

<b>Uneven Bars Level 3</b>				
<b>Skill</b>	<b>Level 3</b>	<b>Level 4</b>	<b>Level 5</b>	
<b><i>Glide Swing &amp; Return (0.20)</i></b>				
Bending legs on backswing prior to contacting floor	^0.30			
Failure to begin exercise standing outside of the bars, facing the low bar	0.50			
Failure to close legs at end of straddle glide swing	0.10	0.10	0.10	
Failure to lead with the feet in the glide swing (performs a long hang swing)	^0.10	^0.10	^0.10	
Failure to take off from both feet simultaneously	0.10	0.10	0.10	
Insufficient extension at end of glide swing	^0.20	^0.20	^0.20	
Performs run-out glide	0.30			
<b><i>Back Hip Pullover Mount (0.40)</i></b>				
Failure to finish in extended front support	^0.10			
Failure to lift both legs simultaneously ( <i>1- foot take off</i> )	0.30			
Failure to maintain hand contact on bar between the glide swing and the pullover	0.10			
Step, hop, or extra jump before the back hip pullover	ea 0.10			
Supplemental support ( <i>chin resting on bar prior to leg lift</i> )	0.30			
<b><i>OR Straddle or Pike Glide Kip Mount (0.60)</i></b>				
Failure to begin exercise standing outside of the bars, facing the low bar	0.50			
Failure to close legs at end of straddle glide swing	0.10	0.10	0.10	
Failure to lead with the feet in the glide swing (performs a long hang swing)	^0.10	^0.10	^0.10	
Failure to take off from both feet simultaneously	0.10	0.10	0.10	
Insufficient extension at end of glide swing	^0.20	^0.20	^0.20	
Performs run-out glide	0.30	0.30	0.30	
<b><i>Cast (0.20)</i></b>				
Incorrect alignment (failure to show straight line from shoulders to feet with chest hollow)	^0.20	^0.20	^0.20	
Lack of control in returning to the bar	^0.10	^0.10	^0.10	
<b><i>Back Hip Circle (0.40) Back Hip Circle (0.40)</i></b>				
Failure to maintain hip or upper thigh contact on bar throughout	Each ^0.20	^0.20		
Failure to maintain neutral head position	Each ^0.10	^0.10		
Failure to maintain straight -hollow body throughout	Each ^0.20	^0.20		
Lack of continuity between circles	^0.20			
Lack of continuity of circle	Each ^0.10	^0.10		
<b><i>Front Hip Circle, Small Cast, Return to Front Support (0.40)</i></b>				
Failure to execute a small cast immediately after front hip circle	0.20			
Failure to show straight-hollow body position into front hip circle	^0.20			
Failure to return to front support ( <i>performs immediate squat on</i> )	0.50			
Lack of control in returning to the bar	^0.10			
<b><i>Cast, Squat-On, Stretch Jump Dismount (0.60)</i></b>				
Alternate foot placement	0.20	0.20	0.20	
Failure to show straight-hollow body position in flight	^0.10			
Insufficient backward swing of legs into cast (hip lift only)	0.05	0.05	0.05	
Touches high bar	0.50			

<b>Uneven Bars Level 4</b>				
<b>Skill</b>	<b>Level 3</b>	<b>Level 4</b>	<b>Level 5</b>	
<b>Mount: Straddle or Pike Glide Kip (0.60)</b>				
Failure to close legs at end of straddle glide swing	0.10	0.10	0.10	
Failure to lead with the feet in the glide swing (performs a long hang swing)	^0.10	^0.10	^0.10	
Failure to take off from both feet simultaneously	0.10	0.10	0.10	
Insufficient extension at end of glide swing	^0.20	^0.20	^0.20	
Performs run-out glide	0.30	0.30	0.30	
<b>Cast to Horizontal &amp; Return to Front Support (0.40)</b>				
Incorrect alignment (failure to show straight line from shoulders to feet with chest hollow)	^0.20	^0.20	^0.20	
Insufficient amplitude of cast (line from shoulders to mid-point of lowest body part)	^0.30	^0.30	^0.30	
1°-44° below horizontal		0.05-0.15		
