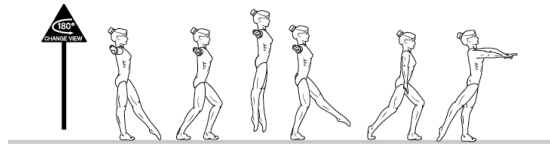
	FORWARD PASSÉ BALANCE (0.40)	0.10	Leg in incorrect position (not in forward passé)
Points of emphasis: <i>posture, straight base (support) leg, high relevé and correct leg position</i>			

5. FORWARD CHASSÉ (0.20), Pose



Lower the *right* heel to the floor and move the *left* foot forward through a turned out 1st position to point on the floor.

Arms: Open both arms to side-middle.


Step forward onto the *left* foot (turned out slightly) through 4th position demi-plié. Push off the floor with both feet to execute a **FORWARD CHASSÉ**, closing the *right* foot behind the *left* foot in the air (tight 5th position). Land in demi-plié on the *right* leg with the *right* foot turned out slightly. The *left* leg remains in front, pointing down toward the floor.

Arms: Remain in side-middle.

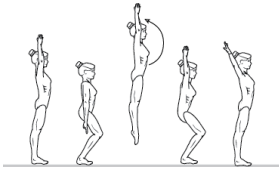
Step forward onto the *left* leg in demi-plié. Immediately straighten the *left* leg to stand with the *right* leg extended backward slightly turned out, and the *right* foot pointed on the floor to execute a **pose**.

Arms: Lower sideward-downward, forward-upward to finish at forward-middle with the arms crossed at the wrists.

Focus: Forward.

	FORWARD CHASSÉ (0.20)	Each <u>0.05</u>	Failure to pass through plié in and out of forward chassé
		Up to 0.10	Failure to close the legs in the air
Points of emphasis: <i>posture, turn out, step through plié using toe, ball, heel, close legs in air</i>			

6. STRETCH JUMP (0.40)



Close the *right* foot next to the *left* to finish with both feet side-by-side (feet flat).

Arms: Lift both arms forward-upward to crown.


Demi-plié both legs. Push off the floor extending the legs through the hips, knees, ankles and toes with the legs together to execute a **STRETCH JUMP**. During the jump, the inner thighs should press together resulting in the press of the heel of the *right* foot against the front of the *left* foot.

Land on both feet side-by-side in demi-plié, pressing through the balls of the feet to lower the heels onto the floor OR land with the heels slightly off the floor.

Arms: During the plié, lower both arms sideward-downward to low. During the **STRETCH JUMP**, lift both arms forward-upward to crown. Arms remain in crown upon landing.

Extend the legs to finish in a straight stand.

Arms: Open supply to finish sideward-diagonally-upward.

	STRETCH JUMP (0.40)	0.10	Failure to keep legs joined in the air during stretch jump
		0.10	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed
Points of emphasis: <i>posture, amplitude, legs closed, pointed feet</i>			

7. FORWARD ROLL TUCKED (0.40)




Bend the knees and reach forward to place the hands on the floor. Lower the head by tucking the chin to the chest and keeping the back rounded. Lift the hips to place the back of the head and shoulders on the floor. Push off both feet to initiate the **FORWARD ROLL TUCKED**.

During the roll, maintain the tuck of the legs with or without the use of the hands on the shins, pull the knees close to the chest and heels close to the buttocks. Maintain this tight tuck position throughout the forward roll.

Place the feet on the floor and lean forward to arrive in a tuck stand. Immediately straighten the legs to finish in a straight stand.

Arms: At the completion of the roll, lift arms to high, then open to sideward-diagonally-upward.

	FORWARD ROLL TUCKED (0.40)	Up to 0.20	Failure to maintain tuck position during forward roll
		<u>0.30</u>	Pushing off the floor with hands to arrive in tuck stand
Points of emphasis: <i>rounded tuck shape, stand without pushing off the floor with the hands</i>			

LEVEL 2 – FLOOR EXERCISE

Please note:

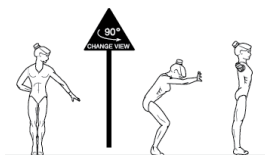
- The figures are a guideline to assist with learning the routines. There is flexibility within the text of the routines to allow for choices. Not all of the choices are shown in the pictures. When in doubt, follow the written word of the text.
- **ONLY MAJOR ELEMENTS ARE CAPITALIZED TEXT.** All other headings are connections.
- Whenever high position arms are indicated, arms may be curved (crown) or straight.
- Whenever side-middle OR sideward-diagonally-upward arms are indicated, arms may be pressed slightly backward.
- Whenever the text states to “step”, the proper dance technique is to step through the foot (toe, ball, heel) with the feet turned out slightly.
- The routine may be reversed in its entirety; however, **no single element may be reversed unless indicated by an asterisk (*)**.
- Note the figures will always precede the text explanation of the movement.
- To determine if a gymnast is a “*righty* or *lefty*”, first determine the gymnast’s dominant leap and front split (*right* or *left*). These need to be the same. The text is written describing the choreography for a “*right* dominant” gymnast. If teaching a “*left* dominant” gymnast, replace the words *right* with *left*, and *left* with *right* when teaching the routine.

