

Floor Exercise

A	B	C	D	E	F
EG I: Non-Acro					
From HS lower to L From Stand Press HS Rock HS from Prone Handstand Straddle Planche ½ or 1/1 Piro in HS L-sit turn over to stand Bwd Walkover Fwd Walkover Split Standing Scale BHS to Prone Butterfly Breakdance Variation 2 circles/flairs Flair w ½ Spindle Russian 360 or 540 Back ext roll 1/2	V-Sit Pike Swiss Press Split Press Press, Lower, Swing to Jap HS Straight Planche Strad Planche Press HS Endo Roll to HS Standing Scale at 180 Bwd Pike or 1/1 to Prone Butterfly 1/1 Circle/Flair to HS From HS lower circle/flair Flair 1/1 Spindle Flair ½ Spindle to HS Russian 720 or 900 Bwd ext roll hop 1/1	Manna V-Sit Press HS Split Press to Jap HS Swallow StrPlanche Press HS Piked Endo Roll HS Butterfly 2/1 Gogoladze Flair >270 Spindle to HS Russian 1080 or more	Manna Press HS Manna dislocation Swallow Press Jap HS Air Flair (2 hops) Flair >270 spindle HS return		
EG II: Forward Acro					
Headspring Fwd Handspring Dive Roll Fwd Tuck or Pike Fwd Aerial Fwd Tuck/Pike ½	1/1 Fwd Handspring Fwd Layout Fwd Tuck 1/1 Fwd Layout ½ Fwd Tuck 3/2 Fwd Tuck/Pike to Prone	Fwd Layout to Prone Fwd Layout 1/1 Fwd Layout 3/2 Fwd Tuck 1/1 to Prone	Morandi Fwd Double Tuck Fwd Layout 2/1 Jump ½ Bwd Double Tuck	Fwd Double Pike Fwd Double Tuck ½ Fwd Layout 5/2	Fwd Double Pike ½ Fwd Layout 3/1 Fwd Double Tuck 1/1 Fwd Layout 7/2 G Fwd Double Tuck 3/2 G
EG III: Backward Acro					
Bwd Tuck/Pike Bwd Tuck/Pike ½ Bwd Handspring Ariabian Dive Roll Arabian Handspring	Bwd Layout Bwd Layout ½ Whip back Bwd Tuck 3/2 Bwd Layout 1/1 Arabian Tuck/Pike to Prone	Bwd Double Tuck Bwd Double Pike Bwd Layout 3/2 Bed Layout 2/1	Bwd Double Tuck 1/1 Bwd Double Tuck ½ Bwd Layout 5/2 Bwd Layout 3/1 Bwd Double Layout	Bwd Double Tuck 2/1 Bwd Double Tuck 3/2 Bwd Layout 7/2 Double Straddle 1/1 Tamayo Bwd Double Layout 1/1	Bwd Double Tuck 3/1 G Bwd Double Tuck 5/2 Bwd Triple Tuck H Bwd layout 4/1 Kolyvanov Bwd Double Layout 3/2 Bwd Double Layout 2/1 Bwd Double Layout 5/2 G Bwd Double Layout 3/1 H

Connection Bonus

C or B + D or Higher = +0.1

D or higher + D or Higher = +0.2

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FIG	NCAA	JO
<p>Time Rules</p> <p>70-72 sec = -0.1</p> <p>72.01-75 sec = -0.3</p> <p>>75sec = -0.5</p>	<p>Neutral Deductions (out-of-bounds, no double salto, etc.) are taken from the Final Score</p>	<p style="background-color: #00FF00;">JO Bonus Skills have been Highlighted</p> <p>EGIII – Double layout and with twists</p>
<p>Out-of-Bounds</p> <p>One foot or one hand = -0.1</p> <p>Two feet, hands, or other = -0.3</p> <p>Landing directly out = -0.3</p>	<p>Through the Winter Cup weekend the gymnast may LAND on an extra mat up to 10cm. He may use as many mats as he wants, but the mats can not be moved during the routine.</p>	<p>FIG Connection rules apply</p> <p>FIG Time rules apply</p>
<p>Full floor area must be used = -0.3 for not tumbling to or from each corner</p>	<p>Inquiries are allowed for D jury score, neutral deductions, and NCAA stick bonus</p>	<p>A landing mat of up to 10cm may be used for multiple flipping skills, but must remain in place</p>
<p>No Double Salto (Seniors Only) = -0.3</p>	<p>NCAA Dismount Credit for EGIV</p>	<p>Level 8</p> <p>One skill or connection can only be used to fulfill ONE Special Requirement</p> <p>One skill may be repeated ONE time in connection</p> <p>There is no “B” Stick Bonus on Floor</p>
<p>Connections</p> <p>Only 2 awarded per routine</p> <p>Can connect on both sides of an element</p> <p>No bonus for counter saltos</p> <p>Elements do NOT have to be in counting</p>	<p>D+ = Full Value (0.5)</p> <p>B or C = Partial Value (0.3)</p> <p>A = Partial Value (0.1)</p>	
<p>Dismount must come from EG II or EGIII</p>	<p>ALL Dismounts are eligible for +0.1 Stick Bonus</p>	<p>Level 8 Special Requirements</p> <ol style="list-style-type: none"> 1. A “B” or Higher Bwd Layout Skill (multiple flipping is allowed) A Whip does not fulfill 2. A “B’ or higher Fwd Salto 3. Two saltos in direct connection 4. Minimum FIG “A” Dismount <p>Non-FIG “A” receives partial dismount</p>
<p>Dismount counts first for difficulty EXCEPT in the case of basic repetition</p>		
<p>Special Repetitions</p> <p>Max 2 strength elements</p> <p>Max 2 Circle, Flair, Russians</p>		