

<b>Uneven Bars Level 3</b>				
<b>Skill</b>	<b>Level 3</b>	<b>Level 4</b>	<b>Level 5</b>	
<b><i>Glide Swing &amp; Return (0.20)</i></b>				
Bending legs on backswing prior to contacting floor	^0.30			
Failure to begin exercise standing outside of the bars, facing the low bar	0.50			
Failure to close legs at end of straddle glide swing	0.10	0.10	0.10	
Failure to lead with the feet in the glide swing (performs a long hang swing)	^0.10	^0.10	^0.10	
Failure to take off from both feet simultaneously	0.10	0.10	0.10	
Insufficient extension at end of glide swing	^0.20	^0.20	^0.20	
Performs run-out glide	0.30			
<b><i>Back Hip Pullover Mount (0.40)</i></b>				
Failure to finish in extended front support	^0.10			
Failure to lift both legs simultaneously ( <i>1- foot take off</i> )	0.30			
Failure to maintain hand contact on bar between the glide swing and the pullover	0.10			
Step, hop, or extra jump before the back hip pullover	ea 0.10			
Supplemental support ( <i>chin resting on bar prior to leg lift</i> )	0.30			
<b><i>OR Straddle or Pike Glide Kip Mount (0.60)</i></b>				
Failure to begin exercise standing outside of the bars, facing the low bar	0.50			
Failure to close legs at end of straddle glide swing	0.10	0.10	0.10	
Failure to lead with the feet in the glide swing (performs a long hang swing)	^0.10	^0.10	^0.10	
Failure to take off from both feet simultaneously	0.10	0.10	0.10	
Insufficient extension at end of glide swing	^0.20	^0.20	^0.20	
Performs run-out glide	0.30	0.30	0.30	
<b><i>Cast (0.20)</i></b>				
Incorrect alignment (failure to show straight line from shoulders to feet with chest hollow)	^0.20	^0.20	^0.20	
Lack of control in returning to the bar	^0.10	^0.10	^0.10	
<b><i>Back Hip Circle (0.40) Back Hip Circle (0.40)</i></b>				
Failure to maintain hip or upper thigh contact on bar throughout	Each ^0.20	^0.20		
Failure to maintain neutral head position	Each ^0.10	^0.10		
Failure to maintain straight -hollow body throughout	Each ^0.20	^0.20		
Lack of continuity between circles	^0.20			
Lack of continuity of circle	Each ^0.10	^0.10		
<b><i>Front Hip Circle, Small Cast, Return to Front Support (0.40)</i></b>				
Failure to execute a small cast immediately after front hip circle	0.20			
Failure to show straight-hollow body position into front hip circle	^0.20			
Failure to return to front support ( <i>performs immediate squat on</i> )	0.50			
Lack of control in returning to the bar	^0.10			
<b><i>Cast, Squat-On, Stretch Jump Dismount (0.60)</i></b>				
Alternate foot placement	0.20	0.20	0.20	
Failure to show straight-hollow body position in flight	^0.10			
Insufficient backward swing of legs into cast (hip lift only)	0.05	0.05	0.05	
Touches high bar	0.50			

<b>Uneven Bars Level 4</b>				
<b>Skill</b>	<b>Level 3</b>	<b>Level 4</b>	<b>Level 5</b>	
<b>Mount: Straddle or Pike Glide Kip (0.60)</b>				
Failure to close legs at end of straddle glide swing	0.10	0.10	0.10	
Failure to lead with the feet in the glide swing (performs a long hang swing)	^0.10	^0.10	^0.10	
Failure to take off from both feet simultaneously	0.10	0.10	0.10	
Insufficient extension at end of glide swing	^0.20	^0.20	^0.20	
Performs run-out glide	0.30	0.30	0.30	
<b>Cast to Horizontal &amp; Return to Front Support (0.40)</b>				
Incorrect alignment (failure to show straight line from shoulders to feet with chest hollow)	^0.20	^0.20	^0.20	
Insufficient amplitude of cast (line from shoulders to mid-point of lowest body part)	^0.30	^0.30	^0.30	
1°-44° below horizontal		0.05-0.15		
45° below horizontal		0.20		
46° or more below horizontal		0.25-0.30		
Lack of control in returning to the bar		^0.10		
<b>Cast, Squat-On, OR Pike-On, OR Cast, 360 Back Sole Circle (0.20)</b>				
Alternate foot placement	0.20	0.20	0.20	
Insufficient backward swing of legs into cast (hip lift only)	0.05	0.05	0.05	
<b>Long Hang Kip (0.60)</b>				
Failure to swing to near horizontal		^0.20	^0.20	
<b>Cast to Horizontal (0.40)</b>				
Incorrect alignment (failure to show straight line from shoulders to feet with chest hollow)		^0.20	^0.20	
Insufficient amplitude of cast (line from shoulders to mid-point of lowest body part)		^0.30	^0.30	
1°-44° below horizontal		0.05-0.15		
45° below horizontal		0.20		
46° or more below horizontal		0.25-0.30		
<b>Back Hip Circle (0.40)</b>				
Failure to maintain hip or upper thigh contact on bar throughout	^0.20	^0.20		
Failure to maintain neutral head position	^0.10	^0.10		
Failure to maintain straight -hollow body throughout	^0.20	^0.20		
Lack of continuity of circle	^0.10	^0.10		
<b>Underswing (0.60) (Value combined with 1st Counterswing)</b>				
Failure to maintain neutral head position		^0.10	^0.10	
Failure to maintain straight-hollow body throughout		^0.20	^0.20	
Hips contacting bar (no deduction for thighs touching bar)		0.20	0.20	
<b>1st Counterswing (min 30° below horizontal) (0.60) (Value combined w/Underswing)</b>				
Body arching/hips opening to an extended position w/ feet over low bar during counterswing		0.30	0.30	
Failure to show a straight line from hands to hips -chest in a hollow position with a rounded hip angle with the feet pointed downward (excessive piking)		^0.20	^0.20	
Hips not at minimum 30° below the level of the high bar (horizontal)		^0.20		
<b>Tap Swing Forward (0.60) (Value combined with 2nd Counterswing)</b>				
Failure to show slight arched position during the downward swing		0.10	0.10	
Failure to attain straight-hollow body position on upswing		^0.20	^0.20	
Insufficient amplitude (feet not at high bar height)		^0.20	^0.20	
<b>2nd Counterswing (min 30° below horizontal) (0.60) (Value combined w Tap swing fwd)</b>				
Body arching or hips opening to an extended position w/ feet over low bar during counterswing		0.30	0.30	
Failure to show a straight line from hands to hips-chest in a hollow position with a rounded hip angle with the feet pointed downward (excessive piking)		^0.20	^0.20	
Hips not at minimum 30° below the level of the high bar (horizontal)		^0.20		