45° below horizontal		0.20		
46° or more below horizontal		0.25-0.30		
Lack of control in returning to the bar		^0.10		
<b>Cast, Squat-On, OR Pike-On, OR Cast, 360 Back Sole Circle (0.20)</b>				
Alternate foot placement	0.20	0.20	0.20	
Insufficient backward swing of legs into cast (hip lift only)	0.05	0.05	0.05	
<b>Long Hang Kip (0.60)</b>				
Failure to swing to near horizontal		^0.20	^0.20	
<b>Cast to Horizontal (0.40)</b>				
Incorrect alignment (failure to show straight line from shoulders to feet with chest hollow)		^0.20	^0.20	
Insufficient amplitude of cast (line from shoulders to mid-point of lowest body part)		^0.30	^0.30	
1°-44° below horizontal		0.05-0.15		
45° below horizontal		0.20		
46° or more below horizontal		0.25-0.30		
<b>Back Hip Circle (0.40)</b>				
Failure to maintain hip or upper thigh contact on bar throughout	^0.20	^0.20		
Failure to maintain neutral head position	^0.10	^0.10		
Failure to maintain straight -hollow body throughout	^0.20	^0.20		
Lack of continuity of circle	^0.10	^0.10		
<b>Underswing (0.60) (Value combined with 1st Counterswing)</b>				
Failure to maintain neutral head position		^0.10	^0.10	
Failure to maintain straight-hollow body throughout		^0.20	^0.20	
Hips contacting bar (no deduction for thighs touching bar)		0.20	0.20	
<b>1st Counterswing (min 30° below horizontal) (0.60) (Value combined w/Underswing)</b>				
Body arching/hips opening to an extended position w/ feet over low bar during counterswing		0.30	0.30	
Failure to show a straight line from hands to hips -chest in a hollow position with a rounded hip angle with the feet pointed downward (excessive piking)		^0.20	^0.20	
Hips not at minimum 30° below the level of the high bar (horizontal)		^0.20		
<b>Tap Swing Forward (0.60) (Value combined with 2nd Counterswing)</b>				
Failure to show slight arched position during the downward swing		0.10	0.10	
Failure to attain straight-hollow body position on upswing		^0.20	^0.20	
Insufficient amplitude (feet not at high bar height)		^0.20	^0.20	
<b>2nd Counterswing (min 30° below horizontal) (0.60) (Value combined w Tap swing fwd)</b>				
Body arching or hips opening to an extended position w/ feet over low bar during counterswing		0.30	0.30	
Failure to show a straight line from hands to hips-chest in a hollow position with a rounded hip angle with the feet pointed downward (excessive piking)		^0.20	^0.20	
Hips not at minimum 30° below the level of the high bar (horizontal)		^0.20		

***Dismount: Tap Swing Forward with 1/2 (180°) Turn (0.60)***

Beginning turn prior to 45° below height of high bar		^0.20	
Failure to attain straight-hollow body position on upswing		^0.20	^0.20
Failure to complete 1/2 (180°) turn prior to re-contact		^0.20	
Failure to re-contact the bar with the free hand as the 1/2 (180°) turn is complete		0.30	
Failure to show slight arched position during the downward swing		0.1	0.10

<b>Uneven Bars Level 5</b>				
Skill	Level 3	Level 4	Level 5	
<b>Mount: Straddle or Pike Glide Kip (0.60)</b>				
Failure to close legs at end of straddle glide swing	0.10	0.10	0.10	
Failure to lead with the feet in the glide swing (performs a long hang swing)	^0.10	^0.10	^0.10	
Failure to take off from both feet simultaneously	0.10	0.10	0.10	
Insufficient extension at end of glide swing	^0.20	^0.20	^0.20	
Performs run-out glide	0.30	0.30	0.30	
<b>Cast to Above Horizontal (0.40)</b>				
Incorrect alignment (failure to show straight line from shoulders to feet with chest hollow)	^0.20	^0.20	^0.20	
