


















Level 1 Bars

<p>Back Hip Pullover</p> 	<p>Cast</p> 	<p>Back Hip Circle</p> 	<p>Cast Straddle on Sole Circle Dismount Underswing Dismount</p> 	
0.6	0.4	0.40	0.6	
<p>0.10 Step, hop, or extra jump before back hip pullover 0.30 Fail to lift both legs simultaneously (1-foot take-off) 0.30 Supplemental support (chin) Λ0.10 Fail to finish in extended front support</p>	<p>Λ0.20 Incorrect body alignment Λ0.10 Lack of control in returning to the bar</p>	<p>Λ0.10 Fail to maintain neutral head position Λ0.20 Fail to maintain straight hollow body position throughout Λ0.20 Fail to maintain hip or upper thigh contact on bar throughout Λ0.10 lack of continuity of circle</p>	<p>0.20 Placing feet inside of hands 0.20 Alternate foot placement Λ0.20 Lack of control in straddle on Λ0.10 fail to maintain neutral head position Λ0.20 insufficient extension of body in flight Λ0.20 insufficient amplitude of flight Λ0.10 insufficient distance</p>	<p>Λ0.20 Fail to maintain straight hollow body position throughout 0.20 Hips contacting bar Λ0.10 Fail to maintain neutral head position Λ0.20 insufficient extension of body in flight Λ0.20 insufficient amplitude of flight Λ0.10 insufficient distance</p>

Level 2 Bars










<p>Glide Return</p> 	<p>Back Hip Pullover</p> 	<p>Cast</p> 	<p>Cast</p> 	<p>Back Hip Circle</p> 	<p>Underswing Dismount</p> 
<p>0.2</p>	<p>0.4</p>	<p>0.4</p>	<p>0.4</p>	<p>0.4</p>	<p>0.4</p>
<p>0.10 Fail to take off from both feet simultaneously 0.30 Performs a run-out glide ^0.10 Fail to lead with the feet in the forward glide swing (Long hang swing) ^0.20 insufficient extension at end of glide 0.10 Fail to close legs at the end of the straddle glide ^0.30 bending legs on backswing prior to contacting floor</p>	<p>0.10 Fail to maintain hand contact on bar between the glide swing and the pullover 0.10ea Step, hop, or extra jump before back hip pullover 0.30 Fail to lift both legs simultaneously (1-foot take-off) 0.30 Supplemental support (chin) ^0.10 Fail to finish in extended front support</p>	<p>^0.20 Incorrect body alignment ^0.10 Lack of control in returning to the bar</p>		<p>^0.10 Fail to maintain neutral head position ^0.20 Fail to maintain straight hollow body position throughout ^0.20 Fail to maintain hip or upper thigh contact on bar throughout ^0.10 lack of continuity of circle</p>	<p>^0.20 Fail to maintain straight hollow body position throughout 0.20 Hips contacting bar ^0.10 Fail to maintain neutral head position ^0.20 insufficient extension of body in flight ^0.20 insufficient amplitude of flight ^0.10 insufficient distance</p>
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Level 3 Bars





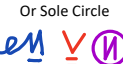






Glide Return 	Back-hip Pullover 	Glide Kip 	Cast 	Back Hip Circle Back Hip Circle 	Front Hip Circle Small cast return 	Cast Squat on Stretch Jump 
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0.2	0.4	0.6	0.4	0.4	0.4	0.6
<p>0.50 Fail to begin outside of bars facing low bar</p> <p>Glide & Glide Kip</p> <p>0.10 Fail to take off from both feet simultaneously</p> <p>0.30 Performs a run-out glide</p> <p>0.10 Fail to lead with the feet in the forward glide swing (Long hang swing)</p> <p>0.20 insufficient extension at end of glide</p> <p>0.10 Fail to close legs at the end of the straddle glide</p> <p>0.30 bending legs on backswing prior to contacting floor</p> <p>Pullover</p> <p>0.10 Fail to maintain hand contact on bar between the glide swing and the pullover</p> <p>0.10ea Step, hop, or extra jump before back hip pullover</p> <p>0.30 Fail to lift both legs simultaneously (1-foot take-off)</p> <p>0.30 Supplemental support (chin)</p> <p>0.10 Fail to finish in extended front support</p>			<p>0.20 Incorrect body alignment</p> <p>0.10 Lack of control in returning to the bar</p>	<p>0.10 Fail to maintain neutral head position</p> <p>0.20 Fail to maintain straight hollow body position throughout</p> <p>0.20 Fail to maintain hip or upper thigh contact on bar throughout</p> <p>0.10 lack of continuity of circle</p> <p>0.20 lack of continuity between circle</p>	<p>0.10 Fail to show a straight-hollow body position into front hip</p> <p>0.20 Fail to execute a small cast immediately after front hip</p> <p>0.10 Lack of control in returning to the bar</p> <p>0.50 Fail to return to front support (performs immediate squat on)</p>	<p>0.20 Alt foot placement</p> <p>0.05 Insufficient back swing of legs into cast (hip lift only)</p> <p>0.20 Fail to show a straight hollow body in flight</p> <p>0.50 Touches high bar</p>

