

**Level 1 Bars**

Back Hip Pullover 	Cast 	Back Hip Circle 	Cast Straddle on Sole Circle Dismount  or 		Underswing Dismount 
0.6	0.4	0.40	0.6		
<p><b>0.10</b> Step, hop, or extra jump before back hip pullover  <b>0.30</b> Fail to lift both legs simultaneously (1-foot take-off)  <b>0.30</b> Supplemental support (chin)  <b>0.10</b> Fail to finish in extended front support</p>	<p><b>0.20</b> Incorrect body alignment  <b>0.10</b> Lack of control in returning to the bar</p>	<p><b>0.10</b> Fail to maintain neutral head position  <b>0.20</b> Fail to maintain straight hollow body position throughout  <b>0.20</b> Fail to maintain hip or upper thigh contact on bar throughout  <b>0.10</b> lack of continuity of circle</p>	<p><b>0.20</b> Placing feet inside of hands  <b>0.20</b> Alternate foot placement  <b>0.20</b> Lack of control in straddle on  <b>0.10</b> fail to maintain neutral head position  <b>0.20</b> insufficient extension of body in flight  <b>0.20</b> insufficient amplitude of flight  <b>0.10</b> insufficient distance</p>	<p><b>0.20</b> Fail to maintain straight hollow body position throughout  <b>0.20</b> Hips contacting bar  <b>0.10</b> Fail to maintain neutral head position  <b>0.20</b> insufficient extension of body in flight  <b>0.20</b> insufficient amplitude of flight  <b>0.10</b> insufficient distance</p>	
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Level 2 Bars

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

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Level 4 Bars

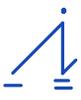
Kip Pike or Straddle 	Cast to Horizontal 	Cast Squat/Pike on Or Sole Circle 	Long Hang Kip 	Cast to Horizontal 	Back Hip Circle 	Underswing 1 <sup>st</sup> Counter Swing 	Tap Swing 2 <sup>nd</sup> Counter Swing 	Tap Swing ½ Turn Dismount 
0.6	0.4	0.2	0.60	0.4	0.4	0.6	0.6	0.6
<p><b>0.10</b> Fail to take off from both feet simultaneously</p> <p><b>0.30</b> Performs a run-out glide</p> <p><b>0.10</b> Fail to lead with the feet in the forward glide swing (Long hang swing)</p> <p><b>0.20</b> insufficient extension at end of glide</p> <p><b>0.10</b> Fail to close legs at the end of the straddle glide</p>	<p><b>0.30</b> Insufficient amplitude</p> <p><b>0.05-0.15:</b> 1°-44°</p> <p><b>0.20:</b> 45°</p> <p><b>0.25-0.30:</b> 46°+</p> <p><b>0.20</b> Incorrect body alignment</p> <p><b>0.10</b> Lack of control in returning to the bar</p>	<p><b>0.20</b> Alt foot placement</p> <p><b>0.05</b> Insufficient back swing of legs into cast (hip lift only)</p>	<p><b>0.20</b> Fail to swing to near horizontal</p>	<p><b>0.30</b> Insufficient amplitude</p> <p><b>0.05-0.15:</b> 1°-44°</p> <p><b>0.20:</b> 45°</p> <p><b>0.25-0.30:</b> 46°+</p> <p><b>0.20</b> Incorrect body alignment</p>	<p><b>0.10</b> Fail to maintain neutral head position</p> <p><b>0.20</b> Fail to maintain straight hollow body position throughout</p> <p><b>0.20</b> Fail to maintain hip or upper thigh contact on bar throughout</p> <p><b>0.10</b> lack of continuity of circle</p>	<p><b>0.10</b> Fail to maintain neutral head position</p> <p><b>0.20</b> Fail to maintain straight hollow position throughout</p> <p><b>0.20</b> Hips contacting bar</p> <p><b>0.20</b> Hips not min of 30° below high bar</p> <p><b>0.20</b> Excessive piking</p> <p><b>0.30</b> Arched open hips, feet over low bar</p>	<p><b>0.10</b> Fail to show slight arch position</p> <p><b>0.20</b> Fail to attain straight hollow on upswing</p> <p><b>0.20</b> Feet not at high bar height</p> <p><b>0.20</b> Hips not min of 30° below high bar</p> <p><b>0.20</b> Excessive piking</p> <p><b>0.30</b> Arched open hips, feet over low bar</p>	<p><b>0.10</b> Fail to show slight arch position</p> <p><b>0.20</b> Fail to attain straight hollow on upswing</p> <p><b>0.20</b> Begin turn prior to 45° below HB</p> <p><b>0.20</b> Fail to complete ½ turn prior to re-contact</p> <p><b>0.30</b> 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 <sup>st</sup> Counter Swing 	Tap Swing 2 <sup>nd</sup> 