***Dismount: Tap Swing Forward with 1/2 (180°) Turn (0.60)***

Beginning turn prior to 45° below height of high bar		^0.20	
Failure to attain straight-hollow body position on upswing		^0.20	^0.20
Failure to complete 1/2 (180°) turn prior to re-contact		^0.20	
Failure to re-contact the bar with the free hand as the 1/2 (180°) turn is complete		0.30	
Failure to show slight arched position during the downward swing		0.1	0.10

<b>Uneven Bars Level 5</b>			
<b>Skill</b>	<b>Level 3</b>	<b>Level 4</b>	<b>Level 5</b>
<b>Mount: Straddle or Pike Glide Kip (0.60)</b>			
Failure to close legs at end of straddle glide swing	0.10	0.10	0.10
Failure to lead with the feet in the glide swing (performs a long hang swing)	^0.10	^0.10	^0.10
Failure to take off from both feet simultaneously	0.10	0.10	0.10
Insufficient extension at end of glide swing	^0.20	^0.20	^0.20
Performs run-out glide	0.30	0.30	0.30
<b>Cast to Above Horizontal (0.40)</b>			
Incorrect alignment (failure to show straight line from shoulders to feet with chest hollow)	^0.20	^0.20	^0.20
Insufficient amplitude of cast (line from shoulders to mid-point of lowest body part)	^0.30	^0.30	^0.30
Above horizontal			No deduction
At horizontal			0.05
1°-44° below horizontal			0.10-0.15
45° below horizontal		0.20	0.20
46° or more below horizontal		0.25-0.30	0.25-0.30
<b>Clear Hip Circle to Above Horizontal (0.60)</b>			
Excessive arch or pike on downswing or upswing			ea ^0.20
Hips touching bar as upswing finishes (performs a back hip circle) No deduction for thighs brushing bar on upswing			0.60
Insufficient height and extension of upswing (use amplitude of cast deductions)			^0.30
Lack of control into glide			^0.10
<b>OR Backward Sole Circle to Clear Support (0.60)</b>			
Excessive arch or pike on downswing or upswing			ea ^0.20
Insufficient amplitude of upswing (line from shoulders to hips)			^0.30
Between vertical & 45° from vertical			No deduction
Between 46°- 89° from vertical			0.05-0.15
At 45° horizontal			0.20
Below horizontal			0.25-0.30
Lack of control into glide			^0.10
Legs bending during circle			^0.30
Support of weight on feet as upswing finishes (gymnast jumps from bar to glide or never achieves clear support)			0.60
<b>OR Backward Stalder Circle to Clear Support (0.60)</b>			
Arriving in support with legs in a straddle "L" position			0.60
Excessive arch or pike on downswing or upswing			ea^0.20
Insufficient amplitude of upswing (line from shoulders to hips)			^0.30
Between vertical & 45° from vertical			No deduction
Between 46°- 89° from vertical			0.05-0.15
At 45° horizontal			0.20
Below horizontal			0.25-0.30
Lack of control into glide			^0.10
<b>Straddle or Pike Glide Kip (0.60)</b>			
Failure to close legs at end of straddle glide swing	0.10	0.10	0.10
Failure to lead with the feet in the glide swing (performs a long hang swing)	^0.10	^0.10	^0.10
Insufficient extension at end of glide swing	^0.20	^0.20	^0.20
<b>Cast, Squat-On OR Pike-On, OR Cast 360° Back Sole Circle (0.20)</b>			
Alternate foot placement	0.20	0.20	0.20
Insufficient backward swing of legs into cast (hip lift only)	0.05	0.05	0.05
<b>Long Hang Kip (0.60)</b>			
Failure to swing to near horizontal		^0.20	^0.20

<b>Cast to Above Horizontal (0.40)</b>			
Incorrect alignment (failure to show straight line from shoulders to feet with chest hollow)	^0.20	^0.20	^0.20
Insufficient amplitude of cast (line from shoulders to mid-point of lowest body part)	^0.30	^0.30	^0.30
Above horizontal			No deduction
At horizontal			0.05
1°-44° below horizontal			0.10-0.15
45° below horizontal		0.20	0.20
46° or more below horizontal		0.25-0.30	0.25-0.30
<b>Long Hang Pullover (0.60)</b>			
Excessive piking of body			^0.20
Failure to maintain overgrip (hands completely release bar)			0.30
Failure to show slight arched position during the downward swing			0.10
Performing a back hip circle at the completion of the Long Hang Pullover			No Deduction
Performing a backward giant circle prior to pulling hips toward bar			1.00
<b>Underswing (0.60) (Value combined with 1st Counterswing)</b>			
Failure to contact the bar with the mid to lower thighs between the completion of the long hang pullover and the initiation of the underswing			0.20
Failure to maintain neutral head position		^0.10	^0.10
Failure to maintain straight-hollow body throughout		^0.20	^0.20
Hips contacting bar (no deduction for thighs touching bar)		0.20	0.20
<b>1st Counterswing (min 15° below horizontal) (0.60) (Value combined w/Underswing)</b>			
Body arching/hips opening to an extended position w/feet over low bar during counterswing		0.30	0.30
Failure to show a straight line from hands to hips -chest in a hollow position with a rounded hip angle with the feet pointed downward (excessive piking)		^0.20	^0.20
Hips not at minimum 15° below the level of the high bar (horizontal)			^0.20
<b>Tap Swing Forward (0.60) (Value combined with 2nd Counterswing)</b>			
Failure to show slight arched position during the downward swing		0.10	0.10
Failure to attain straight-hollow body position on upswing		^0.20	^0.20
Insufficient amplitude (feet not at high bar height)		^0.20	^0.20
<b>2nd Counterswing (min 15° below horizontal) (0.60) (Value combined with Tap swing forward)</b>			
Body arching or hips opening to an extended position w/ feet over low bar during counterswing		0.30	0.30
Failure to show a straight line from hands to hips-chest in a hollow position with a rounded hip angle with the feet pointed downward (excessive piking)		^0.20	^0.20
Hips not at minimum 15° below the level of the high bar (horizontal)			^0.20
<b>DM: Tap Swing Forward to Flyaway Tucked, Piked, OR Stretched (0.60)</b>			
Failure to attain straight-hollow body position on upswing		^0.20	^0.20
Failure to show slight arched position during the downward swing		0.10	0.10
Insufficient height of salto			^0.30
At high bar level or above			0.05
1°-44° below level of high bar			0.10-0.15
45° below horizontal			0.20
46° or more below horizontal			0.25-0.30
Landing too close to the bar			0.10
Tucked: Insufficient bend of hips and legs (min 135° - ideally 90°)			ea ^0.20
Tucked: Insufficient extension (open) prior to landing			^0.20
Piked: Insufficient pike of hips (min 135° - ideally 90°)			^0.20
Piked: Insufficient extension (open) prior to landing			^0.20
Stretched: Insufficient exactness of stretched (straight-hollow) body position (Ideally 180°) *Arch *Hip Angle (136° - 179°)			^0.20
Stretched: Failure to maintain stretched (straight-hollow) body position (pikes down)			^0.20

