NCAA Floor Exercise

Value	**3A 3B 2C**	=8 total
Parts		no VP = no SR
Special Reqmts	1 Series with 2 saltos **or** 2 direct conn saltos 3 diff saltos Dance Passage (Two diff *Group 1* elems, one 180 leap can include turns indirectly)	
0.2 ea	C last salto or in last salto connection	
Additive Value	CV or DV max 0.4 +0.1 D +0.2 E	
SV	9.5 (+0.5)	

Averages trick

if **both w/.05 -** drop .05 from high, add to low score…then avg the score

if **one w/.05 -** drop .05 out, avg score..then add .025 to average

RANGE – Avg decides	
9.5 - 10.0	0.2
9.0 - 9.475	0.3
8.0 - 8.975	0.5
below 8.0	1.0

APPARATUS DEDUCTIONS

relaxed body/leg posture, flex throughout	up to 0.3	B/L
relax/incorrect footwork on non-VP	up to 0.2	ft
rhythm and tempo (whole exercise)	**up to 0.2**	R
dynamic performance (energy, effortless)	**up to 0.2**	dy
artistry of presentation		art
• quality of expression	up to 0.1	
• originality of choreography	up to 0.1	
• quality of movement	up to 0.1	
rhythm during direct connection	ea up to 0.1	
Insuf height – dance, acro w/hands, aerials	ea up to 0.2	
salto	up to 0.3	
legs not parallel to the floor in split/strad	up to 0.2	
turns not in high relevé	ea up to 0.1	
incomplete turn/twist	ea up to 0.2	
failure to land feet together in L/J	ea up to 0.1	
incorrect body posture in VP dance	ea up to 0.1	
lack of precision in VP dance	ea up to 0.1	
add'l trunk mvnts on landing of acro (avoid step)	up to 0.2	
not in sync with music-- parts	ea 0.05	
throughout exercise	up to 0.3	
not ended with music	0.1	
poor relationship of music and movement	up to 0.2	
absence of music (not technical failure)	1.0 CJ	
concentration pauses (2+ sec)	ea 0.1	

GENERAL COMPOSITION

lack dance CV/DV bonus from Gps 1,2	0.1	dBon
one side acro- show F/S & Back saltos	ea 0.1	acro dir
choice of acro up to level of comp	0.1	UTL
lack C salto	**0.3**	C sal
insuf distribution	0.05	db
use of floor: spatially	0.05	mvt
directionally	0.05	dir
More than one L/J/H or one acro to prone	ea 0.1	
routine w/ only 2 acro passes: show min 1 pass w D, other pass D or +2 CV	0.1	

Up To Level of comp:

one E element –or- 2 diff D elem (one a salto) AND

one acro series with min C salto

AND

acro dismt series w/ C bonus combo or D salto

(note dismt series with E = all 3 parts)

0.1 off team score if out of order

0.3 out of uniform, for team or individual

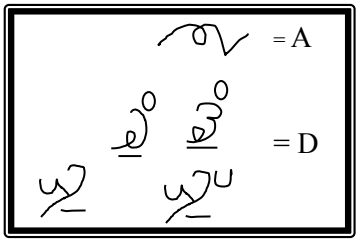
leo above hip bone -0.1 with warning

failure to mark mats with boundaries - 0.1

corner chalk arc line allowed

one sting, 4" or 8" mat allowed per tumbling pass/leap combo, or deduct 0.3

Conn Value (CV)	Indirect Acro	Direct Acro	Dance/mixed (YES turn to jump)
+ 0.1	A/B + D A/B + A/B + C A/B + A/B + D	A + C A + A + C B + B (2 diff skills)	B + D C + C D salto + A jump **Acro/Dance/Acro** [min 1 acro C, dance min A followed by salto]
+ 0.2	**C + C** C + D	B + C A/B + D C + C A + A + D	C + D



Overtime deduction 0.1

1:30 (up to 1:31)

from movement of gymnast

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