


















COMPULSORY FLOOR EXERCISE

D.Hanford 7/2021










Level 1 Floor

Cartwheel ¼ turn inward, <i>close to stand</i>  Arms cover ears 0.6	Back Roll Tuck  0.6	Candlestick  0.2	Forward Passé Balance  0.4	Forward Chassé  0.2	Stretch Jump  0.4	Forward Roll Tuck  0.4	¾ Handstand  0.4
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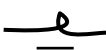




Level 2 Floor

Cartwheel ¼ turn <i>close to stand</i>  Arms cover ears 0.6	Back Roll to push-up position  0.6	Heel Snap ½ Turn Fwd Passé  0.4	Forward Chassé  0.2	Straight leg leap 60°  0.6	Split Jump 60°  0.4	Handstand <i>1 second hold</i>  0.4	Candlestick  0.2	Bridge-up, Kickover  Arms cover ears 0.6
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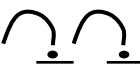



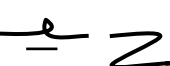




Level 3 Floor

Handstand Fwd Roll <i>straight arms</i> <i>1 second hold</i>  0.6	Straight Leg Leap 90°  0.6	Stretch Jump  0.2	Split Jump 90°  0.4	Handstand, Bridge, Back kick-over 120°  Arms cover ears 0.6	Forward Splits  0.2	½ Turn Fwd Passé  0.4	Back Roll to 45° <i>lower to push-up</i>  0.4	Round-off Flic-Flac <i>Rebound</i>  0.4 0.6
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Level 4 Floor

Back Walkover 150°  Arms cover ears 0.4	Fwd Handspring step-out  <i>1 step or power hurdle</i> ← arms cover ears → 0.6	Cartwheel  0.4	Back Roll HS <i>Straight arms</i>  0.4	Stretch Jump ½ Turn  0.4	Straight Leg Leap 120°  0.6	Straddle Jump 120°  0.4	Forward Splits  0.2	1/1 Turn Fwd Passé  0.4	Round-off, Flic-Flac, <i>Rebound</i>  0.4 0.6 0.6
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Level 5 Floor

Front Tuck / Aerial Cartwheel or Aerial Front Walkover  0.6	Fwd Handspring step-out Fwd Handspring step-out  <i>1 step or power hurdle</i> ← arms cover ears → 0.6 0.6	Cartwheel  0.4	Back Roll HS <i>Straight arms</i>  0.4	Stretch Jump Full Turn  0.4	Straight Leg Leap or Switch Leap 150°  0.6	Straddle Jump 150°  0.4	Forward Splits  0.2	1/1 Turn Fwd Passé  0.4	Round-off, Flic-Flac, Back Tuck  0.4 0.4 0.6
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