<b>Balance Beam Level 3</b>			
<b>Skill</b>	<b>Level 3</b>	<b>Level 4</b>	<b>Level 5</b>
<b>Mount: Front Support Fish Pose Mount (0.20)</b>			
Failure to extend body in front support	^0.10	^0.10	
Lack continuity from the mount to stand	^0.10	^0.10	
Performing a knee scale	0.30	0.30	
<b>*Cross Handstand (0.60)</b>			
Failure to attain vertical	^0.30	^0.30	
Failure to close ( <i>join</i> ) legs ( <i>side by side</i> )	0.10	0.10	
Incorrect ( <i>staggered</i> ) hand placement	0.10	0.10	
<b>1/2 (180°) Turn in Forward Passé (Heel-snap turn) (0.40)</b>			
Failure to lower heel at completion of turn	0.05		
Failure to use the heel-snap technique	0.30		
Leg in incorrect position ( <i>not in forward passé</i> )	0.10		
<b>Stretch Jump - Stretch Jump (each 0.40)</b>			
Failure to land on both feet simultaneously	Each 0.10	0.10	
Failure to land with feet closed each	^0.10	^0.10	
Connection broken between Stretch Jumps	0.05	0.05	
Insufficient continuity between Stretch Jumps	No Deduction	No Deduction	
<b>Arabesque (45°) (0.40)</b>			
Failure to hold one second	^0.10	^0.10	
Failure to lift free leg a minimum of 45° above the beam	^0.20		
<b>Straight Leg Leap (90°) (0.60)</b>			
Bending lead ( <i>front</i> ) leg on take-off	^0.10	^0.10	
Failure to pause in low arabesque position on landing	0.05	0.05	
Uneven leg separation	^0.20	^0.20	
<b>Two 1/2 (180°) Pivot Turn (each 0.20)</b>			
Lack of sharpness each	^0.10		
<b>*Dismount: Cartwheel to side Handstand 1/4 (90°) turn (0.60)</b>			
Incorrect ( <i>simultaneous</i> ) hand placement	0.10	0.10	
Failure to attain vertical	^0.30	^0.30	
Failure to perform the 1/4 (90°) turn	0.20	0.20	
1/4 (90°) turn incomplete or overturned	^0.10	^0.10	
Failure to maintain hand contact until the body passes by the horizontal plane of the beam	^0.10	^0.10	
Failure to complete dismount: <ul style="list-style-type: none"> <li>✓ These deductions do not include possible body position faults</li> <li>✓ When the gymnast attempts but fails to complete the dismount, apply the specific deductions as listed for those phases not performed.</li> </ul>	^0.60	^0.60	
Example: Attempts dismount, does not attain vertical, falls and does not repeat: 0.30 Fail to attain vertical + 0.20 Fail to perform turn = 0.50 Incomplete Element 0.50 Incomplete element + 0.50 Fall = 1.00 Total Deduction			

<b>Balance Beam Level 4</b>			
<b>Skill</b>	<b>Level 3</b>	<b>Level 4</b>	<b>Level 5</b>
<b>Mount: Front Support Fish Pose Mount (0.20)</b>			
Failure to extend body in front support	^0.10	^0.10	^0.10
Lack continuity from the mount to stand	^0.10	^0.10	^0.10
Performing a knee scale	0.30	0.30	0.30
<b>*Cartwheel (0.60)</b>			
Failure to pass through vertical		^0.30	
Incorrect (simultaneous) hand placement		0.10	
<b>*1/2 (180°) Turn in Forward Passé (0.40)</b>			
Leg in incorrect position (not in forward passé)	0.10	0.10	0.10
Use of heel-snap technique		0.30	0.30
<b>Stretch Jump (0.20)</b>			
Failure to land on both feet simultaneously	0.10	0.10	0.10
Failure to land with feet closed	^0.10	^0.10	^0.10
Connection broken between Stretch Jump & Split Jump	0.05	0.05	
Insufficient continuity between Stretch Jump & Split Jump	No Deduction	No Deduction	
<b>Split Jump (120°) (0.40)</b>			
Failure to land on both feet simultaneously		0.10	0.10
Failure to land with feet closed		^0.10	^0.10
Uneven leg separation		^0.20	^0.20
<b>*Cross Handstand (0.60)</b>			
Failure to attain vertical	^0.30	^0.30	
Failure to close (join) legs (side by side)	0.10	0.10	
Failure to hold one second		^0.10	
Incorrect (staggered) hand placement	0.10	0.10	
<b>Scale (Horizontal) (0.40)</b>			
Failure to hold one second	^0.10	^0.10	^0.10
Failure to lift free leg to a minimum of horizontal in scale		^0.20	^0.20
<b>Straight Leg Leap (120°) (0.60)</b>			
Bending lead (front) leg on take-off	^0.10	^0.10	^0.10
Failure to pause in low arabesque position on landing	0.05	0.05	
Uneven leg separation	^0.20	^0.20	^0.20
<b>*Dismount: Cartwheel to side Handstand 1/4 (90°) turn (0.60)</b>			
Incorrect (simultaneous) hand placement	0.10	0.10	
Failure to attain vertical	^0.30	^0.30	
Failure to perform the 1/4 (90°) turn	0.20	0.20	
1/4 (90°) turn incomplete or overturned	^0.10	^0.10	
Failure to maintain hand contact until the body passes by the horizontal plane of the beam	^0.10	^0.10	
Fail to hold 1 second		0.20	
Failure to complete dismount: <ul style="list-style-type: none"> <li>✓ These deductions do not include possible body position faults</li> <li>✓ When the gymnast attempts but fails to complete the dismount, apply the specific deductions as listed for those phases not performed.</li> </ul>	^0.60	^0.60	
Example: Attempts dismount, does not attain vertical, falls and does not repeat: ^0.30 Fail to attain vertical + 0.10 Fail to hold 1 sec + 0.20 Fail to perform turn = 0.60 - 0.60 Incomplete element + 0.50 Fall = 1.10 Total Deduction			

