**FLOOR EXERCISE**

**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
  - except for the round-off, all elements in a pass must receive Value Part credit
  - all elements may be in any direction (bwd/fwd/swd)
- Superior acro dismount
  - may be in 3rd acro pass
  - or may be the last acro element in the routine
  - credit may be awarded if 1st or 2nd pass is broken
- 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

**COMPOSITION (up to 1.0)**
- up to .1 - variety of acro
- up to .1 - variety of dance
- up to .1 - level of acro vs. level of dance
- up to .1 - higher level VP's - isolated
- 0.1 same VP used twice to fulfill difficulty
- up to .1 - variety of connections
- 0.1 ea -> 2 of same dance shape
- 0.1 ea -> 1 lp/jp/hp to prone
- up to 0.1 - use of entire floor
- up to 0.1 - use of direction changes
- 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
- up to 0.1 - artistry
  - quality of expression (projection, emotion, focus) and movement to reflect personal style; originality/creativity
- up to 0.1 - level not maintained; difficult elements 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
  - 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

**EVENT REQUIREMENTS (1.0)**
- Deduct -0.2 for each missing requirement
- 1 element may fulfill more than 1 ER
- 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
  - or 2 directly connected acro elements that include a HS, AHS, or BBS
  - except for the round-off, all elements in a pass must receive Value Part credit
  - all elements may be in any direction (bwd/fwd/swd)
- Superior acro dismount
  - may be in 3rd acro pass
  - or may be the last acro element in the routine
  - credit may be awarded if 1st or 2nd pass is broken
- 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

**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 (CJ)

**DIFFICULTY EXCEPTIONS**
- series of flic-flacs (back handsprings) = S
- series of front handsprings = S

**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 or under an up to 8" skill cushion (including another sting mat) and the combination of the 2 mats will count as 1 of the allowed additional mats
- Only one mat may be used per acro pass
- If mat covers boundary, boundary must be marked
- Failure to mark boundary on mat = -0.1 CJ
- There is no requirement to remove additional mats
- If removed, may not be placed back on FX
- One step inside boundary to place, adjust, or remove mat is permissible

2018-2020
### Floor Exercise

<table>
<thead>
<tr>
<th>Medium</th>
<th>Superior</th>
<th>High Superior</th>
<th>Advanced High Superior</th>
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</thead>
<tbody>
<tr>
<td>1.101</td>
<td>Tuck jump 1/2</td>
<td>Tuck jump 2/1</td>
<td>Tuck jump 2/1</td>
</tr>
<tr>
<td>1.102</td>
<td>Cat jump 1/2</td>
<td>Cat jump 1/2</td>
<td>Cat jump 2/1</td>
</tr>
<tr>
<td>1.103</td>
<td>Wolf jump/hop/switch</td>
<td>Wolf jump/hop 1/2</td>
<td>Wolf jump/hop 1/2</td>
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<tr>
<td>1.104</td>
<td>Pike jump 90°</td>
<td>Pike jump 90° w/ 1/2</td>
<td>Pike jump 90° w/ 1/2</td>
</tr>
<tr>
<td>1.105</td>
<td>Stretched jump 1/1</td>
<td>Stretched jump 2/1</td>
<td>Stretched jump 3/1</td>
</tr>
<tr>
<td>1.106</td>
<td>Split/stag split lp 180° w/ 1/1</td>
<td>Split/jump 180° w/ 1/1</td>
<td>Split/jump 180° w/ 1/1</td>
</tr>
<tr>
<td>1.107</td>
<td>Side split lp/jp 150°</td>
<td>Side split lp/jp 180° w/ 1/2</td>
<td>Side split lp/jp 180° w/ 1/2</td>
</tr>
<tr>
<td>1.108</td>
<td>Switch leg lp 135°</td>
<td>Switch leg lp 180° w/ to split sit</td>
<td>Switch leg lp 180° w/ to split sit</td>
</tr>
<tr>
<td>1.109</td>
<td>Hitchkick, cabriole</td>
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</tr>
<tr>
<td>1.110</td>
<td>Ring/stag ring jump 1/1</td>
<td>Ring/stag ring jump 1/1</td>
<td>Ring/stag ring jump 1/1</td>
</tr>
<tr>
<td>1.111</td>
<td>A. Sissone 180°</td>
<td>A. Tour jeté 180°</td>
<td>A. Tour jeté 180°</td>
</tr>
<tr>
<td>1.112</td>
<td>Sheep jump at waist height</td>
<td>Sheep jump at waist height</td>
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</tr>
<tr>
<td>1.113</td>
<td>Hop 1/2, free leg extended above horizontal</td>
<td>Hop 1/2, free leg extended above horizontal</td>
<td>Hop 1/2, free leg extended above horizontal</td>
</tr>
<tr>
<td>1.114</td>
<td>A. Hop 1/1, free leg extended above horizontal</td>
<td>Hop 1/2, free leg extended above horizontal</td>
<td>Hop 2/1, free leg extended above horizontal</td>
</tr>
</tbody>
</table>

**Notes:**
- Jump/leaps to prone shall be evaluated consistent w/ root jump/leap.
- Deduct up to 0.2
- AHS’s that exceed required twist receive AHS credit.
- For dance criteria/technique, see Appendix B

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### High Superiors / Advanced High Superiors

#### Leaps / Jumps / Hops
- 1.301 Tuck jump 1/2
- 1.401 Tuck jump 2/1
- 1.402 Cat leap 1/2
- 1.403 Wolf jump/hop 1/1
- 1.404 Pike jump 90° w/ 1/2
- 1.405 Stretched jump 2/1
- 1.406a Split jump 180° w/ 1/2
- 1.406b Leap 1 1/2 in horiz to prone (Khorkina)
- 1.407 Side split jump 180° w/ 1/2
- 1.408 Straddle pike jump w/ 1/1
- 1.409a Switch leap 180° w/ 1/4 to side split w/ 1/2
- 1.409b Switch leap 180° w/ 1/4 to straddle pike w/ 1/2
- 1.409c Switch leap 180° w/ 1/2 (Frolova)
- 1.409d Switch leap 180° w/ 1/2 (Memmel)
- 1.409e Switch leap 180° w/ 1/2 in tuckstand on one leg

#### 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

#### Hand Springs
- 6.301 Handspring forward w/ 1/1
- 6.305 Flic-flac w/ 1/1

#### Salto - FWD
- 8.301 Salto fwd stretched w/o 1/2
- 8.401 Salto fwd w/ 1/1 or more
- 8.403 Double salto fwd, also w/ 1/2

#### Salto - BWD
- 9.301 Salto backward w/ 1/1 twist
- 9.401 Salto backward w/ 1/2 or more
- 9.403 Double salto bwd, also w/ twist
- 9.304 Whip salto backward w/ 1/1

#### Arabian Salto
- 10.301 Arabian stretched
- 10.401 Arabian double salto
- 10.402 Arabian salto w/ 1/1 twist