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><b>0.10</b> Fail to take off from both feet simultaneously</p> <p><b>0.30</b> Performs a run-out glide</p> <p><b>0.10</b> Fail to lead with the feet in the forward glide swing (Long hang swing)</p> <p><b>0.20</b> insufficient extension at end of glide</p> <p><b>0.10</b> Fail to close legs at the end of the straddle glide</p>	<p><b>0.20</b> Incorrect body alignment</p> <p><b>Amplitude: See chart</b></p>	<p><b>0.20</b> Excessive arch/pike on down swing</p> <p><b>0.30</b> Insuf height (use chart)</p> <p><b>0.60</b> Hips touching bar (no deduction for thighs brushing)</p> <p><b>0.10</b> Lack of control into glide</p> <hr/> <p><b>0.60</b> support of weight and feet as a swing finishes</p> <p><b>0.30</b> legs bending during circle</p> <p><b>Insuf. Amp Upswing</b></p> <p><b>No ded:</b> Vert – 45°</p> <p><b>0.05 – 0.15:</b> 46° – 89° from</p> <p><b>0.20:</b> vert</p> <p><b>0.25 – 0.30:</b> At horizontal</p> <p>Below Horizontal</p>	<p><b>0.10</b> Fail to lead with the feet in the forward glide swing (Long hang swing)</p> <p><b>0.20</b> insufficient extension at end of glide</p> <p><b>0.10</b> Fail to close legs at the end of the straddle glide</p>	<p><b>0.20</b> Alt foot placement</p> <p><b>0.05</b> Insufficient back swing of legs into cast (hip lift only)</p> <p><b>Insuf. Amp Cast</b></p> <p>Above horizontal      <b>No Ded</b></p> <p>At horizontal          <b>0.05</b></p> <p>1°-44° below HZ        <b>0.10-0.15</b></p> <p>45° below HZ            <b>0.20</b></p> <p>46° or more below HZ   <b>0.25-0.30</b></p>	<p><b>0.20</b> Fail to swing to near horizontal</p>	<p><b>0.20</b> Incorrect body alignment</p> <p><b>Amplitude: See chart</b></p>	<p><b>Long Hang Pullover</b></p> <p><b>0.10</b> Fail to show slight arched body on DWN swing</p> <p><b>0.20</b> Excessive pike</p> <p><b>0.30</b> Fail to maintain over grip</p> <p><b>1.00</b> Back giant circle</p> <p><b>Underswing</b></p> <p><b>0.20</b> Fail to contact bar with mid/lower thigh</p> <p><b>0.10</b> Fail to maintain neutral head position</p> <p><b>0.20</b> Fail to maintain straight hollow position throughout</p> <p><b>0.20</b> Hips contact bar</p> <p><b>Counterswing</b></p> <p><b>0.20</b> Hips not min of 15° below high bar</p> <p><b>0.20</b> Excessive piking</p> <p><b>0.30</b> Arched open hips, feet over low bar</p>		<p><b>Counterswing</b></p> <p><b>0.20</b> Hips not min of 15° below high bar</p> <p><b>0.20</b> Excessive piking</p> <p><b>0.30</b> Arched open hips, feet over low bar</p> <p><b>Tap-Swing</b></p> <p><b>0.20</b> Fail to attain straight hollow body position on upswing</p> <p><b>0.10</b> Fail to show slight arched body on DWN swing</p> <p><b>0.20</b> Feet not at high bar height</p> <p><b>Flyaway Dismount</b></p> <p><b>0.30</b> Insuf height</p> <p><b>0.10</b> Landing too close to HB</p> <p><b>0.20</b> Insuf body position</p> <p><b>0.20</b> 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
<b>^0.10</b> Fail to extend body in front support <b>^0.10</b> Lack of continuity on ¼ turn to straddle sit	<b>^0.10</b> Fail to kick a minimum of horizontal <b>^0.10</b> Lack of continuity from sit to stand	<b>^0.20</b> Fail to hold for 2 seconds	<b>0.10</b> leg not in forward passe	<b>0.10</b> fail to land on both feet at the same time <b>^0.10</b> fail to land w/ feet closed	<b>^0.20</b> Fail to lift free leg min 30° <b>0.05</b> fail to mark the position	General faults and penalties	<b>0.10</b> Incorrect hand placement (simultaneous) <b>0.10</b> 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><b>^0.10</b> Fail to extend body in front support</p> <p><b>^0.10</b> Lack of continuity on ¼ turn to straddle sit</p> <p><b>0.30</b> Performing a knee scale</p>	<p><b>^0.30</b> fail to attain vertical</p> <p><b>0.10</b> Fail to close legs</p> <p><b>0.10</b> incorrect hand placement (staggered)</p>	<p><b>0.05</b> Fail to lower heel at completion of turn</p> <p><b>0.30</b> Fail to use heel snap tech</p> <p><b>0.10</b> Leg