<b>Balance Beam Level 5</b>			
<b>Skill</b>	<b>Level 3</b>	<b>Level 4</b>	<b>Level 5</b>
<b>Mount: Front Support Fish Pose Mount (0.20)</b>			
Failure to extend body in front support	0.10	0.10	0.10
Lack continuity from the mount to stand	^0.10	^0.10	^0.10
Performing a knee scale	0.30	0.30	0.30
<b>*Back Walkover (0.60)</b>			
Failure to show continuous leg lift into the walkover			^0.10
Incorrect (staggered or alternate) hand placement			0.10
Insufficient split (less than 150°)			^0.20
<b>OR Backward Roll to Minimum of 3/4 Handstand (0.60)</b>			
Failure to attain minimum of 3/4 handstand			^0.20
Performing a backward roll step-out (head stays in contact with beam)			0.60
<b>OR *Flic-Flac Step-Out (0.60)</b> See General Faults and Penalties			General
<b>OR Flic-Flac to Two (2) Feet (0.60)</b> See General Faults and Penalties			General
<b>OR *Front Walkover (0.60)</b>			
Incorrect (staggered or alternate) hand placement			0.10
Insufficient split (less than 150°)			^0.20
<b>*1/1 (360°) Turn in Forward Passé (0.40)</b>			
Leg in incorrect position (not in forward passé)	0.10	0.10	0.10
Use of heel-snap turn technique		0.30	0.30
<b>Split Jump (150°) (0.40)</b>			
Failure to land on both feet simultaneously		0.10	0.10
Failure to land with feet closed		^0.10	^0.10
Uneven leg separation		^0.20	^0.20
Connection broken between Split Jump & Sissone			0.05
Insufficient continuity between Split Jump & Sissone			No Deduction
<b>Sissonne (0.20)</b>			
Failure to pause in low araesque position on landing			0.05
Insufficient lift of the back leg (less than horizontal)			^0.10
Insufficient lift of the front leg (less than 45°)			^0.10
<b>Scale (Above Horizontal) (0.40)</b>			
Failure to hold one second		^0.10	^0.10
Failure to lift free leg to above horizontal in scale		^0.20	^0.20
<b>Straight Leg Leap (150°) (0.60)</b>			
Bending lead (front) leg on take-off	^0.10	^0.10	^0.10
Uneven leg separation	^0.20	^0.20	^0.20
Insufficient continuity between Straight Leg Leap & Stretch Jump			No Deduction
Connection broken between Straight Leg Leap & Stretch Jump			0.05
<b>Stretch Jump (0.20)</b>			
Failure to land on both feet simultaneously	0.10	0.10	0.10
Failure to land with feet closed	^0.10	^0.10	^0.10
<b>*Cartwheel (0.60)</b>			
Closing the second foot in front of the first foot on landing			0.20
Failure to pass through vertical		^0.30	^0.30
Incorrect (simultaneous) hand placement		0.10	0.10
Connection broken between Cartwheel & Stretch Jump			0.05
Insufficient continuity between Cartwheel & Stretch Jump			No Deduction

<b><i>Stretch Jump (0.20)</i></b>			
Failure to land on both feet simultaneously	0.10	0.10	0.10
Failure to land with feet closed	^0.10	^0.10	^0.10
<b><i>Dismount: Backward Salto Tucked</i></b>			
Insufficient height and extension of jump with hip lift			^0.30
Insufficient posture with control on landing			^0.20
Insufficient tuck shape of salto			^0.2

Floor Exercise		Level 3		
Skill	Level 3	Level 4	Level 5	
<b>*Handstand Forward Roll (0.60)</b>				
Failure to attain vertical	^0.30			
Failure to close ( <i>join</i> ) legs at vertical	0.10			
Failure to hold handstand for one second	^0.10			
Pushing off the floor with hands to arrive in tuck stand	0.30			
<b>Straight Leg Leap (90°) (0.60)</b>				
Bending the lead ( <i>front leg</i> ) on take-off	^0.10	^0.10	^0.10	
Uneven leg separation	^0.20	^0.20	^0.20	
<b>Stretch Jump (0.20)</b>				
Failure to keep legs joined in air throughout the element	0.10			
Failure to land on both feet simultaneously	0.10			
Failure to land with feet closed	^0.10			
Connection broken between Stretch Jump and Split Jump	.05			
Insufficient continuity between Stretch Jump and Split Jump	No Deduction			
<b>Split Jump (90°) (0.40)</b>				
Failure to land on both feet simultaneously	0.10			
Failure to land with feet closed	^0.10			
Uneven leg separation	^0.20			
<b>*Handstand to Bridge, Back Kick-Over (0.60)</b>				
Extra kicks to establish inverted vertical position on kick-over	each 0.30			
Failure to close ( <i>join</i> ) legs at vertical	0.10			
Failure to land on feet simultaneously in bridge ( <i>no deduction for feet apart or legs bent on landing</i> )	0.10			
Failure to push shoulders behind hands in bridging phase	^0.20			
Performs a tic-toc ( <i>legs remain separated throughout the skill</i> )	0.30			
<b>Forward Split (0.20)</b>				
Failure to achieve 180° split position ( <i>legs flat on floor</i> )	^0.20	^0.20	^0.20	
<b>*1/2 (180°) Turn in Forward Passé (0.40)</b>				
Leg in incorrect position ( <i>not in forward passé</i> )	0.10			
Use of heel-snap turn technique	0.30			
<b>Backward Roll to 45° Above Horizontal, to Push Up Position (0.40)</b>				
Failure to attain 45° above horizontal	^0.20			
Failure to show push-up position	0.20			
Hands placed further than shoulder-width apart	0.10			
Hands placed on floor during squat phase prior to rolling backward	0.30			
Interlocking fingers	0.10			
Performs a backward roll to handstand ( <i>change of element</i> )	0.40			
<b>*Round-Off (0.40)</b>				
Failure to land on both feet simultaneously	0.10	0.10	0.10	
Failure to pass through vertical	^0.30	^0.30	^0.30	
<b>Flic Flac to Two Feet (0.60)</b>				
Failure to land on both feet simultaneously	0.10	0.10	0.10	
Failure to rebound immediately	0.10	0.10		
Lack of acceleration in the series - <i>Not applied if a 0.30 deduction is taken for a stop between elements</i>	^0.20	^0.20	^0.2	
Squat into flic-flac	^0.30	^0.30	^0.30	

