jp 90°	1.204 a. pike jp 90° w/ 1/2 b. pike jp 45° w/wo 1/2	1.304 a. pike jp 90° w/ 1/1 b. pike jp 45° w/ 1/1	1.404 a. pike jp 90° w/ 1 1/2 b. pike jp 45° w/ 1 1/2
1.105 stretched jp 1/1	1.205 stretched jp 1 1/2	1.305 stretched jp 2/1	1.405 stretched jp 3/1
1.106 split/stag split lp/jp 180°	1.206 split/stag split lp/jp 180° w/ 1/2	1.306 split jp 180° w/ 1/1	1.406 a. split jp 180° w/ 1 1/2 b. lp 1 1/2 tw in horiz to prone (Khorkina)
1.107 side split lp/jp 135°	1.207 side split lp/jp 180° w/wo 1/2	1.307 side split jp 180° w/ 1/1	1.407 side split jp 180° w/ 1 1/2
1.108	1.208 a. straddle pike jp w/wo 1/2 b. Schushunova w/wo 1/2	1.308 a. straddle pike jp w/ 1/1 (Popa) b. Schushunova w/ 1/1	1.408 straddle pike jp w/ 1 1/2
1.109 switch leg lp 135° <b>NOTE:</b> deduct up to 0.2 if stag on any switch leg leap	1.209 a. switch leg lp 180° b. switch leg lp 180° to split sit	1.309 a. switch leg lp 180° w/ 1/2 b. switch leg lp 180° w/ 1/4 to side split c. switch leg lp 180° w/ 1/4 to straddle pike d. switch leg lp to ring at head height	1.409 switch leg lp 180° w/ 1/4 to side split or straddle pike w/ additional 1/2
1.110 hitchkick, cabriole	1.210	1.310	1.410
1.111 a. sissone 180° b. tour jete 135°	1.211 a. tour jete 180° b. tour jete 180° to split sit	1.311 a. tour jete 135° w/ 1/2 b. tour jete 135° to ring at head height	1.411 tour jete 180° w/ 1/2 (Strug)
1.112 ring/stag ring lp/jp at waist ht	1.212 ring/stg ring lp/jp w/wo 1/2 at head ht	1.312 ring/stag ring jp w/ 1/1 at head ht	1.412
1.113 sheep jp at waist height	1.213 sheep jp at head height	1.313	1.413

**NOTE:** Jump/leaps to prone shall be evaluated consistent with the root jump/leap.

## HIGH SUPERIORS / ADVANCED HIGH SUPERIORS

### LEAPS / JUMPS

- 1.301 Tuck jump 1 1/2
- 1.401 Tuck jump 2/1**
- 1.302 Cat leap 1 1/2
- 1.402 Cat leap 2/1**
- 1.303 Wolf jump/hop 1/1
- 1.403 Wolf jump/hop 1 1/2**
- 1.304a Pike jump 90° w/ 1/1
- 1.304b Pike jump 45° w/ 1/1
- 1.404a Pike jump 90° w/ 1 1/2**
- 1.404b Pike jump 45° w/ 1 1/2**
- 1.305 Stretched jump 2/1
- 1.405 Stretched jump 3/1**
- 1.306 Split jump 180° w/ 1/1
- 1.406a Split jump 180° w/ 1 1/2**
- 1.406b Leap 1 1/2 in horiz to prone (Khorkina)**
- 1.307 Side split jump 180° w/ 1/1
- 1.407 Side split jump 180° w/ 1 1/2**
- 1.308a Straddle pike jump w/ 1/1 (Popa)
- 1.308b Schuschunova w/ 1/1
- 1.408 Straddle pike jump w/ 1 1/2**
- 1.309a Switch leap 180° w/ 1/2 twist
- 1.309b Switch leap 180° w/ 1/4 to side split
- 1.309c Switch leap 180° w/ 1/4 to straddle pike
- 1.309d Switch leap to ring (head high)
- 1.409 Switch 180° w/ 1/4 to side split/str pike w/ 1/2**
- 1.311a Tour jete 135° w/ 1/2
- 1.311b Tour jete 135° to ring (head high)
- 1.411 Tour jete 180° w/ 1/2 (Strug)**
- 1.312 Ring/stag ring jump 1/1 (head high)

### TURNS

- 2.301 2/1 - 2 1/2 turn
- 2.401 3/1 turn**
- 2.302 1 1/2 turn w/ leg at horizontal
- 2.402 2/1 turn w/ leg at horizontal**
- 2.303 1 1/2 turn w/ leg held at 180°
- 2.403 2/1 turn w/ leg held at 180°**
- 2.304 1 1/2 Illusion
- 2.404 2/1 Illusion**

### HANDSTANDS

- 3.301 Handstand w/ 2/1 or more

### ROLLS

- 4.301 1/1 twist to hecht roll
- 4.302 Bwd roll to handstand w/ 2/1 or more

### HANDSPRINGS

- 6.301 Handspring forward w/ 1/1
- 6.302a Series of flysprings
- 6.302b Flyspring to salto forward
- 6.305 Flic-flac w/ 1/1

### AERIALS

- 7.303 Series of butterflies

### SALTOS - FWD

- 8.301 Salto fwd stretched w/wo 1/2
- 8.401 Salto fwd w/ 1/1 or more**
- 8.302a Series of saltos fwd (tuck/pike)
- 8.302b Series of saltos (one bwd/one fwd)
- 8.402 Series of saltos fwd (stretched)**
- 8.403 Double salto fwd, also w/ 1/2**

### SALTOS - BWD

- 9.301 Salto backward w/ 1/1 twist
- 9.401 Salto backward w/ 1 1/2 or more**
- 9.302a Series of saltos backward
- 9.302b Series of saltos (one bwd/one fwd)
- 9.402 Series of saltos bwd w/ 1/1 or more**
- 9.403 Double salto bwd, also w/twist**
- 9.304 Whip salto backward w/ 1/1
- 9.305 Series of whip saltos backward
- 9.405 Series of whip saltos bwd w/ 1/1**

### ARABIAN SALTOS

- 10.301 Arabian stretched
- 10.401 Arabian double salto**

## SERIES EXCEPTIONS

### SUPERIORS -

- Series of back handsprings
- Series of front handsprings

### HIGH SUPERIORS -

- Series of Flysprings
- Flyspring + Salto forward
- Series of saltos (tk/pk)
- Series of butterflies

### ADVANCED HIGH SUPERIORS -

- Series of fwd saltos stretched
- Series of bwd saltos w/ 1/1

**Bold = AHS's**