Insufficient amplitude of cast (line from shoulders to mid-point of lowest body part)	^0.30	^0.30	^0.30	
Above horizontal			No deduction	
At horizontal			0.05	
1°-44° below horizontal			0.10-0.15	
45° below horizontal		0.20	0.20	
46° or more below horizontal		0.25-0.30	0.25-0.30	
<b>Clear Hip Circle to Above Horizontal (0.60)</b>				
Excessive arch or pike on downswing or upswing			ea ^0.20	
Hips touching bar as upswing finishes (performs a back hip circle) No deduction for thighs brushing bar on upswing			0.60	
Insufficient height and extension of upswing (use amplitude of cast deductions)			^0.30	
Lack of control into glide			^0.10	
<b>OR Backward Sole Circle to Clear Support (0.60)</b>				
Excessive arch or pike on downswing or upswing			ea ^0.20	
Insufficient amplitude of upswing (line from shoulders to hips)			^0.30	
Between vertical & 45° from vertical			No deduction	
Between 46°- 89° from vertical			0.05-0.15	
At 45° horizontal			0.20	
Below horizontal			0.25-0.30	
Lack of control into glide			^0.10	
Legs bending during circle			^0.30	
Support of weight on feet as upswing finishes (gymnast jumps from bar to glide or never achieves clear support)			0.60	
<b>OR Backward Stalder Circle to Clear Support (0.60)</b>				
Arriving in support with legs in a straddle "L" position			0.60	
Excessive arch or pike on downswing or upswing			ea^0.20	
Insufficient amplitude of upswing (line from shoulders to hips)			^0.30	
Between vertical & 45° from vertical			No deduction	
Between 46°- 89° from vertical			0.05-0.15	
At 45° horizontal			0.20	
Below horizontal			0.25-0.30	
Lack of control into glide			^0.10	
<b>Straddle or Pike Glide Kip (0.60)</b>				
Failure to close legs at end of straddle glide swing	0.10	0.10	0.10	
Failure to lead with the feet in the glide swing (performs a long hang swing)	^0.10	^0.10	^0.10	
Insufficient extension at end of glide swing	^0.20	^0.20	^0.20	
<b>Cast, Squat-On OR Pike-On, OR Cast 360° Back Sole Circle (0.20)</b>				
Alternate foot placement	0.20	0.20	0.20	
Insufficient backward swing of legs into cast (hip lift only)	0.05	0.05	0.05	
<b>Long Hang Kip (0.60)</b>				
Failure to swing to near horizontal		^0.20	^0.20	

<b>Cast to Above Horizontal (0.40)</b>			
Incorrect alignment (failure to show straight line from shoulders to feet with chest hollow)	^0.20	^0.20	^0.20
Insufficient amplitude of cast (line from shoulders to mid-point of lowest body part)	^0.30	^0.30	^0.30
Above horizontal			No deduction
At horizontal			0.05
1°-44° below horizontal			0.10-0.15
45° below horizontal		0.20	0.20
46° or more below horizontal		0.25-0.30	0.25-0.30
<b>Long Hang Pullover (0.60)</b>			
Excessive piking of body			^0.20
Failure to maintain overgrip (hands completely release bar)			0.30
Failure to show slight arched position during the downward swing			0.10
Performing a back hip circle at the completion of the Long Hang Pullover			No Deduction
Performing a backward giant circle prior to pulling hips toward bar			1.00
<b>Underswing (0.60) (Value combined with 1st Counterswing)</b>			
Failure to contact the bar with the mid to lower thighs between the completion of the long hang pullover and the initiation of the underswing			0.20
Failure to maintain neutral head position		^0.10	^0.10
Failure to maintain straight-hollow body throughout		^0.20	^0.20
Hips contacting bar (no deduction for thighs touching bar)		0.20	0.20
<b>1st Counterswing (min 15° below horizontal) (0.60) (Value combined w/Underswing)</b>			