Level 4 Bars










Kip Pike or Straddle 	Cast to Horizontal 	Cast Squat/Pike on Or Sole Circle 	Long Hang Kip 	Cast to Horizontal 	Back Hip Circle 	Underswing 1 st Counter Swing 	Tap Swing 2 nd Counter Swing 	Tap Swing ½ Turn Dismount 
0.6	0.4	0.2	0.60	0.4	0.4	0.6	0.6	0.6
<p>0.10 Fail to take off from both feet simultaneously</p> <p>0.30 Performs a run-out glide</p> <p>0.10 Fail to lead with the feet in the forward glide swing (Long hang swing)</p> <p>0.20 insufficient extension at end of glide</p> <p>0.10 Fail to close legs at the end of the straddle glide</p>	<p>0.30 Insufficient amplitude</p> <p>0.05-0.15: 1°-44°</p> <p>0.20: 45°</p> <p>0.25-0.30: 46°+</p> <p>0.20 Incorrect body alignment</p> <p>0.10 Lack of control in returning to the bar</p>	<p>0.20 Alt foot placement</p> <p>0.05 Insufficient back swing of legs into cast (hip lift only)</p>	<p>0.20 Fail to swing to near horizontal</p>	<p>0.30 Insufficient amplitude</p> <p>0.05-0.15: 1°-44°</p> <p>0.20: 45°</p> <p>0.25-0.30: 46°+</p> <p>0.20 Incorrect body alignment</p>	<p>0.10 Fail to maintain neutral head position</p> <p>0.20 Fail to maintain straight hollow body position throughout</p> <p>0.20 Fail to maintain hip or upper thigh contact on bar throughout</p> <p>0.10 lack of continuity of circle</p>	<p>0.10 Fail to maintain neutral head position</p> <p>0.20 Fail to maintain straight hollow position throughout</p> <p>0.20 Hips contacting bar</p> <p>0.20 Hips not min of 30° below high bar</p> <p>0.20 Excessive piking</p> <p>0.30 Arched open hips, feet over low bar</p>	<p>0.10 Fail to show slight arch position</p> <p>0.20 Fail to attain straight hollow on upswing</p> <p>0.20 Feet not at high bar height</p> <p>0.20 Hips not min of 30° below high bar</p> <p>0.20 Excessive piking</p> <p>0.30 Arched open hips, feet over low bar</p>	<p>0.10 Fail to show slight arch position</p> <p>0.20 Fail to attain straight hollow on upswing</p> <p>0.20 Begin turn prior to 45° below HB</p> <p>0.20 Fail to complete ½ turn prior to re-contact</p> <p>0.30 Fail to re-contact the bar</p>
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Level 5 Bars










