



Floor Skills

Floor Skills

Skill Set-1 Jumps/Leaps

A Jumps/Leaps

- A A101-FL Split leap (stag or straight leg entry)
- A A102-FL Switch wolf
- A A103-FL Stag entry switch leap
- A A104-FL Hitch kick
- A A105-FL Backward or forward cabriole
- A A106-FL Sissone
- A A107-FL Stretched/arch jump with 1/2 turn or 1/1 turn, also chasse with 1/1 turn (take off from both legs)
- A A108-FL Cat leap
- A A109-FL "L" hop 1/2 turn
- A A110-FL Tuck hop or jump w/or without 1/2 turn
- A A111-FL Wolf jump/hop

B Jumps/Leaps

- B B101-FL Tuck jump with leg change to split prior to landing
- B B102-FL 1/1 twisting double stag jump or leap
- B B103-FL Split leap forward with 1/4 turn or 1/2 turn, also split jump with 1/2 turn
- B B104-FL Jete en tournant, 1/4 to 1/2 turn with take off from one leg into split leap
- B B106-FL Switch leap
- B B107-FL Pike jump
- B B108-FL Straddle jump
- B B109-FL Straddle jump 1/2
- B B110-FL Schuschunova (also with 1/2 turn)
- B B111-FL Scissor leap forward with stretched legs- 1/4, 1/4 turn
- B B112-FL Fouette hop kick back leg forward to show split prior to landing
- B B113-FL Ring leap/stag ring leap or ring jump
- B B114-FL Sheep jump
- B B115-FL Switch leg stag ring leap
- B B116-FL Stretched jump with 1 1/2
- B B117-FL Cat leap with full turn
- B B118-FL Fouette hop, land in scale
- B B119-FL Hop full turn with free leg extended above horizontal
- B B120-FL Tuck full (jump or hop)
- B B121-FL Wolf 1/2 (hop or jump)

C Jumps/Leaps

- C C101-FL Split leap full
- C C102-FL Switch leap 1/2
- C C103-FL Switch leap with Rond-de-Jambe (Plataroti) (also with 1/2 turn)
- C C104-FL Switch side leap (also to prone)
- C C105-FL Switch side 1/2 or 3/4
- C C106-FL Switch side leap with a 1/2 turn, land in front lying support (Kosowski)
- C C107-FL Pike jump full (minimum 90 degree hip angle)
- C C108-FL Straddle full (Popa)
- C C109-FL Split jump full
- C C110-FL Straddle full to front lying support (Schuschunova)
- C C111-FL Leap with 1 1/2 turn in horizontal, legs together, landing in lying support (Khorkina)
- C C112-FL Tour jeté 1/2 (Strug) or land in split-sit position (Produnova)
- C C113-FL Tour jeté to ring
- C C114-FL Stag ring leap full turn
- C C115-FL Switch ring
- C C116-FL Sheep full
- C C117-FL Stretched jump double turn (also 2 1/2)
- C C118-FL Cat leap 1 1/2 turn (Garrison)

- C C119-FL Hop with 1 1/2 turn, free leg extended above horizontal (take off from one leg)
- C C120-FL Tuck 1 1/2
- C C121-FL Wolf full (jump or hop)
- C C122-FL Wolf full landing in forward lying support

D Jumps/Leaps

- D D101-FL Split 1 1/2
- D D102-FL Switch leap full (Frolova)
- D D103-FL Straddle 1 1/2 turn
- D D104-FL Leap with 2 1/2 turn in horizontal , legs together, landing in forward lying support (take off from one leg) (Toussaint)
- D D105-FL Tour jeté full (Gogean)
- D D106-FL Tour jeté ring with 1/2 turn
- D D107-FL Ring jump full (Johnson)
- D D108-FL Switch half ring leap(Trevor)
- D D109-FL Stretch jump triple
- D D110-FL Cat leap double (Benton)
- D D111-FL Hop with 2/1 turn, free leg extended above horizontal (take off from one leg)
- D D112-FL Tuck double (jump or hop, also to lying) (Ziganshiva)
- D D113-FL Wolf 1 1/2 (hop or jump)

E Jumps/Leaps

- E E101-FL Wolf double (hop or jump)

Skill Set 2-Turns**A Turns**

- A A101-FT Full turn (optional leg position)
- A A102-FT 1/1 illusion (hand touch allowed)

B Turns

- B B101-FT 1 1/2 turn(free leg optional)
- B B102-FT Full "L" turn
- B B103-FT Full turn to land in a scale above horizontal (hold 2 seconds)
- B B104-FT Full turn in scale above horizontal
- B B105-FT 1/1 illusion (hand touch NOT permitted)
- B B106-FT Full tuckstand turn
- B B107-FT 2/1 spin or more on back in kip position
- B B108-FT Full turn with leg held in 180 degree split

C Turns

- C C101-FT Double turn (free leg optional)
- C C102-FT 1 1/2 "L" turn
- C C103-FT 1 1/2 turn to land in scale above horizontal
- C C104-FT 1 1/2 turn in scale above horizontal
- C C105-FT 1 1/2 tuckstand turn
- C C106-FT Double flair (Homma)
- C C107-FT 1 1/2 turn with leg held in 180 degree split