Body arching/hips opening to an extended position w/feet over low bar during counterswing		0.30	0.30
Failure to show a straight line from hands to hips -chest in a hollow position with a rounded hip angle with the feet pointed downward (excessive piking)		^0.20	^0.20
Hips not at minimum 15° below the level of the high bar (horizontal)			^0.20
<b>Tap Swing Forward (0.60) (Value combined with 2nd Counterswing)</b>			
Failure to show slight arched position during the downward swing		0.10	0.10
Failure to attain straight-hollow body position on upswing		^0.20	^0.20
Insufficient amplitude (feet not at high bar height)		^0.20	^0.20
<b>2nd Counterswing (min 15° below horizontal) (0.60) (Value combined with Tap swing forward)</b>			
Body arching or hips opening to an extended position w/ feet over low bar during counterswing		0.30	0.30
Failure to show a straight line from hands to hips-chest in a hollow position with a rounded hip angle with the feet pointed downward (excessive piking)		^0.20	^0.20
Hips not at minimum 15° below the level of the high bar (horizontal)			^0.20
<b>DM: Tap Swing Forward to Flyaway Tucked, Piked, OR Stretched (0.60)</b>			
Failure to attain straight-hollow body position on upswing		^0.20	^0.20
Failure to show slight arched position during the downward swing		0.10	0.10
Insufficient height of salto			^0.30
At high bar level or above			0.05
1°-44° below level of high bar			0.10-0.15
45° below horizontal			0.20
46° or more below horizontal			0.25-0.30
Landing too close to the bar			0.10
Tucked: Insufficient bend of hips and legs (min 135° - ideally 90°)			ea ^0.20
Tucked: Insufficient extension (open) prior to landing			^0.20
Piked: Insufficient pike of hips (min 135° - ideally 90°)			^0.20
Piked: Insufficient extension (open) prior to landing			^0.20
Stretched: Insufficient exactness of stretched (straight-hollow) body position (Ideally 180°) *Arch *Hip Angle (136° - 179°)			^0.20
Stretched: Failure to maintain stretched (straight-hollow) body position (pikes down)			^0.20

<b>Balance Beam Level 3</b>			
<b>Skill</b>	<b>Level 3</b>	<b>Level 4</b>	<b>Level 5</b>
<b>Mount: Front Support Fish Pose Mount (0.20)</b>			
Failure to extend body in front support	^0.10	^0.10	
Lack continuity from the mount to stand	^0.10	^0.10	
Performing a knee scale	0.30	0.30	
<b>*Cross Handstand (0.60)</b>			
Failure to attain vertical	^0.30	^0.30	
Failure to close ( <i>join</i> ) legs ( <i>side by side</i> )	0.10	0.10	
Incorrect ( <i>staggered</i> ) hand placement	0.10	0.10	
<b>1/2 (180°) Turn in Forward Passé (Heel-snap turn) (0.40)</b>			
Failure to lower heel at completion of turn	0.05		
Failure to use the heel-snap technique	0.30		
Leg in incorrect position ( <i>not in forward passé</i> )	0.10		
<b>Stretch Jump - Stretch Jump (each 0.40)</b>			
Failure to land on both feet simultaneously	Each 0.10	0.10	
Failure to land with feet closed each	^0.10	^0.10	
Connection broken between Stretch Jumps	0.05	0.05	
Insufficient continuity between Stretch Jumps	No Deduction	No Deduction	
<b>Arabesque (45°) (0.40)</b>			
Failure to hold one second	^0.10	^0.10	
Failure to lift free leg a minimum of 45° above the beam	^0.20		
<b>Straight Leg Leap (90°) (0.60)</b>			
Bending lead ( <i>front</i> ) leg on take-off	^0.10	^0.10	
Failure to pause in low arabesque position on landing	0.05	0.05	
Uneven leg separation	^0.20	^0.20	
<b>Two 1/2 (180°) Pivot Turn (each 0.20)</b>			
Lack of sharpness each	^0.10		
<b>*Dismount: Cartwheel to side Handstand 1/4 (90°) turn (0.60)</b>			
Incorrect ( <i>simultaneous</i> ) hand placement	0.10	0.10	