Floor Exercise Level 4			
Skill	Level 3	Level 4	Level 5
<b>*Back Walkover (150°) (0.40)</b>			
Failure to show continuous leg lift into walkover (leg lifts then drops, stops, or lifts after the arching backward has begun)		^0.10	
Incorrect (staggered or alternate) hand placement		0.10	
Insufficient split (less than 150°)		^0.20	
<b>*Front Handspring Step-Out (0.60)</b>			
Alternate/staggered hand placement		^0.10	^0.10
Failure to step out		^0.20	^0.20
Flight prior to hand contact (dive)		^0.20	^0.20
Joining legs prior to step-out		0.10	each 0.10
Performing a "fast front walkover"		No Deduction	No Deduction
<b>Cartwheel (0.40)</b>			
Failure to keep head in alignment		^0.10	^0.10
Failure to pass through vertical		^0.30	^0.30
Incorrect (simultaneous) hand placement		0.10	0.10
<b>Straight Arm Backward Roll to Handstand (0.40)</b>			
Failure to pass through vertical		^0.30	^0.30
Hands placed further than shoulder-width apart		0.10	0.10
Hands placed on floor during squat phase prior to rolling backward		0.30	0.30
Interlocking fingers		0.10	0.10
Performs a backward roll step-out (change of element)		0.40	0.40
<b>*Stretch Jump 1/2 (180°) Turn (0.40)</b>			
Failure to keep legs joined in air throughout the element		^0.10	
Failure to land on both feet simultaneously		0.10	
Failure to land with feet closed		^0.10	
<b>Straight Leg Leap (120°) (0.60)</b>			
Bending the lead (front leg) on take-off		^0.10	^0.10
Uneven leg separation		^0.20	^0.20
<b>Straddle Jump (120°) (0.40)</b>			
Failure to land on both feet simultaneously		0.10	
Failure to land with feet closed		^0.10	
Uneven leg separation		^0.20	
<b>Forward Split (0.20)</b>			
Failure to achieve 180° split position (legs flat on floor)	^0.20	^0.20	^0.20
<b>*1/1 (360°) Turn in Forward Passé (0.40)</b>			
Leg in incorrect position (not in forward passé)		0.10	0.10
Use of heel-snap turn technique		0.30	0.30
<b>*Round-Off (0.40)</b>			
Failure to land on both feet simultaneously	0.10	0.10	0.10
Failure to pass through vertical	^0.30	^0.30	^0.30
<b>Flic-Flacs To Two Feet (each 0.60)</b>			
Failure to land on both feet simultaneously	0.10	each 0.10	0.10
Failure to land rebound immediately	0.10	0.10	
Squat into flic-flac	^0.30	each ^0.30	^0.30
Lack of acceleration in the series - Not applied if a 0.30 deduction is taken for stop between elements	^0.20	^0.2	^0.2
Failure to pause in a controlled "stick"		0.05	

Floor Exercise		Level 5		
Skill		Level 3	Level 4	Level 5
<b>Front Salto Tucked (0.60)</b>				
Failure to perform salto in designated body position (performs pike or layout)				^0.60
Insufficient bend of hips and legs (Min 135° - Ideally 90°)				ea ^0.20
<b>OR *Free Aerial Cartwheel (0.60)</b>				
Failure to pass through vertical				^0.30
<b>OR *Free Aerial Walkover Forward (0.60) vertical</b>				
				General
<b>Front Handspring Step-Out, Front Handspring Step-Out (each 0.60)</b>				
Alternate/staggered hand placement each		^0.10		^0.10
Failure to step out each		^0.20		^0.20
Flight prior to hand contact (dive) each		^0.20		^0.20
Joining legs prior to step-out		each 0.10		each 0.10
Lack of acceleration				^0.20
Performing a "fast front walkover"		No Deduction		No Deduction
<b>*Cartwheel (0.40)</b>				
Failure to keep head in alignment		^0.10		^0.10
Failure to pass through vertical		^0.30		^0.30
Incorrect (simultaneous) hand placement		0.10		0.10
<b>Straight Arm Backward Roll to Handstand (0.40)</b>				
Failure to pass through vertical		^0.30		^0.30
Hands placed further than shoulder-width apart		0.10		0.10
Hands placed on floor during squat phase prior to rolling backward		0.30		0.30
Interlocking fingers		0.10		0.10
Performs a backward roll step-out (change of element)		0.40		0.40
<b>*Stretch Jump 1/1 (360°) Turn (0.40)</b>				
Failure to keep legs joined in air during stretch jump 1/1 (360°) turn				^0.10
Failure to land on both feet simultaneously				0.10
Failure to land with feet closed				^0.10
<b>Straight Leg Leap (150°) (0.60)</b>				
Bending the lead (front leg) on take-off		^0.10	^0.10	^0.10
Uneven leg separation		^0.20	^0.20	^0.20
<b>OR *Switch Leg Leap (150°) (0.60)</b>				
Bending the lead (front leg) on take-off				^0.10
Failure to swing front leg a min 45° forward before swinging back				^0.10
Uneven leg separation				^0.20
<b>Straddle Jump (150°) (0.40)</b>				
Failure to land on both feet simultaneously				0.10
Failure to land with feet closed				^0.10
Uneven leg separation				^0.20
<b>Forward Split (0.20)</b>				
Failure to achieve 180° split position (legs flat on floor)		^0.20	^0.20	^0.20
<b>*1/1 (360°) Turn in Forward Passé (0.40)</b>				
Leg in incorrect position (not in forward passé)			0.10	0.10
Use of heel-snap turn technique			0.30	0.30
<b>*Round-Off (0.40)</b>				
Failure to land on both feet simultaneously		0.10	0.10	0.10
Failure to pass through vertical		^0.30	^0.30	^0.30

<b><i>Flic-Flac (0.40)</i></b>			
Failure to land on both feet simultaneously	0.10	0.10	0.10
Squat into flic-flac	^0.30	^0.30	^0.30
<b><i>Backward Salto Tucked (0.60)</i></b>			
Failure to extend/open prior to landing ^0.20			^0.2
Failure to pause in a controlled "stick"			0.05
Failure to perform salto in designated body position (performs pike or layout)			^0.60
Lack of acceleration in the series - Not applied if a 0.30 deduction is taken for a stop between elements	^0.2	^0.2	^0.2

# UNEVEN BARS

# Deductions

Level 3 Bars														
Rev 7/2021:JPF														
Elements	Glide return		back hip pullover		OR Glide Kip		Castt		Back hip circle, Back hip circle		Forward hip circle		Squat on Stretch jump dismount	
Value	2		4		6		2		4 each		4		6	
Symbol														
Deductions	Not both feet	0.1	hands on bar	0.1	Not both feet	0.1	body alignment	↑.2	neutral head	e↑.1	hollow body	↑.1	alternate feet	0.2
	Run glide	0.3	step/hop/jump	e 0.1	Run glide	0.3	control	↑.1	hollow body	e↑.2	No small cast	0.2	insuff swing	0.05
	lg hng swing	↑.1	1 foot take off	0.3	lg hng swing	↑.1			maintain contact	e↑.2	control	↑.1	hollow body	↑.2
	extension	↑.2	chin rests	0.3	extension	↑.2			Lack continuity	e↑.1	front support	0.5	touch HB	0.5
	legs no close	0.1	finish extend	↑.1	leg not close	0.1			Continuity both	↑.2			Not toward HB	0.5
	bend legs	↑.3												

Level 4 Bars																		
Rev 7/2021:JPF																		
Elements	Glide Kip		Cast to Horiz		Cast squat on, pike on OR 360° back sole circle		Long hang kip		Cast to Horizontal		Back hip circle		Underswing 1st counter swing (30°)		Tap swing 2nd counter swing (30°)		Tap Swing ½ Turn DM	
Value	6		4		2		6		4		4		6		6		6	
Symbol																		
Deductions	Not both feet	0.1	amplitude	↑.3	alternate feet	0.2	horiz swing	↑.2	amplitude	↑.3	neutral head	↑.1	body hollow	↑.2	arch	0.1	arch	0.1
	Run glide	0.3	1 to 44 below	.05-.15	hip lift	0.05			1 to 44 below	.05-.15	body hollow	↑.2	neutral head	↑.1	hollow	↑.2	hollow	↑.2
	lg hng swing	↑.1	at 45 below	0.2					at 45 below	0.2	thigh contact	↑.2	hips touch	0.2	amplitude	↑.2	turn early	↑.2
	extension	↑.2	46 + below	.25-.3					46 + below	.25-.3	continuity	↑.1	30° below	↑.2	30° below	↑.2	incomplete	↑.2
	legs no close	0.1	alignment	↑.2					alignment	↑.2			piking	↑.2	piking	↑.2	hand cont	0.3
			control	↑.1									hips open	0.3	hips open	0.3		