D Turns

- D D101-FT triple turn (free leg optional)
- D D102-FT Double "L" turn (or 2 1/2)
- D D103-FT Double turn to land in scale above horizontal (hold 2 seconds)
- D D104-FT Double turn in scale above horizontal
- D D105-FT 2/1 illusion (touch NOT permitted)
- D D106-FT Double tuckstand turn
- D D107-FT Double turn with leg held in 180 degree split (Mommel)

E Turns

- E E101-FT Quadruple turn (free leg optional) (Gomez)
- E E102-FT Triple tuckstand turn

Skill Set 3-Handstands**A Handstands**

- A A101-FH Handstand (any entry) with 1/2-1/1 pirouette

B Handstands

- B B101-FH Handstand (any entry) with 1 1/2 or more pirouette

NO C HANDSTANDS

NO D HANDSTANDS
NO E HANDSTANDS

Skill Set 4-Rolls

A Rolls

- A A101-FR Forward roll or handstand forward roll or hecht roll
- A A102-FR Backward roll (tuck or pike)
- A A103-FR Back extension roll (also with 1/2 turn)

B Rolls

- B B101-FR From backward take off, stretched jump with 1/2 twist to hecht roll
- B B102-FR From stretched jump, 1/1 twist to hecht roll
- B B103-FR Back extension roll with 1/1 turn or more in handstand

NO C ROLLS

NO D ROLLS

NO E ROLLS

Skill Set 5-Walkovers/Cartwheels

A Walkovers/Cartwheels

- A A101-FW All variations of back walkovers and front walkovers
- A A102-FW Handspring forward (take off from one leg) (landing optional) (can also be with 1/2 twist)
- A A103-FW Flyspring forward, take off from one or both legs, with or without hecht phase before hand support landing on one foot
- A A104-FW Aerial walkover forward (also in a tucked position (kick over front) to a two-foot landing or a kneeling position) The kick over front will not be considered a "salto" for requirement purposes
- A A105-FW Cartwheel or aerial cartwheel
- A A106-FW One butterfly forward or backward
- A A107-FW Round-off or Aerial round-off
- A A108-FW All flic flac and gainer flic flac variations (also with 1 arm)
- A A109-FW All head or neck kips

B Walkovers/Cartwheels

- B B101-FW All back walkover variations with 1/1 turn in handstand phase
- B B102-FW Jump backward with 1/2 twist to handspring forward
- B B103-FW Flyspring forward land on 2 feet
- B B104-FW Back handspring with 1/1 twist before hand support

C Walkovers/Cartwheels

- C C101-FW Handspring forward with 1/1 twist after hand support or before (Mostepanova)
- C C102-FW Aerial walkover forward with 1/1 twist

NO D CARTWHEELS/WALKOVERS

NO E CARTWHEELS/WALKOVERS

Skill Set 6-Forward Saltos

A Forward Saltos

- A A101-FF Front tuck

B Forward Saltos

- B B101-FF Front tuck with 1/2 twist
- B B102-FF Front pike or front layout (also with 1/2 twist)

C Forward Saltos

- C C101-FF Front tuck, pike or layout with full twist

D Forward Saltos

- D D101-FF Front tuck, pike or layout (Rudi) with 1 1/2 twist

E Forward Saltos

- E E101-FF Front tuck, pike or layout with a double twist (Tarasevich)
- E E102-FF Double salto forward in tucked or piked position (also with 1/2 twist)

Skill Set 7-Sideward Saltos/Arabians

A Sideward Saltos/Arabians

- A A101-FA From take-off forward from one or both legs, salto sideward tucked, piked or stretched

B Sideward Saltos/Arabians

- B B101-FA From a backward take off, sideways salto stretched
- B B102-FA Arabian salto tucked, piked or stretched

NO C SIDEWARD/ARABIAN SALTOS

NO D SIDEWARD/ARABIAN SALTOS

E Sideward Saltos/Arabians

E E101-FA Arabian double salto (also with 1/2 twist) (Andreasen)

Skill Set 8-Backward Sa**A Backward Saltos**

A A101-FB Back tuck, pike or layout
 A A102-FB Back tuck, pike or layout with a step-out
 A A103-FB Whip back
 A A104-FB Gainer tucked, piked or stretched

B Backward Saltos

B B101-FB Back tuck, pike or layout with a half or full twist
 B B102-FB Whip back with a half or full twist
 B B103-FB Gainer salto tucked full
 B B104-FB Jump forward with 1/2 twist-back tuck or pike

C Backward Saltos

C C101-FB Back tuck, pike or layout with a 1 1/2 or double twist
 C C102-FB Jump forward with 1/2 twist, salto backward stretched

D Backward Saltos

D D101-FB Back tuck pike or layout with a 2 1/2 twist
 D D102-FB Double back tuck
 D D103-FB Double back pike

E Backward Saltos

E E101-FB Back tuck, pike or layout with a triple twist
 E E102-FB Full in or full out (tucked or piked) (Muchina)
 E E103-FB Double back tucked with 1 1/2 twist
 E E104-FB Double layout
 E E105-FB full in or full out in layout position
 E E106-FB Double back or double layout with 2/1 twists