Starting Position (SP): Start in a corner or near the side of the floor exercise mat. The gymnast may perform the exercise in a straight pattern across the mat, or on the diagonal. Begin in a straight stand.

Arms: The *right* arm is bent with the back of the *right* hand and forearm placed on the small of the back. The *left* arm is sideward-diagonally-downward.

Focus: Downward at the *left* hand.

1. Pose, (*) CARTWHEEL (0.60)



From the straight stand start position, demi-plié both legs. Slightly contract in the abdominals and lean the torso slightly forward.

Arms: Move both arms forward-upward to finish with both arms bent in forward-middle with the palms out.

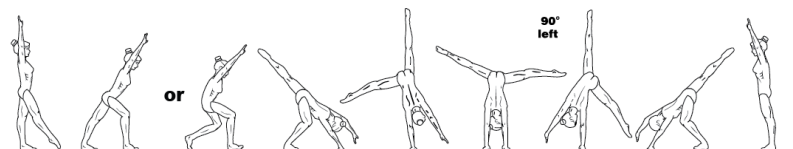
Focus: Down.

Extend the torso and legs to a straight stand.

Arms: Open both arms side-middle.

Focus: Forward.

If reversing the (*) CARTWHEEL, point the *left* foot forward.



Point the *right* foot forward onto the floor.

Arms: Lift both arms sideward-upward to high.

Transfer the weight onto the *right* foot to execute a *right* lunge (figure 2) OR “mountain climber entrance” (figure 3) on the *right* leg.


Lift the *left* leg backward-upward overhead, keeping the ears covered by the arms while reaching down to place the *right* hand sideways on the floor as the body turns 90° *left*. Continue to lift the *left* leg backward-upward as the torso lowers.

Place the *left* hand on the floor sideways or slightly turned in (hands shoulder-width apart) as the *right* leg pushes off the floor to execute a **CARTWHEEL *right***.

The head remains in alignment, with the shoulder and hip angle open, and focus under the *left* arm in order to see the floor on the step-down.

Turn 90° inward to step down *left* while keeping the ears covered by the arms to finish on a straight (or slightly bent) *left* leg and immediately close the *right* foot beside the *left* foot to finish in a straight stand (flat or in relevé).

Arms: Remain in high throughout and as the step down occurs.

	(*) ½ (180°) TURN IN FORWARD PASSÉ (HEEL-SNAP TURN) (0.40)	0.10	Leg in incorrect position (not in forward passé)
		0.05	Failure to lower heel at completion of turn
		0.30	Failure to use the heel-snap turn technique

Points of emphasis:

posture, straight base (support) leg, high relevé and correct leg position

If the ½ (180°) TURN IN FORWARD PASSÉ (HEEL-SNAP TURN) was reversed, simply continue to follow the text as written.

4. FORWARD CHASSÉ (0.20), STRAIGHT LEG LEAP (60°) (0.60), Pose




Lower the *right* heel to the floor and move the *left* foot forward through a turned out 1st position to point on the floor.

Arms: Open both arms to side-middle.

Step forward onto the *left* foot (turned out slightly) through 4th position demi-plié. Push off the floor with both feet to execute a **FORWARD CHASSÉ**, closing the *right* foot behind the *left* foot in the air (tight 5th position). Land in demi-plié on the *right* leg with the *right* foot turned out slightly. The *left* leg remains in front, pointing down toward the floor.

ARMS: Remain in side-middle.

	FORWARD CHASSÉ (0.20)	Each 0.05	Failure to pass through plié in and out of forward chassé
		Up to 0.10	Failure to close the legs in the air

Points of emphasis:

posture, turn out, step through plié using toe, ball, heel, close legs in air

Take a long step (or straight leg run) onto the *left* foot in demi-plié, then swing the straight *right* leg forward-upward to horizontal and push off the floor with the *left* leg. Swing the *left* leg backward-upward to execute a **STRAIGHT LEG LEAP** with a **minimum of 60°** even leg separation in flight.