Level 5 Bars																										
Rev 7/2021:JPF																										
Elements	Glide Kip		Cast above Horizontal		Clear hip above horizontal		OR sole circle to clear support		OR back stalder circle to clear support		Glide kip		Cast squat on, pike on OR 360° back sole circle		Long Hang Kip		Cast above Horiz		Long hang Pullover		Underswing 1st counter swing (15° below)		Tap swing 2nd counter swing (15° below)		Flyaway (tuck, pike or stretch)	
Value	6		4		6		6		6		6		2		6		4		6		6		6		6	
Symbol																										
Deductions	Not both feet	0.1	amplitude	↑.3	arch/pike	e↑.2	arch/pike	e↑.2	arch/pike	e↑.2	lg hng swing	↑.1	alternate feet	0.2	horiz swing	↑.2	amplitude	↑.3	no arch	0.1	body hollow	↑.2	arch	0.1	archtap	0.1
	Run glide	0.3	At horizontal	0.05	height	↑.3	amplitude	↑.3	amplitude	↑.3	extension	↑.2	hip lift	0.05			At horizontal	0.05	pike	↑.2	neutral head	↑.1	hollow	↑.2	hollow	↑.2
	lg hng swing	↑.1	1 to 44 below	.1-.15	hips on bar	0.6	46-89 from vert	.05-.15	46-89 from vert	.05-.15	legs no close	0.1					1 to 44 below	.1-.15	hands/bar	0.3	hips touch	0.2	amplitude	↑.2	height salto	↑.3
	extension	↑.2	at 45 below	0.2	control	↑.1	At horizontal	0.2	At horizontal	0.2							at 45 below	0.2	baby giant	1.0	15° below	↑.2	15° below	↑.2	1 to 44 below	.1-.15
	legs no close	0.1	46 + below	.25-.3			Below horizontal	.25-.3	Below horizontal	.25-.3							46 + below	.25-.3			piking	↑.2	piking	↑.2	at 45 below	0.2
			alignment	↑.2			weight/feet	0.6	legs in L	0.6							alignment	↑.2			hips open	0.3	hips open	0.3	46 + below	.25-.3
							legs bent	↑.3	control	↑.1															land close	0.1
							control	↑.1																	Shape	↑.2
																									Extension	↑.2

**BALANCE BEAM**

**Deductions**

Level 3 Balance Beam		Warning :45 Time :55						Rev 7/2021:JPF								
Element	Front Support Fish Pose Mount	*Cross handstand	*Heel snap (1/2) turn	Stretch jump/stretch jump		Arabesque 45*	Straight Leg Leap (90*)		2 pivot turns		*HS ¼ turn Dismount					
Value	2	6	4	4 ea		4	6		2 ea		6					
Symbol																
Deduct	extend body	↑.1	fail to join	0.1	incorrect position	0.1	land together	e 0.1	45* arabesque	↑.2	bend leg	↑.1	sharpness	e↑.1	incorrect hand	0.1
	continuity	↑.1	stagger hand	0.1	fail to lower heel	0.1	No land closed	e↑.1	fail to hold	↑.1	uneven	↑.2			vertical	↑.3
	knee scale	0.3	vertical	↑.3	incorrect tech	0.3	lack continuity	0			arabesque land	0.1			no 1/4 turn	0.2
							GENERAL								turn inc/over	↑.1
						broke connect	0.1							contact	↑.1	
														fail to complete	↑.6	

Level 4 Balance Beam		Warning :55 Time 1:05						Rev7/2021:JPF										
Element	Front Support Fish Pose Mount	*Cartwheel	*1/2 turn in forward passe		Stretch jump	Split jump (120*)	*Cross handstand	Scale (horizontal)	Straight Leg Leap (120*)	*HS ½ turn Dismount								
Value	2	6	4		2	4	6	4	6	6								
Symbol																		
Deduct	extend body	↑.1	simul hand	0.1	incor position	0.1	land together	0.1	uneven	↑.2	fail to join	0.1	min. horiz	↑.2	bend leg	↑.1	incorrect hand	0.1
	continuity	↑.1	No vertical	↑.3	use heel snap	0.3	No land closed	↑.1	land together	0.1	stagger hand	0.1	no hold 1 sec	↑.1	uneven	↑.2	vertical	↑.3
	knee scale	0.3					land closed	↑.1	vertical	↑.3			arabesq. land	0.1	Fail/hold 1 sec	↑.1		
															no 1/4 turn	0.2	turn inc/over	↑.1
														contact	↑.1			
														fail to complete	↑.6			

Level 5 Balance Beam		Warning 1:00 Time 1:10						Rev 7/2021:JPF													
Element	Front Support Fish Pose Mount	Back Walkover	OR back roll to 3/4 handstand		OR Back handspring	OR Front Walkover	1/1 turn in forward passe	Split jump (150*)/sissonne	Scale ( above horizontal)	Straight Leg Leap (150*)Stretch Jump	*Cartwheel	Back Salto Tucked									
Value	2	6	6		6	6	4	4/2	4	6/2	6/2	6									
Symbol																					
Deduct	extend body	↑.1	continue leg	↑.1	min 3/4 hndstd	↑.2	SEE GENERAL	stagger hand	0.1	incor position	0.1	uneven	↑.2	above horiz	↑.2	bend leg	↑.1	simul hand	0.1	height	↑.3
	continuity	↑.1	hand	0.1	back roll	0.6		< 150 split	↑.2	use heel snap	0.3	land together	0.1	no hold 1 sec	↑.1	uneven	↑.2	No vertical	↑.3	Shape	↑.2
	knee scale	0.3	< 150 split	↑.2								land closed	↑.1			lack continuity	0	landing- foot	0.2	land/post	↑.2
												lack continuity	0			broke connect	0.1	lack continuity	0		
											General	broke connect	0.05			land together	0.1	broke connect	0.1		
											Sissonne	front leg <45*	↑.1	Stretch Jump	No land closed	↑.1	land together	0.1			
												bck leg horiz	↑.1			No land close	↑.1				
												arab land	0.05								

