Floor Exercise - Common Junior/FIG Skills				
A (.1)	B (.2)	C (.3)	D (.4)	E (.5)
Group I - Non Acro				
Handstand	V-sit	Manna		
Straddle Planch	Planch	Swallow		
Scale	180 Scale (no hand)			
Straddle Press HS	Pike/Hollowback Press HS	V-sit Press HS	Manna Press HS	
Split	Split/Straddle L/Prone Press HS			
	Straddle Planch Press HS	Planch Press HS		
	Japanese Press HS	Japanese Press HS from split		
	Straddle Endo Press HS	Piked Endo Press HS		
Back Jump Support	Endo or Back 1/1 Support			
Butterfly	Butterfly 1/1			
	Circles/Flairs to HS	Gogoladze (GZ)	Flair Hop 1/1 in HS back to Flair	
1 Circle/Flair	HS to Circles/Flairs		·	
Flair 1/2 Spindle	Flair 1/1 Spindle			
	Flair 1/2 Spindle HS	Flair 3/4 Spindle HS	Flair 3/4 Spindle to HS back to Flair	
Russian 360	Russian 720	Federorchenko	<u>'</u>	
Group II - Front Acro	•		•	•
Dive Roll	Front T/P to Prone			1
Front HS				
Front T/P, also w1/2	Front Tuck 1/1 or 3/2		Front Double T, also w1/2	Front Double P, also w1/2
	Front Layout, also w1/2	Front Layout 1/1 or 3/2	Any Front 2/1	Any Front 5/2
Group III - Back Acro		,	, ,	, ,
Back HS				Back Dbl L 2/1 (F)
Back T/P	Whipback/Back Layout	Back Double T	Back Double Layout	Back Double T 3/2
Back T/P 1/2 or Ar T/P	Back Layout 1/2 or 1/1	Back Double P	Back Dbl T/P 1/2 or Ar Dbl T/P	Back Double T 2/1
	Back Tuck 3/2	Back Layout 3/2 or 2/1	Back Dbl T/P 1/1 or Ar Dbl T/P 1/2	Back Dbl L 1/2 or Ar Dbl L
Arabian Dive		,	Back Layout 5/2	Back Dbl L 1/1 or Ar Dbl L 1/2
			Back Layout 3/1	Back Triple (H)
Jr FIG D Panel:			JO A Skills	1 1 7
• FIG Dsmt (D) • L10 Dsmt (C) • L9 Dsmt (B) • L8 Dsmt (A)		<ul> <li>Unlimited Connections within counting skills</li> </ul>		Press Headstand
Count dismount first then 7 highest skills		• 5 skills allowed from Groups I - III	Any Back Roll	Roundoff
No dismount = Count 7 total skills, No EG IV		Max 2 Strength skills	Headspring	Swedish Fall
D. D.O. A. (not appropriate defined a self-appropriate)		Marco Obraha akilla	r io a a opinig	Strouton ran

- D+B/C = +.1 (not connected single saltos w/twists)
   D+D or higher = +.2 (not connected single saltos w/twists)
   Awarded both sides Max 2 Circle skills

  - Max 75 seconds (.1/.3/.5)Must use all parts of Floor (.3)
- Use of same diagonal more than 3x requires change of direction (.3)
  Missing double salto (.3) Not Dev Program