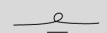
Land on the *right* leg in demi-plié with the *left* leg extended backward, turned out slightly, passing through a low arabesque position. The emphasis is on body alignment and height of the leap.

Arms: Low position on the step. During and on the landing of the **STRAIGHT LEG LEAP**, use one of the three acceptable arm positions for leaps listed in the Glossary.

Step forward onto the *left* leg in demi-plié. Immediately straighten the *left* leg to stand with the *right* leg extended backward, slightly turned out, and the *right* foot pointed on the floor to execute a **pose**.

Arms: Lower sideward-downward, forward-upward to finish at forward-middle with the arms crossed at the wrists.

Focus: Forward.

	STRAIGHT LEG LEAP (60°) (0.60)	Up to 0.10	Bending the lead (front) leg on take-off
		Up to 0.20	Uneven leg separation
Points of emphasis: <i>posture, amplitude, even leg separation, coordination of arms with leap</i>			

5. SPLIT JUMP (60°) (0.40)



Close the *right* foot next to the *left* to finish with both feet side-by-side (feet flat).

Arms: Lift both arms forward-upward to crown.

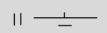
Demi-plié both legs. Push off the floor, extending the legs through the hips, knees, ankles, and toes to execute a **SPLIT JUMP** with a **minimum of 60°** even leg separation with the *right* leg forward, *left* leg behind.

Land simultaneously on both feet side-by-side in demi-plié, pressing through the balls of the feet to lower the heels onto the floor OR land with the heels slightly off the floor.

Arms: During the plié, lower the arms sideward-downward to low. During the **SPLIT JUMP**, lift both arms sideward-upward to side-middle. Lower both arms sideward-downward to low during the landing.

Extend both legs to a straight stand.

Arms: Lift both arms sideward-upward to finish sideward-diagonally-upward.

	SPLIT JUMP (60°) (0.40)	Up to 0.20	Uneven leg separation
		<u>0.10</u>	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed
Points of emphasis: <i>posture, amplitude, proper leg alignment with even leg separation</i>			

LEVEL 3 VAULT ~ TABLE OF PENALTIES

Handspring over a raised mat surface (min. of 32")

General Faults	No deduction	Balk #1: run approach without coming to rest or support on top of the mat stack
	VOID	Balk #2 or Balk #3
	No deduction <u>2.00</u>	Coach standing between board and mat stack Assistance of coach (First Flight Phase, Support Phase or Second Flight Phase)
	VOID	Use of alternative springboard (trampoline-like/junior board)
	VOID	Performing incorrect vault (i.e., squat on, etc.)
	VOID	Gymnast never achieves vertical and returns to the board/floor or lands on the mat stack between the board and hand placement. (Considered an "incorrect vault")
	VOID	Runs onto the board and steps up onto mat stack or rebounds from board to come to rest/support on mat stack on body parts
	Up to 0.30	Insufficient dynamics (speed/power)
	Up to 0.30	Deviation from a straight direction
	(CJ) <u>0.50</u>	Vaults without signal from the Chief Judge; CJ deducts from average of next completed vault
	Each phase Up to 0.10 Each phase Up to 0.10	Failure to maintain neutral head position Incorrect foot form (flexed/sickled)
	Each phase Up to 0.20 Each phase Up to 0.30	Legs separated Legs bent
	Failure to maintain stretched body position Each phase Up to 0.30 Each phase Up to 0.50	Arch Pike
First Flight Phase	See General Faults	
Support Phase	Up to 0.10	Staggered/alternate hand placement
	Up to 0.20	Alternate repulsion from hands
	Up to 0.20	Incorrect shoulder alignment (showing a shoulder angle less than 180°)
	Up to 0.50	Arms bent in support
	<u>2.00</u>	Head contacting the mat stack in Support Phase (Includes 0.50 deduction for extreme arm bend)
	Each <u>0.10</u> (max.) <u>0.30</u>	Additional hand placements (taking steps/hops on hands)
	Up to 0.50	Too long in support
	Contacting the mat stack with the hands after vertical	
	0.05 – 0.50	• Contact from 1° to 45° past vertical
	0.55 – 1.00	• Contact from 46° to 89° past vertical
	(CJ) <u>1.00</u>	Touch with only one hand on the mat stack; Chief Judge deduction, if at least ½ of panel sees only one hand touch
	VOID	No hand contact on the mat stack



