



Men's Floor Exercise Special Requirements

Level 1	#1	#2	#3	#4
Ages 5 to 8	Head Stand Hold 2 Sec.	Forward Roll	Back roll	Cartwheel Step In Finish Legs Together
Level 2	#1	#2	#3	#4
Ages 6 to 9	Arabesque Or A value scale	Handstand Forward Roll Momentary Hold	Back Extension Roll to Prone Straight Arms	Roundoff Finish Arms over Head
Level 3	#1	#2	#3	#4
Ages 7 to 10	Kick Handstand Hold 2 Sec.	Bridge Open Shoulders Feet Together	Back Extension Roll to Pike Stand Straight Arms	Back Handspring
Level 4	#1	#2	#3	#4
Ages 8 to 11	Split 1/2 Press to Stand Finish Legs Together	Front Handspring Step Out	Bridge Kick Over/Back Walkover Open Shoulders	RO BHS
Level 5	#1	#2	#3	#4
Ages 9 to 12	Press HS Straight Arms 2sec Hold	FHS step out FHS	Round off 2 Back Handsprings	Salto
Level 6	#1	#2	#3	#4
Ages 10 to 13	Element Group 1	Front Flip	Back with 1/2 Twist Late Half Twist	Salto
Level 7	#1	#2	#3	#4
Ages 11 to 14	Element Group 1	Front / Front Second Front Should Be Higher	Back with 1/1 Twist	A Value Dismount
Level 8	Element Group 1	Element Group 2	Element Group 3	Element Group 4
Ages 12 to 15				A Value Dismount
Level 9	Element Group 1	Element Group 2	Element Group 3	Element Group 4
Ages 13 to 16				B Value Dismount
Level 10	Element Group 1	Element Group 2	Element Group 3	Element Group 4
Ages 14 to 18				C Value Dismount