Failure to attain vertical	^0.30	^0.30	
Failure to perform the 1/4 (90°) turn	0.20	0.20	
1/4 (90°) turn incomplete or overturned	^0.10	^0.10	
Failure to maintain hand contact until the body passes by the horizontal plane of the beam	^0.10	^0.10	
Failure to complete dismount: <ul style="list-style-type: none"> <li>✓ These deductions do not include possible body position faults</li> <li>✓ When the gymnast attempts but fails to complete the dismount, apply the specific deductions as listed for those phases not performed.</li> </ul>	^0.60	^0.60	
Example: Attempts dismount, does not attain vertical, falls and does not repeat: 0.30 Fail to attain vertical + 0.20 Fail to perform turn = 0.50 Incomplete Element 0.50 Incomplete element + 0.50 Fall = 1.00 Total Deduction			

Balance Beam Level 4			
Skill	Level 3	Level 4	Level 5
<b>Mount: Front Support Fish Pose Mount (0.20)</b>			
Failure to extend body in front support	^0.10	^0.10	^0.10
Lack continuity from the mount to stand	^0.10	^0.10	^0.10
Performing a knee scale	0.30	0.30	0.30
<b>*Cartwheel (0.60)</b>			
Failure to pass through vertical		^0.30	
Incorrect (simultaneous) hand placement		0.10	
<b>*1/2 (180°) Turn in Forward Passé (0.40)</b>			
Leg in incorrect position (not in forward passé)	0.10	0.10	0.10
Use of heel-snap technique		0.30	0.30
<b>Stretch Jump (0.20)</b>			
Failure to land on both feet simultaneously	0.10	0.10	0.10
Failure to land with feet closed	^0.10	^0.10	^0.10
Connection broken between Stretch Jump & Split Jump	0.05	0.05	
Insufficient continuity between Stretch Jump & Split Jump	No Deduction	No Deduction	
<b>Split Jump (120°) (0.40)</b>			
Failure to land on both feet simultaneously		0.10	0.10
Failure to land with feet closed		^0.10	^0.10
Uneven leg separation		^0.20	^0.20
<b>*Cross Handstand (0.60)</b>			
Failure to attain vertical	^0.30	^0.30	
Failure to close (join) legs (side by side)	0.10	0.10	
Failure to hold one second		^0.10	
Incorrect (staggered) hand placement	0.10	0.10	
<b>Scale (Horizontal) (0.40)</b>			
Failure to hold one second	^0.10	^0.10	^0.10
Failure to lift free leg to a minimum of horizontal in scale		^0.20	^0.20
<b>Straight Leg Leap (120°) (0.60)</b>			
Bending lead (front) leg on take-off	^0.10	^0.10	^0.10
Failure to pause in low arabesque position on landing	0.05	0.05	
Uneven leg separation	^0.20	^0.20	^0.20
<b>*Dismount: Cartwheel to side Handstand 1/4 (90°) turn (0.60)</b>			
Incorrect ( <i>simultaneous</i> ) hand placement	0.10	0.10	
Failure to attain vertical	^0.30	^0.30	
Failure to perform the 1/4 (90°) turn	0.20	0.20	
1/4 (90°) turn incomplete or overturned	^0.10	^0.10	
Failure to maintain hand contact until the body passes by the horizontal plane of the beam	^0.10	^0.10	
Fail to hold 1 second		0.20	
Failure to complete dismount: <ul style="list-style-type: none"> <li>✓ These deductions do not include possible body position faults</li> <li>✓ When the gymnast attempts but fails to complete the dismount, apply the specific deductions as listed for those phases not performed.</li> </ul>	^0.60	^0.60	
Example: Attempts dismount, does not attain vertical, falls and does not repeat: ^0.30 Fail to attain vertical + 0.10 Fail to hold 1 sec + 0.20 Fail to perform turn = 0.60 - 0.60 Incomplete element + 0.50 Fall = 1.10 Total Deduction			

<b>Balance Beam Level 5</b>			
<b>Skill</b>	<b>Level 3</b>	<b>Level 4</b>	<b>Level 5</b>
<b>Mount: Front Support Fish Pose Mount (0.20)</b>			
Failure to extend body in front support	0.10	0.10	0.10
