

**FLOOR EXERCISE - Common FIG Skills**

Group I - Non Acro	A (.1)	B (.2)	C (.3)	D (.4)	E (.5)	F (.6)
<b>Holds (2 sec)</b>	Handstand Straddle Planch Split Scale	V-sit Planch  180 Scale (no hand)	Manna Swallow			
<b>Presses (2 sec)</b>	Straddle Press HS	Pike/Hollowback Press HS Split/Straddle L Press HS Straddle Planch Press HS Japanese Press HS Straddle Endo Press HS	V-sit Press HS  Planch Press HS Japanese Press HS from split Piked Endo Press HS	Manna Press HS Manna Dislocate HS		
<b>Jumps</b>	Back Jump Support Butterfly	Endo or Back 1/1 Support Butterfly 1/1				
<b>Circles</b>	1 Circle/Flair Flair 1/2 Spindle  Russian 360	Circles/Flairs to HS HS to Circles/Flairs Flair 1/1 Spindle Flair 1/2 Spindle HS Russian 720	Gogoladze (GZ)  Flair 3/4 Spindle HS Federorchenko	Flair Hop 1/1 to HS back to Flair  Flair 3/4 Spindle to HS back to Flair		
Group II - Front Acro	A (.1)	B (.2)	C (.3)	D (.4)	E (.5)	F (.6)
<b>Roll Outs</b>	Dive Roll	Dive Roll 1/1				
<b>Handsprings</b>	Front HS Any Headspring	Front HS to Prone				
<b>Saltos</b>	Front T/P, also w1/2	Front T/P to Prone Front Layout, also w1/2 Front Tuck 1/1, or 3/2	Front Layout 1/1, or 3/2	Front Double T, also w1/2 Any Front 2/1	Front Double P, also w1/2 Front Double 1/1 Any Front 5/2	Front Double 3/2 Any Front 3/1
Group III - Back Acro	A (.1)	B (.2)	C (.3)	D (.4)	E (.5)	F (.6)
<b>Handsprings</b>	Back HS					
<b>Saltos</b>	Back T/P Back T/P 1/2 or Ar T/P  Arabian Dive	Whipback/Back Layout Back Layout 1/2 or 1/1 Back Tuck 3/2	Back Double T Back Double P Back Layout 3/2 or 2/1	Back Double Layout Back Dbl T/P 1/2 or Ar Dbl T/P Back Dbl T/P 1/1 or Ar Dbl T/P 1/2 Back Layout 5/2 Back Layout 3/1	Back Double T 3/2 Back Double T 2/1 Back Dbl L 1/2 or Ar Dbl L Back Dbl L 1/1 or Ar Dbl L 1/2 Back Layout 7/2	Back Triple H Back Double T 5/2 Back Double T 3/1 G Back Double Layout 2/1 Back Layout 4/1

**Jr FIG D Panel:**

- Dismount (C=.5/B=.3/A=.0)
- Count dismount first then 7 highest skills
- Dismount cannot be from Group I
- No dismount = Count 7 total skills, No EG IV
- 5 skills allowed from Groups I - III
- D+B/C = +.1 (not connected single saltos w/twists)
- D+D or higher = +.2
- Awarded both sides
- Unlimited Connections within counting skills
- Jump to prone rebound (.5)
- 3/2 saltos not permitted
- Max 75 seconds (.1/.3/.5)
- Must use all parts of Floor (.3)
- Missing double salto (.3)
- To use same diagonal more than 2x requires Group I min B skill
- Max 2 Strength skills
- Max 2 Circle skills