Kip Pike or Straddle 	Cast above Horizontal 	Clear – Stalder – Sole Clear Circle 	Kip Pike or Straddle 	Cast Squat/Pike on Or Sole Circle 	Long Hang Kip 	Cast above Horizontal 	Long Hang Pullover 	Underswing 1 st Counter Swing 	Tap Swing 2 nd Counter Swing 	Tap Swing Fly-Away TK-PK-LAY 
0.6	0.4	0.6	0.6	0.2	0.60	0.4	0.6	0.6	0.6	0.6
<p>0.10 Fail to take off from both feet simultaneously 0.30 Performs a run-out glide ^0.10 Fail to lead with the feet in the forward glide swing (Long hang swing) ^0.20 insufficient extension at end of glide 0.10 Fail to close legs at the end of the straddle glide</p>	<p>^0.20 Incorrect body alignment Amplitude: See chart</p>	<p>^0.20 Excessive arch/pike on down swing ^0.30 Insuf height (use chart) 0.60 Hips touching bar (no deduction for thighs brushing) ^0.10 Lack of control into glide <hr/> 0.60 support of weight and feet as a swing finishes ^0.30 legs bending during circle Insuf. Amp Upswing No ded: Vert – 45° 0.05 – 0.15: 46° – 89° from 0.20: vert 0.25 – 0.30: At horizontal Below Horizontal</p>	<p>^0.10 Fail to lead with the feet in the forward glide swing (Long hang swing) ^0.20 insufficient extension at end of glide 0.10 Fail to close legs at the end of the straddle glide</p>	<p>0.20 Alt foot placement 0.05 Insufficient back swing of legs into cast (hip lift only) Insuf. Amp Cast Above horizontal No Ded At horizontal 0.05 1°-44° below HZ 0.10-0.15 45° below HZ 0.20 46° or more below HZ 0.25-0.30</p>	<p>^0.20 Fail to swing to near horizontal</p>	<p>^0.20 Incorrect body alignment Amplitude: See chart</p>	<p>Long Hang Pullover 0.10 Fail to show slight arched body on DWN swing ^0.20 Excessive pike 0.30 Fail to maintain over grip 1.00 Back giant circle Underswing 0.20 Fail to contact bar with mid/lower thigh ^0.10 Fail to maintain neutral head position ^0.20 Fail to maintain straight hollow position throughout 0.20 Hips contact bar Counterswing ^0.20 Hips not min of 15° below high bar ^0.20 Excessive piking 0.30 Arched open hips, feet over low bar</p>		<p>Counterswing ^0.20 Hips not min of 15° below high bar ^0.20 Excessive piking 0.30 Arched open hips, feet over low bar Tap-Swing ^0.20 Fail to attain straight hollow body position on upswing 0.10 Fail to show slight arched body on DWN swing ^0.20 Feet not at high bar height Flyaway Dismount 0.30 Insuf height 0.10 Landing too close to HB ^0.20 Insuf body position ^0.20 Insuf extension before landing</p>	
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Level 1 Beam		Warning: 25 seconds			Time: 35 Seconds		
MOUNT: Jump to Front Support (to single leg V sit, Tuck stand, pike stand)	Needle Leg Kick to Stand ≥ horizontal	Relevé Balance Lock Stand 2 seconds	Forward Passé Mark position	Stretch Jump	Arabesque 30° Mark position	Right & Left Fwd Leg Swings To relevé lock stand	Cartwheel to ¼ HS Dismount (from kneel to lunge pose)
0.2	0.4	0.2	0.2	0.4	0.4	Each 0.2	0.6
^0.10 Fail to extend body in front support ^0.10 Lack of continuity on ¼ turn to straddle sit	^0.10 Fail to kick a minimum of horizontal ^0.10 Lack of continuity from sit to stand	^0.20 Fail to hold for 2 seconds	0.10 leg not in forward passe	0.10 fail to land on both feet at the same time ^0.10 fail to land w/ feet closed	^0.20 Fail to lift free leg min 30° 0.05 fail to mark the position	General faults and penalties	0.10 Incorrect hand placement (simultaneous) 0.10 fail to maintain hand contact on beam upon landing
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
Level 2 Beam		Warning: 30 Seconds			Time: 40 Seconds		
MOUNT: Jump to Front Support (to single leg V sit, Tuck stand, pike stand)	Single Leg Kick-up to stand (no amplitude, both feet leave the beam)	Forward Passé Mark position	Stretch Jump	Arabesque 30° Mark position	Leg Swing Fwd to horizontal Leg Swing Bwd to 45°	¼ Pivot Turn (180°) From relevé lock	Cartwheel to side HS Dismount
0.2	0.4	0.2	0.4	0.4	Each 0.2	0.2	0.6
^0.10 Fail to extend body in front support ^0.10 Lack of continuity on ¼ turn to straddle sit	0.20 fail to have either foot leave the beam ^0.10 Lack of continuity from sit to stand	0.10 leg not in forward passe	0.10 fail to land on both feet at the same time ^0.10 fail to land w/ feet closed	^0.20 Fail to lift free leg min 30° above beam ^0.10 fail to hold 1 second	^0.10 fail to swing back leg min. 45° above the beam ^0.10 Lack of continuity during sequence	^0.10 Lack of sharpness	0.10 Incorrect hand placement (simultaneous) ^0.30 fail to attain vertical 0.10 fail to maintain contact on beam upon landing
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Level 3 Beam		Warning: 45 Seconds			Time: 55 Seconds				
MOUNT: Front support to Fish Pose (Stag sit to stand)	Cross Handstand Mark Position	Heel Snap ¼ Turn Forward Passé	Stretch Jump Stretch Jump		Arabesque 45° Hold 1 second	Straight Leg Leap 90°	2 Pivot Turns		Cartwheel to side HS Dismount
									
