| Floor Exercise - Common Junior/FIG Skills |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| A(.1) | B(.2) | C(.3) | D (.4) | E(.5) |
| Group 1-Non Acro |  |  |  |  |
| Handstand | V-sit | Manna |  |  |
| Straddle Planch | Planch | Swallow |  |  |
| Scale | 180 Scale (no hand) |  |  |  |
| Straddle Press HS | Pike/Hollowback Press HS | V-sit Press HS | Manna Press HS |  |
| Split | SplitStraddle L/Prone Press HS |  |  |  |
|  | Straddle Planch Press HS | Planch Press HS |  |  |
|  | Japanese Press HS | Japanese Press HS from split |  |  |
|  | Straddle Endo Press HS | Piked Endo Press HS |  |  |
| Back Jump Support | Endo or Back 1/1 Support |  |  |  |
| Butterfly | Butterfly 1/1 |  |  |  |
|  | Circles/Flairs to HS | Gogoladze (GZ) | Flair Hop 1/1 in HS back to Flair |  |
| 1 Circle/Flair | HS to Circles/Flairs |  |  |  |
| Flair 1/2 Spindle | Flair 1/1 Spindle |  |  |  |
|  | Flair 1/2 Spindle HS | Flair 3/4 Spindle HS | Flair 3/4 Spindle to HS back to Flair |  |
| Russian 360 | Russian 720 | Federorchenko |  |  |
| Group II- Front Acro |  |  |  |  |
| Dive Roll | Front T/P to Prone |  |  |  |
| Front HS |  |  |  |  |
| Front T/P, also w1/2 | Front Tuck 1/1 or 3/2 |  | Front Double T, also w1/2 | Front Double P, also w1/2 |
|  | Front Layout, also w1/2 | Front Layout 1/1 or 3/2 | Any Front 2/1 | Any Front 5/2 |
| Group III- Back Acro |  |  |  |  |
| Back HS |  |  |  | Back DbIL 2/1 (F) |
| Back TIP | WhipbackBack Layout | Back Double T | Back Double Layout | Back Double T 3/2 |
| Back T/P 1/2 or Ar T/P | Back Layout 1/2 or 1/1 | Back Double P | Back DbIT/P 1/2 or Ar DbIT/P | Back Double T $2 / 1$ |
|  | Back Tuck 3/2 | Back Layout 3/2 or 2/1 | Back DbI T/P $1 / 1$ or Ar Dbl T/P 1/2 | Back DbIL 1/2 or Ar DbIL |
| Arabian Dive |  |  | Back Layout 5/2 | Back DbIL 1/1 or Ar DbIL 1/2 |
|  |  |  | Back Layout 3/1 | Back Triple (H) |
| Jr FIG D Panel: |  |  | JOA Skills |  |
| - FIG Dsmt (D) • L10 Dsmt (C) • L9 Dsmt (B) •L8 Dsmt (A) <br> - Count dismount first then 7 highest skills <br> - No dismount = Count 7 total skills, No EG IV <br> - $\mathrm{D}+\mathrm{B} / \mathrm{C}=+.1$ (not connected single saltos w/twists) |  | - Unlimited Connections within counting skills <br> - 5 skills allowed from Groups I - III <br> - Max 2 Strength skills <br> - Max 2 Circle skills | Cartwheel | Press Headstand |
|  |  | Any Back Roll | Roundoff |
|  |  | Headspring | Swedish Fall |

- $\mathrm{D}+\mathrm{B} / \mathrm{C}=+.1$ (not connected single saltos w/twists)
- Max 2 Strengt
- $D+D$ or higher $=+.2$ (not connected single saltos w/twists)
- Max 75 seconds (.1/.3/.5)
- Use of same diagonal more than $3 x$ requires change of direction (.3)
- Awarded both sides
- Must use all parts of Floor (.3)
- Missing double salto (.3) Not Dev Program