FLOOR EXERCISE

Deductions

Level 3 Floor Exercise											Rev7/2021:JPF	
Element	*Handstand forward roll (straight arms)	Straight Leg Leap (90°)	Stretch Jump	Split Jump (90°)	*Handstand/Bridge kick over	Forward split	*1/2 turn in forward passe	Back roll to 45° above horizontal lower to push up	*Round off	Flic Flac (2 feet) -Rebound		
Value	6	6	2	4	6	2	4	4	4	6		
Symbol												
Deduct	vertical ↑.3 No close 0.1 hold 1 sec ↑.1 touch 0.3	bend leg ↑.1 uneven ↑.2	legs joined 0.1 land together 0.1 No land closed ↑.1 lack continuity 0 broke connect 0.05	uneven ↑.2 land together 0.1 land closed ↑.1	legs joined 0.1 shoulder ↑.2 land simul. 0.1 xtra kicks e.3 tic tok 0.3	180 split ↑.2	foot pos 0.1 heel snap 0.3	touch floor 0.3 fingers 0.1 > shoulder 0.1 No 45° ↑.2 push up 0.2 to HS 0.4	vertical ↑.3 2 feet 0.1	squat ↑.2 2 feet 0.1 rebound 0.1 stick 0.05		
												lack acceleration ↑.2 Not taken if .3 for stop is applied

Level 4 Floor Exercise											Rev 7/2021:JPF	
Element	*Back walkover (150°)	*Front handspring step out	*Cartwheel	Back roll to Handstand (straight arms)	*Stretch jump 1/2 turn	Straight Leg Leap (120°)	Straddle jump (120°)	forward split	*1/1 turn in forward passe	Round off	Flic Flac, Flic Flac (2 feet)	
Value	4	6	4	4	4	6	4	2	4	4	6 ea	
Symbol												
Deduct	leg lift ↑.1 staggered 0.1 < 150° ↑.2	stag hands ↑.1 join legs 0.1 dive ↑.2 no step out 0.2 fast WO 0	hand place 0.1 vertical ↑.3 head align ↑.1	fingers 0.1 > shoulder 0.1 vertical ↑.3 Back roll 0.4	legs joined ↑.1 land together 0.1 No land closed ↑.1	bend leg ↑.1 uneven ↑.2	uneven ↑.2 land together 0.1 land closed ↑.1	uneven ↑.2	incor position 0.1 use heel snap 0.3	vertical ↑.3 2 feet 0.1	squat ↑.3 2 feet 0.1 rebound 0.1 stick 0.05	
				change element								lack acceleration ↑.2 Not taken if .3 for stop is applied

Level 5 Floor Exercise														Rev 7/2021:JPF	
Element	Front Salto Tucked	OR *Free (Aerial) Cartwheel OR Free walkover	*Front Handspring stepout, Front Handspring stepout	*Cartwheel	Back roll to Handstand (straight arms)	*Stretch jump full turn	Straight Leg Leap (150°)	OR switch leg leap (150°)	Straddle jump (150°)	forward split	1/1 turn in forward passe	Round off	Flic Flac (2 feet)	Back salto tucked	
Value	6	6	6ea	4	4	4	6	6	4	2	4	4	4	6	
Symbol															
Deduct	no tuck 0.6 bend hips & legs ↑.2	vertical ↑.3 See General	stag hands ↑.1 join legs 0.1 dive ↑.2 no step out 0.2 acceleration ↑.2 fast WO 0	hand place 0.1 vertical ↑.3 head align ↑.1	touch floor 0.3 fingers 0.1 > shoulder 0.1 vertical ↑.3 Back roll 0.4	legs joined ↑.1 land together 0.1 land closed ↑.1	bend leg ↑.1 uneven ↑.2	bend leg ↑.1 45° leg 0.1 uneven ↑.2	uneven ↑.2 land together 0.1 land closed ↑.1	uneven ↑.2	leg pos 0.1 heel snap 0.3	accel 0.2 vertical ↑.3 2 feet 0.1	squat ↑.2 2 feet 0.1	no tuck 0.6 extend ↑.2 stick 0.05	
				change element											lack acceleration ↑.2 Not taken if .3 for stop is applied

General Faults		Support Phase		Landing Phase	
Body Arch	ea phase ↑.30	Arms bent	↑.50	Additional trunk movements	↑.20
Body Pike	ea phase ↑.50	head on mat (include arm bend)	2.00	Arm swing to maintain balance	↑.10
Legs bent	ea phase ↑.30	Incorrect shoulder align.	↑.20	Assistance on landing	0.5
Legs separated	ea phase ↑.20	Too long in support	↑.50	Feet First (includes fall)	2.00
Incorrect foot form	ea phase ↑.10	hands after vertical	↑1.00	Fall against mats or to knees	0.5
Incorrect head	ea phase ↑.10	Contact 1-45 past	.05-.50	Small step or feet > hips apart	↑.10
Direction	↑.30	Contact 46-89 past	.55-1.0	Never joins heels	0.05
Dynamics	↑.30	Alternate Repulsion	↑.20	Posture	↑.20
Assistance all phases	2.00	Staggered hand placement	↑.10	Fall on Apparatus	2.5
incorrect vault	Void	Steps on hands (max .30)	each .10	Large step or jump (max 0.40)	each .20
Use of Alternative Board	Void	Touch one hand only	CJ 1.00	Brush/touch of hands on mat	↑.30
Balk w/ touch or 2 & 3	Void	No Hands	Void	Slight hop, adjust feet	↑.10
No Signal from CJ	CJ .50	<b>2nd Flight</b>		Squat on landing	↑.30
		Brush.hit body on mat stack	0.2	Steps (max 0.40)	each .10
		Insufficient Height/Length	No Deduction	Support on mat with hands	0.5

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	Direction	Score		Direction	Score
	Dynamics			Dynamics	
	Landing	Aver.		Landing	Aver.
	Direction	Score		Direction	Score
	Dynamics			Dynamics	
	Landing	Aver.		Landing	Aver.
	Direction	Score		Direction	Score
	Dynamics			Dynamics	
	Landing	Aver.		Landing	Aver.
	Direction	Score		Direction	Score
	Dynamics			Dynamics	
	Landing	Aver.		Landing	Aver.