0.2	0.6	0.4	0.4	0.4	0.4	0.6	0.2	0.2	0.6
<p>^0.10 Fail to extend body in front support</p> <p>^0.10 Lack of continuity on ¼ turn to straddle sit</p> <p>0.30 Performing a knee scale</p>	<p>^0.30 fail to attain vertical</p> <p>0.10 Fail to close legs</p> <p>0.10 incorrect hand placement (staggered)</p>	<p>0.05 Fail to lower heel at completion of turn</p> <p>0.30 Fail to use heel snap tech</p> <p>0.10 Leg not in forward Passé</p>	<p>0.10ea Fail to land on both feet at the same time</p> <p>^0.10 fail to land w/ feet closed</p> <p>0.05 Connection broken</p>	<p>^0.20 Fail to lift free leg min 45° above beam</p> <p>^0.10 fail to hold 1 second</p>	<p>^0.10 bend lead leg on take-off</p> <p>0.05 fail to pause in low arabesque position on landing</p> <p>^0.20 Uneven leg separation</p>	<p>^0.10 Lack of sharpness</p>	<p>0.10 Incorrect hand placement (simultaneous)</p> <p>^0.30 fail to attain vertical</p> <p>0.20 Fail to perform ¼ turn</p> <p>^0.10 ¼ turn incomplete or overturned</p> <p>^0.10 fail to maintain contact until body passes by the HZ plane of the beam</p>		
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Level 4 Beam		Warning: 55 Seconds			Time: 1:05 Minutes			
MOUNT: Front support to Fish Pose (Stag sit to stand) 	Cartwheel 	¼ Turn Fwd Passé 	Stretch Jump. 	Split Jump 120° 	Cross Handstand 1 Second Hold 	Scale Horizontal 1 Second Hold 	Straight Leg Leap 120° 	Cartwheel to side HS Dismount 
0.2	0.6	0.4	0.2	0.6	0.6	0.4	0.6	0.6
<p>^0.10 Fail to extend body in front support</p> <p>^0.10 Lack of continuity on ¼ turn to straddle sit</p> <p>0.30 Performing a knee scale</p>	<p>0.10 Incorrect hand placement (simultaneous)</p> <p>^0.30 fail to attain vertical</p>	<p>0.30 Use of heel snap tech</p> <p>0.10 Leg not in forward Passé</p>	<p>0.10ea Fail to land on both feet at the same time</p> <p>^0.10 fail to land w/ feet closed</p> <p>^0.20 Uneven leg separation</p> <p>0.05 Connection broken</p>		<p>^0.30 fail to attain vertical</p> <p>0.10 Fail to close legs</p> <p>0.10 incorrect hand placement (staggered)</p> <p>^0.10 fail to hold 1 second</p>	<p>^0.10 fail to hold 1 second</p> <p>^0.20 Fail to lift free leg min of horizontal</p>	<p>^0.10 bend lead leg on take-off</p> <p>0.05 fail to pause in low arabesque position on landing</p> <p>^0.20 Uneven leg separation</p>	<p>0.10 Incorrect hand placement (simultaneous)</p> <p>^0.30 fail to attain vertical</p> <p>0.20 Fail to perform ¼ turn</p> <p>^0.10 ¼ turn incomplete or overturned</p> <p>^0.10 fail to maintain contact until body passes by the HZ plane of the beam</p> <p>^0.10 Fail to hold 1 sec</p>