Lack continuity from the mount to stand	^0.10	^0.10	^0.10
Performing a knee scale	0.30	0.30	0.30
<b>*Back Walkover (0.60)</b>			
Failure to show continuous leg lift into the walkover			^0.10
Incorrect (staggered or alternate) hand placement			0.10
Insufficient split (less than 150°)			^0.20
<b>OR Backward Roll to Minimum of 3/4 Handstand (0.60)</b>			
Failure to attain minimum of 3/4 handstand			^0.20
Performing a backward roll step-out (head stays in contact with beam)			0.60
<b>OR *Flic-Flac Step-Out (0.60)</b> See General Faults and Penalties			General
<b>OR Flic-Flac to Two (2) Feet (0.60)</b> See General Faults and Penalties			General
<b>OR *Front Walkover (0.60)</b>			
Incorrect (staggered or alternate) hand placement			0.10
Insufficient split (less than 150°)			^0.20
<b>*1/1 (360°) Turn in Forward Passé (0.40)</b>			
Leg in incorrect position (not in forward passé)	0.10	0.10	0.10
Use of heel-snap turn technique		0.30	0.30
<b>Split Jump (150°) (0.40)</b>			
Failure to land on both feet simultaneously		0.10	0.10
Failure to land with feet closed		^0.10	^0.10
Uneven leg separation		^0.20	^0.20
Connection broken between Split Jump & Sissone			0.05
Insufficient continuity between Split Jump & Sissone			No Deduction
<b>Sissonne (0.20)</b>			
Failure to pause in low arabesque position on landing			0.05
Insufficient lift of the back leg (less than horizontal)			^0.10
Insufficient lift of the front leg (less than 45°)			^0.10
<b>Scale (Above Horizontal) (0.40)</b>			
Failure to hold one second		^0.10	^0.10
Failure to lift free leg to above horizontal in scale		^0.20	^0.20
<b>Straight Leg Leap (150°) (0.60)</b>			
Bending lead (front) leg on take-off	^0.10	^0.10	^0.10
Uneven leg separation	^0.20	^0.20	^0.20
Insufficient continuity between Straight Leg Leap & Stretch Jump			No Deduction
Connection broken between Straight Leg Leap & Stretch Jump			0.05
<b>Stretch Jump (0.20)</b>			
Failure to land on both feet simultaneously	0.10	0.10	0.10
Failure to land with feet closed	^0.10	^0.10	^0.10
<b>*Cartwheel (0.60)</b>			
Closing the second foot in front of the first foot on landing			0.20
Failure to pass through vertical		^0.30	^0.30
Incorrect (simultaneous) hand placement		0.10	0.10
Connection broken between Cartwheel & Stretch Jump			0.05
Insufficient continuity between Cartwheel & Stretch Jump			No Deduction



<b>Stretch Jump (0.20)</b>			
Failure to land on both feet simultaneously	0.10	0.10	0.10
Failure to land with feet closed	^0.10	^0.10	^0.10
<b>Dismount: Backward Salto Tucked</b>			
Insufficient height and extension of jump with hip lift			^0.30
Insufficient posture with control on landing			^0.20
Insufficient tuck shape of salto			^0.2

Floor Exercise		Level 3		
Skill		Level 3	Level 4	Level 5
<b>*Handstand Forward Roll (0.60)</b>				
Failure to attain vertical		^0.30		
Failure to close ( <i>join</i> ) legs at vertical		0.10		
Failure to hold handstand for one second		^0.10		
Pushing off the floor with hands to arrive in tuck stand		0.30		
<b>Straight Leg Leap (90°) (0.60)</b>				
Bending the lead ( <i>front leg</i> ) on take-off		^0.10	^0.10	^0.10
Uneven leg separation		^0.20	^0.20	^0.20
<b>Stretch Jump (0.20)</b>				
Failure to keep legs joined in air throughout the element		0.10		
Failure to land on both feet simultaneously		0.10		
Failure to land with feet closed		^0.10		
Connection broken between Stretch Jump and Split Jump		.05		
Insufficient continuity between Stretch Jump and Split Jump		No Deduction		
<b>Split Jump (90°) (0.40)</b>				