Second Flight Phase	<u>0.20</u>	Brush or hit of body on far end of mat stack
	No deduction	Insufficient length
	No deduction	Insufficient height
Landing	Landing clarification	There is no deduction for feet a maximum of hip-width apart, provided the heels join (slide) together on the controlled extension
	<u>0.05</u>	* Lands with feet hip-width apart or closer, but never join feet (heels) together
	Up to 0.10	If the entire foot/feet are sliding or lifting off the floor to join, it is considered a small step
	<u>0.10</u>	* Lands with feet further than hip-width apart
	Up to 0.10	Slight hop, small adjustments of feet or *staggered feet
	Each <u>0.10</u> (max.) <u>0.40</u>	Steps
	Each <u>0.20</u> (max.) <u>0.40</u>	Large step or jump (approximately 3 feet or more)
	Up to 0.10	Arm swing(s) to maintain balance
	Up to 0.20	Incorrect body posture on landing
	Up to 0.20	Additional trunk movements to maintain balance
	Up to 0.30	Squat on landing (hips even with or lower than knees)
	Up to 0.30	Slight brush/touch of 1 or 2 hands on mat (no support)
	<u>0.50</u>	Assistance on landing
	<u>0.50</u>	Additional deduction for fall after assistance by coach
	<u>0.50</u>	Support on mat with 1 or 2 hands
	<u>0.50</u>	Fall on mat to knee(s) or hips
	<u>0.50</u>	Fall against the mat stack
	(Includes the fall) <u>2.00</u>	Failure to land on any part of the bottom of the feet first
	(Fall on apparatus) <u>0.50</u> + <u>2.00</u> = <u>2.50</u>	Landing in a sitting, lying or standing position on top of the mat stack after passing through the vertical plane (handstand)

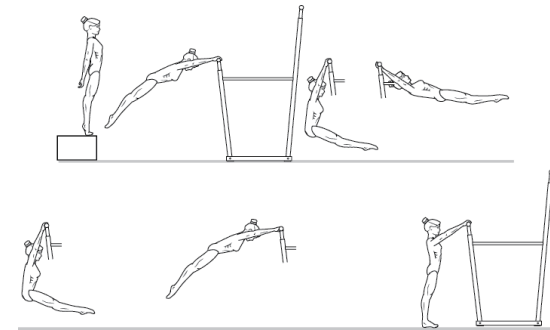
*If upon landing with the feet apart/staggered the gymnast takes a step(s), deduct only for the step(s).

LEVEL 3 – UNEVEN BARS

Starting Position (SP): Stand with feet together, outside of the bars, facing the low bar. A board or raised surface (such as a manufactured panel mat or padded spotting/skill block) may be used as a mounting surface but must be removed as soon as possible after the jump to glide.

If performing the **GLIDE SWING AND RETURN MOUNT**, the feet may not return to the board or raised surface.

1A. MOUNT: **GLIDE SWING & RETURN (0.20)** **BACK HIP PULLOVER (0.40)**



Jump from both feet, lifting the hips backward-upward to grasp the low bar with an overgrip, hands shoulder-width apart. Maintain a hollow-piked body position with the legs straight and the head neutral.

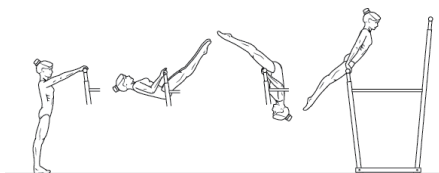
Swing the body forward with the legs together (piked) or straddled. At the completion of the forward **GLIDE SWING**, the legs are together and the hips are fully extended.

Reverse the **GLIDE** and **SWING** backward with legs together and straight, with the feet off the floor. At the completion of the backward swing, the feet may contact the mat to finish in a straight stand or the body can continue to swing forward, placing the feet on the mat closer to the apparatus.

The gymnast may come to a momentary stand or use a "punching" action to initiate the **BACK HIP PULLOVER**. Hands remain on the bar in overgrip. Maintain straight arms and legs throughout.


L	GLIDE SWING & RETURN (0.20)	0.50	Failure to begin exercise from a stand outside of the bars, facing the low bar
		0.10	Failure to take off from both feet simultaneously
		0.30	Performs a run-out glide
		Up to 0.10	Failure to lead with the feet in the forward glide swing (performs a long hang swing)
		Up to 0.20	Insufficient extension at end of glide swing
		0.10	Failure to close legs at end of straddle glide swing
		Up to 0.30	Bending legs on backswing prior to contacting floor
		Points of emphasis: straight arms and legs with good body position on glide swing	

BACK HIP PULLOVER (0.40)

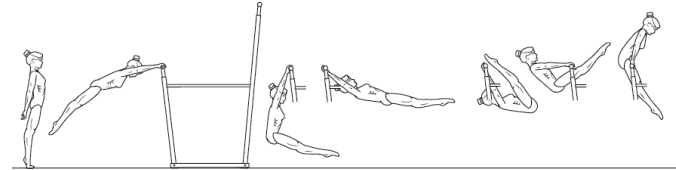


Immediately lift both legs upward and over the low bar while pulling with flexed arms. Continue to lift the hips over the bar to execute the **BACK HIP PULLOVER**.