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Level 5 Beam		Warning: 1:00 Minute			Time: 1:10 Minutes			
MOUNT: Front support to Fish Pose (Stag sit to stand) 	Bwd / Fwd Walkover 150° Bwd Roll ¾ HS Back Handspring to 1 or 2 feet 	1/1 Turn Fwd Passé 	Split Jump 150° 	Sissone Bk Leg Horiz FT leg 45° 	Scale > Horiz 1 Second Hold 	Straight Leg Leap 150° To Stretch Jump 	Cartwheel to Stretch Jump 	Back Salto Tuck Dismount 
0.2	0.6	0.4	0.4	0.2	0.4	0.6	0.2	0.6
<p>Λ0.10 Fail to extend body in front support</p> <p>Λ0.10 Lack of continuity on ¼ turn to straddle sit</p> <p>0.30 Performing a knee scale</p>	<p>Λ0.10 Fail to show continuous leg lift into BWO</p> <p>0.10 Staggered hand placement in Walkovers</p> <p>Λ0.2 insufficient Split (150°)</p> <p>Λ0.2 Fail to attain min ¾ HS in Bk Roll to HS</p> <p>0.6 Head stays on beam</p> <p>Gen Faults & Penalties for handsprings</p>	<p>0.30 Use of heel snap tech</p> <p>0.10 Leg not in forward Passé</p>	<p>0.10ea Fail to land on both feet at the same time</p> <p>Λ0.10 fail to land w/ feet closed</p> <p>Λ0.20 Uneven leg separation</p> <p>0.05 fail to pause in low arabesque</p> <p>Λ0.10 Bk Leg < Horiz</p> <p>Λ0.10 Ft leg < 45°</p> <p>0.05 Connection broken</p>	<p>Λ0.10 fail to hold 1 second</p> <p>Λ0.20 Fail to lift free leg above horizontal</p>	<p>Λ0.10 bend lead leg on take-off</p> <p>Λ0.20 Uneven leg separation</p> <p>0.05 Connection broken</p> <p>0.10 fail to land on both feet at the same time</p> <p>Λ0.10 fail to land w/ feet closed</p>	<p>0.20 Closing 2nd foot in front of 1st foot landing CW</p> <p>0.10 Incorrect hand placement (simultaneous)</p> <p>Λ0.30 fail to attain vertical</p> <p>0.05 Connection broken</p> <p>0.10 fail to land on both feet at the same time</p> <p>Λ0.10 fail to land w/ feet closed</p>	<p>Λ0.3 Insuf height & extension of jump w/ hip lift</p> <p>Λ0.20 Insuf posture w/ control on landing</p> <p>Λ0.20 Insuf tuck shape of salto</p>	
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Level 1 Floor