Failure to land on both feet simultaneously		0.10		
Failure to land with feet closed		^0.10		
Uneven leg separation		^0.20		
<b>*Handstand to Bridge, Back Kick-Over (0.60)</b>				
Extra kicks to establish inverted vertical position on kick-over		each 0.30		
Failure to close ( <i>join</i> ) legs at vertical		0.10		
Failure to land on feet simultaneously in bridge ( <i>no deduction for feet apart or legs bent on landing</i> )		0.10		
Failure to push shoulders behind hands in bridging phase		^0.20		
Performs a tic-toc ( <i>legs remain separated throughout the skill</i> )		0.30		
<b>Forward Split (0.20)</b>				
Failure to achieve 180° split position ( <i>legs flat on floor</i> )		^0.20	^0.20	^0.20
<b>*1/2 (180°) Turn in Forward Passé (0.40)</b>				
Leg in incorrect position ( <i>not in forward passé</i> )		0.10		
Use of heel-snap turn technique		0.30		
<b>Backward Roll to 45° Above Horizontal, to Push Up Position (0.40)</b>				
Failure to attain 45° above horizontal		^0.20		
Failure to show push-up position		0.20		
Hands placed further than shoulder-width apart		0.10		
Hands placed on floor during squat phase prior to rolling backward		0.30		
Interlocking fingers		0.10		
Performs a backward roll to handstand ( <i>change of element</i> )		0.40		
<b>*Round-Off (0.40)</b>				
Failure to land on both feet simultaneously		0.10	0.10	0.10
Failure to pass through vertical		^0.30	^0.30	^0.30
<b>Flic Flac to Two Feet (0.60)</b>				
Failure to land on both feet simultaneously		0.10	0.10	0.10
Failure to rebound immediately		0.10	0.10	
Lack of acceleration in the series - <i>Not applied if a 0.30 deduction is taken for a stop between elements</i>		^0.20	^0.20	^0.2
Squat into flic-flac		^0.30	^0.30	^0.30

Floor Exercise Level 4			
Skill	Level 3	Level 4	Level 5
<b>*Back Walkover (150°) (0.40)</b>			
Failure to show continuous leg lift into walkover (leg lifts then drops, stops, or lifts after the arching backward has begun)		^0.10	
Incorrect (staggered or alternate) hand placement		0.10	
Insufficient split (less than 150°)		^0.20	
<b>*Front Handspring Step-Out (0.60)</b>			
Alternate/staggered hand placement		^0.10	^0.10
Failure to step out		^0.20	^0.20
Flight prior to hand contact (dive)		^0.20	^0.20
Joining legs prior to step-out		0.10	each 0.10
Performing a "fast front walkover"		No Deduction	No Deduction
<b>Cartwheel (0.40)</b>			
Failure to keep head in alignment		^0.10	^0.10
Failure to pass through vertical		^0.30	^0.30
Incorrect (simultaneous) hand placement		0.10	0.10
<b>Straight Arm Backward Roll to Handstand (0.40)</b>			
Failure to pass through vertical		^0.30	^0.30
Hands placed further than shoulder-width apart		0.10	0.10
Hands placed on floor during squat phase prior to rolling backward		0.30	0.30
Interlocking fingers		0.10	0.10
Performs a backward roll step-out (change of element)		0.40	0.40
<b>*Stretch Jump 1/2 (180°) Turn (0.40)</b>			
Failure to keep legs joined in air throughout the element		^0.10	
Failure to land on both feet simultaneously		0.10	
Failure to land with feet closed		^0.10	
<b>Straight Leg Leap (120°) (0.60)</b>			
Bending the lead (front leg) on take-off		^0.10	^0.10
Uneven leg separation		^0.20	^0.20
<b>Straddle Jump (120°) (0.40)</b>			
Failure to land on both feet simultaneously		0.10	
Failure to land with feet closed		^0.10	
Uneven leg separation		^0.20	
<b>Forward Split (0.20)</b>			
Failure to achieve 180° split position (legs flat on floor)	^0.20	^0.20	^0.20
<b>*1/1 (360°) Turn in Forward Passé (0.40)</b>			