not in forward Passé</p>	<p><b>0.10ea</b> Fail to land on both feet at the same time</p> <p><b>^0.10</b> fail to land w/ feet closed</p> <p><b>0.05</b> Connection broken</p>	<p><b>^0.20</b> Fail to lift free leg min 45° above beam</p> <p><b>^0.10</b> fail to hold 1 second</p>	<p><b>^0.10</b> bend lead leg on take-off</p> <p><b>0.05</b> fail to pause in low arabesque position on landing</p> <p><b>^0.20</b> Uneven leg separation</p>	<p><b>^0.10</b> Lack of sharpness</p>	<p><b>0.10</b> Incorrect hand placement (simultaneous)</p> <p><b>^0.30</b> fail to attain vertical</p> <p><b>0.20</b> Fail to perform ¼ turn</p> <p><b>^0.10</b> ¼ turn incomplete or overturned</p> <p><b>^0.10</b> 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><b>^0.10</b> Fail to extend body in front support</p> <p><b>^0.10</b> Lack of continuity on ¼ turn to straddle sit</p> <p><b>0.30</b> Performing a knee scale</p>	<p><b>0.10</b> Incorrect hand placement (simultaneous)</p> <p><b>^0.30</b> fail to attain vertical</p>	<p><b>0.30</b> Use of heel snap tech</p> <p><b>0.10</b> Leg not in forward Passé</p>	<p><b>0.10ea</b> Fail to land on both feet at the same time</p> <p><b>^0.10</b> fail to land w/ feet closed</p> <p><b>^0.20</b> Uneven leg separation</p> <p><b>0.05</b> Connection broken</p>		<p><b>^0.30</b> fail to attain vertical</p> <p><b>0.10</b> Fail to close legs</p> <p><b>0.10</b> incorrect hand placement (staggered)</p> <p><b>^0.10</b> fail to hold 1 second</p>	<p><b>^0.10</b> fail to hold 1 second</p> <p><b>^0.20</b> Fail to lift free leg min of horizontal</p>	<p><b>^0.10</b> bend lead leg on take-off</p> <p><b>0.05</b> fail to pause in low arabesque position on landing</p> <p><b>^0.20</b> Uneven leg separation</p>	<p><b>0.10</b> Incorrect hand placement (simultaneous)</p> <p><b>^0.30</b> fail to attain vertical</p> <p><b>0.20</b> Fail to perform ¼ turn</p> <p><b>^0.10</b> ¼ turn incomplete or overturned</p> <p><b>^0.10</b> fail to maintain contact until body passes by the HZ plane of the beam</p> <p><b>^0.10</b> 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	0.2	0.6
<p><b>Λ0.10</b> Fail to extend body in front support</p> <p><b>Λ0.10</b> Lack of continuity on ¼ turn to straddle sit</p> <p><b>0.30</b> Performing a knee scale</p>	<p><b>Λ0.10</b> Fail to show continuous leg lift into BWO</p> <p><b>0.10</b> Staggered hand placement in Walkovers</p> <p><b>Λ0.2</b> insufficient Split (150°)</p> <p><b>Λ0.2</b> Fail to attain min ¾ HS in Bk Roll to HS</p> <p><b>0.6</b> Head stays on beam</p> <p>Gen Faults &amp; Penalties for handsprings</p>	<p><b>0.30</b> Use of heel snap tech</p> <p><b>0.10</b> Leg not in forward Passé</p>	<p><b>0.10ea</b> Fail to land on both feet at the same time</p> <p><b>Λ0.10</b> fail to land w/ feet closed</p> <p><b>Λ0.20</b> Uneven leg separation</p> <p><b>0.05</b> fail to pause in low arabesque</p> <p><b>Λ0.10</b> Bk Leg &lt; Horiz</p> <p><b>Λ0.10</b> Ft leg &lt; 45°</p> <p><b>0.05</b> Connection broken</p>		<p><b>Λ0.10</b> fail to hold 1 second</p> <p><b>Λ0.20</b> Fail to lift free leg above horizontal</p>	<p><b>Λ0.10</b> bend lead leg on take-off</p> <p><b>Λ0.20</b> Uneven leg separation</p> <p><b>0.05</b> Connection broken</p> <p><b>0.10</b> fail to land on both feet at the same time</p> <p><b>Λ0.10</b> fail to land w/ feet closed</p>	<p><b>0.20</b> Closing 2<sup>nd</sup> foot in front of 1<sup>st</sup> foot landing CW</p> <p><b>0.10</b> Incorrect hand placement (simultaneous)</p> <p><b>Λ0.30</b> fail to attain vertical</p> <p><b>0.05</b> Connection broken</p> <p><b>0.10</b> fail to land on both feet at the same time</p> <p><b>Λ0.10</b> fail to land w/ feet closed</p>	<p><b>Λ0.3</b> Insuf height &amp; extension of jump w/ hip lift</p> <p><b>Λ0.20</b> Insuf posture w/ control on landing</p> <p><b>Λ0.20</b> 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

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**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
