

FLOOR EXERCISE

COMPOSITION (up to 1.0)

- up to .15 - variety of acro
- up to .15 - variety of dance
- up to 0.1 - balance of acro vs. dance
- up to 0.1 - level of acro vs. level of dance
- up to 0.1 - variety of connections
- up to 0.1 - use entire floor
- 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 (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
- Note: AHS elements with a 1/1, 1 1/2, or 2/1 must add a 1/2 to be considered different.

DIFFICULTY EXCEPTIONS

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

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)

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 turn on 1 foot**
 - may be isolated or within a series or dance passage
- **dance passage**
 - must include 2 different Group 1 leaps/jumps
 - may be directly or indirectly connected
 - must include a leap (cross or side split position)
 - must include a superior




































































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 directly connected (before or after) to S salto
- **Max. 0.2 may be earned in one 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

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
- Stepping inside boundary to place, adjust, or remove mat is permissible

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 pike jp 90° w/ 1/2 	1.304 pike jp 90° w/ 1/1 	1.404 pike jp 90° 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 a. split/stag split lp/jp 180°  b. stag/double stag lp/jp w/wo 1/2 	1.206 a. split/stag split lp/jp 180° w/ 1/2  b. stag/double stag w/ 1/1  c. jeté en tournant (1/4 to 1/2 into 180° split leap) 	1.306 split lp/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°  NOTE: deduct up to 0.2 if stag into 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 a. switch leg lp 180° w/ 1/4 to side split w/ additional 1/2  b. switch leg lp 180° w/ 1/4 to straddle pike w/ additional 1/2  c. switch leg lp 180° w/ 1/1 
1.110 hitchkick, cabriole 	1.210	1.310	1.410
1.111 a. sissone 180°  b. tour jeté 135° 	1.211 a. tour jeté 180°  b. tour jeté 180° to split sit 	1.311 a. tour jeté 135° w/ 1/2  b. tour jeté 135° to ring at head height 	1.411 a. tour jeté 180° w/ 1/2 (Strug)  b. tour jeté 135° to ring w/ 1/2 
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 w/wo 1/2 	1.313 sheep jp at head height w/ 1/1 	1.413
1.114 hop 1/2, free leg extended above horizontal 	1.214 a. hop 1/1, free leg extended above horizontal  b. fouetté-hop to land in scale 	1.314 hop 1 1/2, free leg extended above horizontal 	1.414 hop 2/1, free leg extended above horizontal 

NOTES: 1. Jump/leaps to prone shall be evaluated consistent w/ root jump/leap. 2. For dance criteria/technique, see Appendix B 3. AHS's that exceed required twist receive AHS credit..

HIGH SUPERIORS / ADVANCED HIGH SUPERIORS

LEAPS / JUMPS / HOPS

- 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**
- 1.304 Pike jump 90° w/ 1/1
- 1.404 Pike jump 90° w/ 1 1/2**
- 1.305 Stretched jump 2/1
- 1.405 Stretched jump 3/1**
- 1.306 Split leap/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 Schushunova 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 height)

- 1.409a Switch 180° w/ 1/4 to side split w/ 1/2**
- 1.409b Switch 180° w/ 1/4 to straddle pike w/ 1/2**
- 1.409c Switch leap 180° w/ 1/1 (Frolova)**
- 1.311a Tour jeté 135° w/ 1/2
- 1.311b Tour jeté 135° to ring (head height)
- 1.411a Tour jeté 180° w/ 1/2 (Strug) or more**
- 1.411b Tour jeté 135° to ring w/ 1/2 (Jackson)**
- 1.312 Ring/stag ring jump 1/1 (head height)
- 1.313 Sheep jump at head ht w/ 1/1
- 1.314 Hop 1 1/2, free leg above horizontal
- 1.414 Hop 2/1, free leg above horizontal**

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° (Mommel)**
- 2.304 1 1/2 Illusion
- 2.404 2/1 Illusion**
- 2.305 1 1/2 turn in tuckstand on one leg
- 2.405 2/1 turn 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

HANDSPRINGS

- 6.301 Handspring forward w/ 1/1
- 6.305 Flic-flac w/ 1/1

SALTOS - FWD

- 8.301 Salto fwd stretched w/wo 1/2
- 8.401 Salto fwd w/ 1/1 or more**
- 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**
- 9.403 Double salto bwd, also w/twist**
- 9.304 Whip salto backward w/ 1/1

ARABIAN SALTOS

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

Bold = AHS's

2022-2024