Cartwheel ¼ turn inward Close to stand Arms cover ears 	Back Roll Tuck 	Candlestick 	Forward Passé Balance 	Forward Chassé 	Stretch Jump 	Forward Roll Tuck 	¾ Handstand 
0.6	0.6	0.2	0.4	0.2	0.4	0.4	0.4
^0.10 Fail to keep head in alignment 0.10 Incorrect hand placement (simultaneous) ^0.30 fail to attain vertical	^0.20 Fail to maintain tuck position as buttocks touch floor 0.30 Hands on floor during squat phase	^0.20 Fail to maintain tuck position as buttocks touch floor 0.30 Push off floor w/ hand to tuck stand	0.10 Leg not in forward Passé'	^0.10 Fail to close legs in the air 0.05 ea Fail to pass through plie in & out of Chassé	0.10 Fail to keep legs joined in air throughout element 0.10 Fail to land on both feet simultaneously ^0.10 Fail to land w/ feet closed	^0.20 Fail to maintain tuck position during Forward Roll 0.30 Push off floor w/ hand to tuck stand	General Faults & Penalties













Level 2 Floor

Cartwheel ¼ turn inward Close to stand Arms cover ears 	Back Roll to push-up position 	Heel Snap ¼ Turn Fwd Passe 	Forward Chassé 	Straight Leg Leap 60° 	Split Jump 60° 	Handstand 1 Second Hold 	Candlestick 	Bridge-up Kickover 
0.6	0.6	0.4	0.2	0.6	0.4	0.4	0.2	0.6
^0.10 Fail to keep head in alignment 0.10 Incorrect hand placement (simultaneous) ^0.30 fail to pass through vertical	0.10 Hands further than shoulder width apart 0.20 Fail to show push up 0.30 Hands on floor during squat phase before roll backward 0.10 Interlock fingers 0.60 Performs backward roll to HS	0.05 Fail to lower heel at end of turn 0.30 Fail to use heel snap technique 0.10 Leg not in Fwd Passe	^0.10 Fail to close legs in the air 0.05 ea Fail to pass through plie in & out of Chasse	^0.10 bend lead leg on take-off ^0.20 Uneven leg separation	0.10ea Fail to land on both feet at the same time ^0.10 fail to land w/ feet closed ^0.20 Uneven leg separation	^0.30 fail to attain vertical 0.10 Fail to close legs at vertical ^0.10 fail to hold 1 second	^0.20 Fail to maintain tuck position as buttocks touch floor	0.30 ea Extra kicks to establish inverted vertical position on kick over ^0.20 Shoulders not over hands in bridge position
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Level 3 Floor

Handstand Fwd Roll Straight arms – 1 Sec hold 	Straight Leg Leap 90° 	Stretch Jump – Split Jump 90°  		HS to Bridge, Kick-over 120° 	Forward Split 	½ Turn in Fwd Passé 	Bkw Roll to 45° Lower to push-up position 	Round-off Flic-Flac Rebound  	
0.6	0.6	0.2	0.4	0.6	0.2	0.4	0.40	0.4	0.6
<p> ^Λ0.30 Fail to attain vertical ⁰10 Fail to close legs at vertical ^Λ0.10 Fail to hold HS 1 Sec ⁰30 Push off floor w/ hand to tuck stand </p>	<p> ^Λ0.10 bend lead leg on take-off ^Λ0.20 Uneven leg separation </p>	<p> ⁰10 Fail to keep legs joined in air (st jp) ⁰10ea Fail to land on both feet at the same time ^Λ0.10 fail to land w/ feet closed ^Λ0.20 Uneven leg separation (sp jp) ⁰05 Connection broken </p>		<p> ⁰10 Fail to close legs at vertical ⁰20 Fail to push shoulders behind hands in bridge phase ⁰10ea Fail to land on both feet at the same time ⁰30ea Extra kicks to establish inverted vertical position on kick over ⁰30 Performs tic-toc </p>	<p> ^Λ0.20 Fail to achieve 180° split position </p>	<p> ⁰10 Legs not in fwd Passé ⁰30 Use of heel-snap technique </p>	<p> ⁰30 Hands on floor during squat phase before roll backward ⁰10 Interlock fingers ⁰10 Hands further than shoulder-width apart ^Λ0.20 Fail to attain 45o above HZ ⁰20 Fail to show push-up position ⁰40 Performs Bk roll to HS </p>		<p> ⁰10 Fail to land on both feet simultaneously ^Λ0.30 Fail to pass through vertical ^Λ0.30 Squat into flic-flac ⁰10 Fail to rebound immediately ⁰05 Fail to pause in controlled stick ⁰30 Stop between elements ^Λ0.20 Lack of acceleration (not taken if 0.30 taken for stop between elements) </p>
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Level 4 Floor											
Back Walkover 150°	Front Handspring Step-out.	Cartwheel.	Back Roll HS Straight arms	Stretch Jump ½ turn	Straight Leg Leap 120°	Straddle Jump 120°	Forward Split	1/1 Turn in Fwd Passé	Roundoff	Flic-Flac	Flic-Flac
											