Leg in incorrect position (not in forward passé)		0.10	0.10
Use of heel-snap turn technique		0.30	0.30
<b>*Round-Off (0.40)</b>			
Failure to land on both feet simultaneously	0.10	0.10	0.10
Failure to pass through vertical	^0.30	^0.30	^0.30
<b>Flic-Flacs To Two Feet (each 0.60)</b>			
Failure to land on both feet simultaneously	0.10	each 0.10	0.10
Failure to land rebound immediately	0.10	0.10	
Squat into flic-flac	^0.30	each ^0.30	^0.30
Lack of acceleration in the series - Not applied if a 0.30 deduction is taken for stop between elements	^0.20	^0.2	^0.2
Failure to pause in a controlled "stick"		0.05	

Floor Exercise		Level 5		
Skill		Level 3	Level 4	Level 5
<b>Front Salto Tucked (0.60)</b>				
Failure to perform salto in designated body position (performs pike or layout)				^0.60
Insufficient bend of hips and legs (Min 135° - Ideally 90°)				ea ^0.20
<b>OR *Free Aerial Cartwheel (0.60)</b>				
Failure to pass through vertical				^0.30
<b>OR *Free Aerial Walkover Forward (0.60) vertical</b>				
General				
<b>Front Handspring Step-Out, Front Handspring Step-Out (each 0.60)</b>				
Alternate/staggered hand placement each		^0.10		^0.10
Failure to step out each		^0.20		^0.20
Flight prior to hand contact (dive) each		^0.20		^0.20
Joining legs prior to step-out		each 0.10		each 0.10
Lack of acceleration				^0.20
Performing a "fast front walkover"		No Deduction		No Deduction
<b>*Cartwheel (0.40)</b>				
Failure to keep head in alignment		^0.10		^0.10
Failure to pass through vertical		^0.30		^0.30
Incorrect (simultaneous) hand placement		0.10		0.10
<b>Straight Arm Backward Roll to Handstand (0.40)</b>				
Failure to pass through vertical		^0.30		^0.30
Hands placed further than shoulder-width apart		0.10		0.10
Hands placed on floor during squat phase prior to rolling backward		0.30		0.30
Interlocking fingers		0.10		0.10
Performs a backward roll step-out (change of element)		0.40		0.40
<b>*Stretch Jump 1/1 (360°) Turn (0.40)</b>				
Failure to keep legs joined in air during stretch jump 1/1 (360°) turn				^0.10
Failure to land on both feet simultaneously				0.10
Failure to land with feet closed				^0.10
<b>Straight Leg Leap (150°) (0.60)</b>				
Bending the lead (front leg) on take-off		^0.10	^0.10	^0.10
Uneven leg separation		^0.20	^0.20	^0.20
<b>OR *Switch Leg Leap (150°) (0.60)</b>				
Bending the lead (front leg) on take-off				^0.10
Failure to swing front leg a min 45° forward before swinging back				^0.10
Uneven leg separation				^0.20
<b>Straddle Jump (150°) (0.40)</b>				
Failure to land on both feet simultaneously				0.10
Failure to land with feet closed				^0.10
Uneven leg separation				^0.20
<b>Forward Split (0.20)</b>				
Failure to achieve 180° split position (legs flat on floor)		^0.20	^0.20	^0.20
<b>*1/1 (360°) Turn in Forward Passé (0.40)</b>				
Leg in incorrect position (not in forward passé)			0.10	0.10
Use of heel-snap turn technique			0.30	0.30
<b>*Round-Off (0.40)</b>				
Failure to land on both feet simultaneously		0.10	0.10	0.10
Failure to pass through vertical		^0.30	^0.30	^0.30

<b><i>Flic-Flac (0.40)</i></b>			
Failure to land on both feet simultaneously	0.10	0.10	0.10
Squat into flic-flac	^0.30	^0.30	^0.30
<b><i>Backward Salto Tucked (0.60)</i></b>			
Failure to extend/open prior to landing ^0.20			^0.2
Failure to pause in a controlled "stick"			0.05
Failure to perform salto in designated body position (performs pike or layout)			^0.60
Lack of acceleration in the series - Not applied if a 0.30 deduction is taken for a stop between elements	^0.2	^0.2	^0.2