^ <b>0.10</b> Fail to keep head in alignment <b>0.10</b> Incorrect hand placement (simultaneous) ^ <b>0.30</b> fail to pass through vertical	<b>0.10</b> Hands further than shoulder width apart <b>0.20</b> Fail to show push up <b>0.30</b> Hands on floor during squat phase before roll backward <b>0.10</b> Interlock fingers <b>0.60</b> Performs backward roll to HS	<b>0.05</b> Fail to lower heel at end of turn <b>0.30</b> Fail to use heel snap technique <b>0.10</b> Leg not in Fwd Passe	^ <b>0.10</b> Fail to close legs in the air <b>0.05 ea</b> Fail to pass through plie in & out of Chasse	^ <b>0.10</b> bend lead leg on take-off ^ <b>0.20</b> Uneven leg separation	<b>0.10ea</b> Fail to land on both feet at the same time ^ <b>0.10</b> fail to land w/ feet closed ^ <b>0.20</b> Uneven leg separation	^ <b>0.30</b> fail to attain vertical <b>0.10</b> Fail to close legs at vertical ^ <b>0.10</b> fail to hold 1 second	^ <b>0.20</b> Fail to maintain tuck position as buttocks touch floor	<b>0.30 ea</b> Extra kicks to establish inverted vertical position on kick over ^ <b>0.20</b> 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> <sup>^</sup><b>0.30</b> Fail to attain vertical  <sup>0</sup><b>.10</b> Fail to close legs at vertical  <sup>^</sup><b>0.10</b> Fail to hold HS 1 Sec  <sup>0</sup><b>.30</b> Push off floor w/ hand to tuck stand                 </p>	<p> <sup>^</sup><b>0.10</b> bend lead leg on take-off  <sup>^</sup><b>0.20</b> Uneven leg separation                 </p>	<p> <sup>0</sup><b>.10</b> Fail to keep legs joined in air (st jp)  <sup>0</sup><b>.10ea</b> Fail to land on both feet at the same time  <sup>^</sup><b>0.10</b> fail to land w/ feet closed  <sup>^</sup><b>0.20</b> Uneven leg separation (sp jp)  <sup>0</sup><b>.05</b> Connection broken                 </p>		<p> <sup>0</sup><b>.10</b> Fail to close legs at vertical  <sup>0</sup><b>.20</b> Fail to push shoulders behind hands in bridge phase  <sup>0</sup><b>.10ea</b> Fail to land on both feet at the same time  <sup>0</sup><b>.30ea</b> Extra kicks to establish inverted vertical position on kick over  <sup>0</sup><b>.30</b> Performs tic-toc                 </p>	<p> <sup>^</sup><b>0.20</b> Fail to achieve 180° split position                 </p>	<p> <sup>0</sup><b>.10</b> Legs not in fwd Passé  <sup>0</sup><b>.30</b> Use of heel-snap technique                 </p>	<p> <sup>0</sup><b>.30</b> Hands on floor during squat phase before roll backward  <sup>0</sup><b>.10</b> Interlock fingers  <sup>0</sup><b>.10</b> Hands further than shoulder-width apart  <sup>^</sup><b>0.20</b> Fail to attain 45o above HZ  <sup>0</sup><b>.20</b> Fail to show push-up position  <sup>0</sup><b>.40</b> Performs Bk roll to HS                 </p>		<p> <sup>0</sup><b>.10</b> Fail to land on both feet simultaneously  <sup>^</sup><b>0.30</b> Fail to pass through vertical  <sup>^</sup><b>0.30</b> Squat into flic-flac  <sup>0</sup><b>.10</b> Fail to rebound immediately  <sup>0</sup><b>.05</b> Fail to pause in controlled stick  <sup>0</sup><b>.30</b> Stop between elements  <sup>^</sup><b>0.20</b> 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><b>Front Handspring</b></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><b>Cartwheel!</b></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><b>Back Roll to Handstand</b></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
<b>Front Tuck</b> ^0.60 Fail to tuck (pk or lo) ^0.20ea Insufficient bend of hips and legs (135°-90°) <b>Aerial Cartwheel!</b> ^0.30 Fail to pass through vertical <b>Aerial Walkover</b> General faults & penalties	<b>2 Front Handspring</b> ^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 <b>Cartwheel!</b> ^0.10 Fail to keep head in alignment 0.10 Incorrect hand placement (simultaneous) ^0.30 fail to pass through vertical <b>Back Roll to Handstand</b> ^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 <b>Switch Leap</b> ^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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