0.4	0.6	0.4	0.6	0.4	0.2	0.4	0.2	0.4	0.4	0.6	0.6
<p>^0.10 Fail to show continuous leg lift</p> <p>0.10 Incorrect hand placement alt/stag</p> <p>^0.20 Insuf split 150°</p>	<p>Front Handspring</p> <p>^0.10 Alt/Staggered hand placement</p> <p>0.10 Joining legs prior to step-out</p> <p>^0.20 Flight prior to hand contact (dive)</p> <p>0.20 Fail to step-out</p> <p>No ded: Performs fast ft walkover</p> <p>Cartwheel!</p> <p>^0.10 Fail to keep head in alignment</p> <p>0.10 Incorrect hand placement (simultaneous)</p> <p>^0.30 fail to pass through vertical</p> <p>Back Roll to Handstand</p> <p>^0.30 Fail to pass through vertical</p> <p>0.30 Hands on floor during squat phase before roll backward</p> <p>0.10 Interlock fingers</p> <p>0.10 Hands further than shoulder-width apart</p> <p>0.40 Performs Backward roll step-out</p>			<p>^0.10 fail to keep legs together in air</p> <p>0.10 Fail to land on both feet at the same time</p> <p>^0.10 fail to land w/ feet closed</p>	<p>^0.10 bend lead leg on take-off</p> <p>^0.20 Uneven leg separation</p>	<p>^0.20 Uneven leg separation</p> <p>0.10 Fail to land on both feet at the same time</p> <p>^0.10 fail to land w/ feet closed</p>	<p>^0.20 Fail to achieve 180° split position</p>	<p>0.10 Legs not in fwd Passé</p> <p>0.30 Use of heel-snap technique</p>	<p>0.10 Fail to land on both feet simultaneously</p> <p>^0.30 Fail to pass through vertical</p> <p>^0.30ea Squat into flic-flac</p> <p>0.10 Fail to rebound immediately</p> <p>0.05 Fail to pause in controlled stick</p> <p>0.30 Stop between elements</p> <p>^0.20 Lack of acceleration (not taken if 0.30 taken for stop between elements)</p>		
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Level 5 Floor												
Front Tuck, Aerial Cartwheel, or Aerial Front Walkover	FHS step-out FHS step-out	Cartwheel	Back Roll to handstand	Stretch Jump Full Turn	Straight Leg Leap or Switch Leap 150°	Straddle Jump 150°	Forward Split	1/1 Turn in Fwd Passé	Round-off	Flic-Flac	Back Tuck	
												
0.6	0.6	0.6	0.4	0.4	0.2	0.4	0.4	0.2	0.4	0.4	0.4	0.6
Front Tuck ^0.60 Fail to tuck (pk or lo) ^0.20ea Insufficient bend of hips and legs (135°-90°) Aerial Cartwheel! ^0.30 Fail to pass through vertical Aerial Walkover General faults & penalties	2 Front Handspring ^0.10 Alt/Staggered hand placement 0.10 Joining legs prior to step-out ^0.20 Flight prior to hand contact (dive) 0.20 Fail to step-out No ded: Performs fast ft walkover Cartwheel! ^0.10 Fail to keep head in alignment 0.10 Incorrect hand placement (simultaneous) ^0.30 fail to pass through vertical Back Roll to Handstand ^0.30 Fail to pass through vertical 0.30 Hands on floor during squat phase before roll backward 0.10 Interlock fingers 0.10 Hands further than shoulder-width apart 0.40 Performs Backward roll step-out ^0.20 Lack of acceleration			^0.10 fail to keep legs together in air 0.10 Fail to land on both feet at the same time ^0.10 fail to land w/ feet closed	^0.10 bend lead leg on take-off ^0.20 Uneven leg separation Switch Leap ^0.10 Fail to swing front leg min 45° fwd before swing back	^0.20 Uneven leg separation 0.10 Fail to land on both feet at the same time ^0.10 fail to land w/ feet closed	^0.20 Fail to achieve 180° split position	0.10 Legs not in fwd Passé 0.30 Use of heel-snap technique	^0.30 Fail to pass through vertical 0.10 Fail to land on both feet simultaneously ^0.30ea Squat into flic-flac ^0.60 Fail to perform salto in designated body position ^0.2 Fail to open/extend prior to landing 0.05 Fail to pause in controlled stick 0.30 Stop between elements ^0.20 Lack of acceleration (not taken if 0.30 taken for stop between elements)			
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