COMPULSORY FLOOR EXERCISE

D.Hanford 9.22.2026

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**

Tuck or pike entrance OK

Level 2 Floor

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

Tuck or pike entrance OK

Level 3 Floor

Handstand Fwd Roll *straight arms* *1 second hold*	Straight Leg Leap 90°	Stretch Jump	Split Jump 90°	Handstand, bridge Back kick-over 120°	Forward Splits	½ Turn Fwd Passé	Back Roll above horiz. *lower to push-up*	Roundoff Flic-Flac *Rebound*
		Broken connection -0.05		Arms cover ears			*Tuck or pike entrance OK*	
0.6	**0.6**	**0.2**	**0.4**	**0.6**	**0.2**	**0.4**	**0.4**	**0.4 0.6**

Level 4 Floor

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

Tuck or pike entrance OK

Level 5 Floor

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

Tuck or pike entrance OK