# VAULT

## Level 4/5

GENERAL FAULTS		SUPPORT PHASE		2nd FLIGHT		Landing	
Pike	Each ↑.50	Shoulder alignment	↑.30	Height	↑.50	Slight hop/small step	↑.10
Arch	Each ↑.30	Arms bent	↑.50	Length	↑.30	Never joins feet	0.05
Legs bent	Each ↑.30	Head on Table-Incl. arms	2.00	Brush, touch or hit body on far end of vault table	0.30	Arm Swings	↑.10
Legs Separate	Each ↑.20	Too long in support	↑.50			Trunk Movement	↑.20
Foot Form	Each ↑.10	Alternate Rep	↑.20			Incorrect Posture	↑.10
Head align	Each ↑.10	Staggered hand placement	↑.10	Length-consider size of the gymnast, where the hands contact the vault table, where the feet land and overall trajectory (amplitude) of the 2nd flight phase		Steps (.40 max)	0.10
Direction	↑.30	Not leaving@vertical	↑1.00			Large Step/Hop (.40 max)	0.2
Dynamics	↑.30	1-45 past vertical	↑.50			Squat	↑.30
Coach between	No Ded	46-89 past vertical	.55-1.0			Brush, touch, hit	0.30
Assistance 1 <sup>st</sup> , support, 2nd	L-4 - 2.00	Add Hand Placement	Each 0.10			Support	0.50
	L-5 - VOID	1 hand	CJ 1.00			Fall-against or knees	0.50
Aid on Landing	0.50	No hands	VOID			Feet First (includes fall)	2.00
Incorrect Vault	VOID					Sit/Lay on Table	2.5
Balk w/touch/ 2 & 3	VOID					Assistance on landing	0.50

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Gymnast \_\_\_\_\_

Score \_\_\_\_\_

Aver. \_\_\_\_\_

# UNEVEN BARS

## Level 3

Glide return	back hip pullover	OR Glide Kip	Cast	Back hip circle, Back hip circle	Forward hip circle	Squat on Stretch jump dismount
2	4	6	2	4 each	4	6
						
#		Score			AVG	
#		Score			AVG	
#		Score			AVG	
#		Score			AVG	
#		Score			AVG	

# UNEVEN BARS

## Level 4

Glide Kip	Cast to Horizontal	Cast squat on, pike on OR 360* back sole	Long hang kip	Cast to Horizontal	Back hip circle	Underswing 1st counter swing (30*)	Tap swing 2nd counter swing (30*)	Tap Swing 1/2 Turn DM
6	4	2	6	4	4	6	6	6
#			Score			AVG		
#			Score			AVG		
#			Score			AVG		
#			Score			AVG		
#			Score			AVG		

# UNEVEN BARS

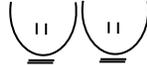
## Level 5

Glide Kip	Cast above Horizontal	Clear hip above horizontal	OR sole circle to clear support	OR back stalder circle to clear support	Glide Kip	Cast squat on, pike on OR 360* back sole circle	Long Hang Kip	Clear hip above horizontal	Long hang Pullover	Underswing 1st counter swing (15* below)	Tap swing 2nd counter swing (15* below)	Flyaway (tuck, pike or stretched)
6	4	6			6	2	6	4	6	6	6	6
												
#gymnast								Score			AVG	
#gymnast								Score			AVG	
#gymnast								Score			AVG	
#gymnast								Score			AVG	
#gymnast								Score			AVG	

# BALANCE BEAM

## Level 3

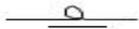
Time: 55 seconds Warning: 45 seconds

Front Support Fish Pose Mount	*Cross handstand	*Heel snap (1/2) turn	Stretch jump/stretch jump	Arabesque 45*	Straight Leg Leap (90*)	2 pivot turns	*HS ¼ turn Dismount
2	6	4	4 ea	4		2 ea	6
							
#			Score			AVG	
#			Score			AVG	
#			Score			AVG	
#			Score			AVG	

# BALANCE BEAM

## Level 4

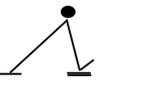
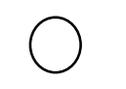
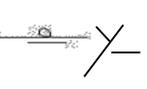
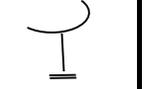
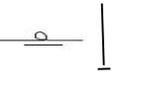
Time: 1 minute 5 seconds Warning: 55 seconds

Front Support Fish Pose Mount	Cartwheel	*1/2 turn in forward passe	Stretch jump	Split jump (120*)	*Cross handstand	Scale (horizontal)	Straight Leg Leap (120*)	*HS 1/4 turn Dismount
2	6	4	2	4	6	4	4	6
								
#gymnast			Score			AVG		
#gymnast			Score			AVG		
#gymnast			Score			AVG		
#gymnast			Score			AVG		
#gymnast			Score			AVG		

# BALANCE BEAM

## Level 5

Time: 1 minute 10 seconds Warning: 1 minute

Front Support Fish Pose Mount	Back Walkover	OR back roll to 3/4 handstand	OR Back handspring	OR Front Walkover	1/1 turn in forward passe	Split jump (150*)/sissonne	Scale (above horizontal)	Straight Leg Leap (150*) Stretch Jump	*Cartwheel Stretch Jump	Back Salto Tucked
2	6	6			4	4/2	4	6/2	6/2	6
										
#gymnast							Score			AVG
#gymnast							Score			AVG
#gymnast							Score			AVG
#gymnast							Score			AVG
#gymnast							Score			AVG

# FLOOR EXERCISE

## Level 3

*Handstand forward roll (straight arms)	Straight Leg Leap (90*)	Stretch Jump	Split Jump (90*)	*Handstand/Bridge kick over	forward split	*1/2 turn in forward passe	Back roll to 45* above horizontal lower to push up	*Round off	Flic Flac (2 feet) - Rebound
6	6	2	4	6	2	4		4	6
									
#gymnast			Score			AVG			
#gymnast			Score			AVG			
#gymnast			Score			AVG			
#gymnast			Score			AVG			
#gymnast			Score			AVG			

# FLOOR EXERCISE

## Level 4

*Back walkover (150*)	*Front handspring Stepout	*Cartwheel	Back roll to Handstand (straight arms)	*Stretch jump 1/2 turn	Straight Leg Leap (120*)	Straddle jump (120*)	forward split	*1/1 turn in forward passe	Round off	Flic Flac, Flic Flac (2 feet)
4	6	4	2	4	6	4			4	6 ea
										

#gymnast	Score			AVG	
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#gymnast	Score			AVG	
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#gymnast	Score			AVG	
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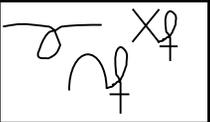
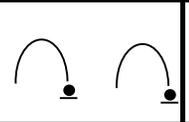
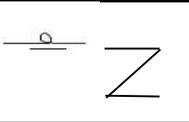
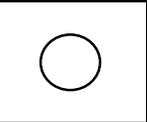
#gymnast	Score			AVG	
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#gymnast	Score			AVG	
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#gymnast	Score			AVG	
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# FLOOR EXERCISE

## Level 5

Front Salto Tucked OR *Free (Aerial) Cartwheel OR *Free walkover	*Front Handspring stepout Front Handspring stepout	*Cartwheel	back extension to Handstand (straight arms)	*Stretch jump full turn	Straight leg leap (150*) OR switch leg leap (150*)	Straddle jump (150*)	forward split	1/1 turn in forward passe	Round off	Flic Flac (2 feet)	Back salto tucked
6	6ea	4	4	2	6	6	2	4	4	4	6
											
#gymnast					Score			AVG			
#gymnast					Score			AVG			
#gymnast					Score			AVG			
#gymnast					Score			AVG			
#gymnast					Score			AVG			