Shift the hands to the top of the bar, straightening the arms, to arrive in an extended front support. Maintain straight legs and a neutral head position throughout.

	BACK HIP PULLOVER MOUNT (0.40)	<u>0.10</u>	Failure to maintain hand contact on bar between the glide swing and the pullover
		Each <u>0.10</u>	Step, hop, or extra jump before the back hip pullover
		<u>0.30</u>	Failure to lift both legs simultaneously (1-foot take-off)
		<u>0.30</u>	Supplemental support (chin resting on bar prior to leg lift)
		Up to 0.10	Failure to finish in extended front support
Points of emphasis: <i>simultaneous lift of both legs straight and finish with straight arms</i>			

1B. MOUNT: STRADDLE OR PIKE GLIDE KIP MOUNT (0.60)



Jump from both feet, lifting the hips backward-upward to grasp the low bar with an overgrip, hands shoulder-width apart.

Maintain a hollow-body position with the legs straight and the head neutral. Swing the body forward with the legs together (piked) or straddled. At the completion of the forward glide swing, the legs are together and the hips are fully extended. Quickly lift the feet to the bar and pull the bar down, moving up the legs to the hips to execute a **GLIDE KIP**.

While pulling downward, shift the hands to the top of the bar to arrive in a front support with the legs/feet in front of the bar (body slightly piked), shoulders forward, and the head neutral. Maintain straight arms and legs throughout.

L	STRADDLE OR PIKE GLIDE KIP MOUNT (0.60)	0.50	Failure to begin exercise from a stand outside of the bars, facing the low bar
		0.10	Failure to take off from both feet simultaneously
		0.30	Performs run-out glide
		Up to 0.10	Failure to lead with the feet in the forward glide swing (performs a long hang swing)
		Up to 0.20	Insufficient extension at end of glide swing
		0.10	Failure to close legs at end of straddle glide swing

Points of emphasis:

complete extension of glide and maintain straight arms and legs throughout


2. CAST (0.20)



If choosing the **BACK HIP PULLOVER MOUNT**, with the shoulders slightly in front of the bar, swing the legs forward, then backward-upward.

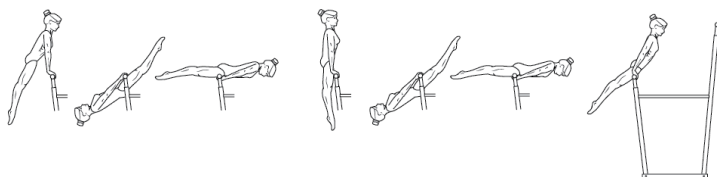
If choosing the **GLIDE KIP MOUNT** with the shoulders slightly in front of the bar, immediately swing the legs backward-upward.

Push down against the bar, extending through the shoulders, to lift the body off the bar to execute a **CAST** with legs together. Maintain a straight-hollow body position with the buttocks and abdominals tight, the arms and legs straight, and the head neutral.

	CAST (0.20)	Up to 0.20	Incorrect body alignment (failure to show straight line from shoulders to feet with chest hollow)
		Up to 0.10	Lack of control in returning to bar
Points of emphasis: <i>straight-hollow body position, straight arms and legs</i>			

3. BACK HIP CIRCLE (0.40)

4. BACK HIP CIRCLE (0.40)




Prior to the hips/thighs returning to the bar, lean the shoulders backward, causing the body to circle backward around the bar in a straight-hollow body position to execute a **BACK HIP CIRCLE**.

While maintaining straight arms and legs throughout, shift the hands to the top of the bar to pass through an extended front support.

Continue to lean the shoulders backward and execute a second **BACK HIP CIRCLE** to finish in a front support with the shoulders in front of the bar.

Maintain a neutral head position throughout both **BACK HIP CIRCLES**.

	BACK HIP CIRCLE (0.40)	Each Up to 0.10	Failure to maintain neutral head position
		Each Up to 0.20	Failure to maintain straight-hollow body position throughout
	BACK HIP CIRCLE (0.40)	Each Up to 0.20	Failure to maintain hip or upper thigh contact on bar throughout
		Each Up to 0.10	Lack of continuity of circle
		Up to 0.20	Lack of continuity between circles
Points of emphasis: <i>straight-hollow body position, straight arms and legs</i>			


5. FRONT HIP CIRCLE, SMALL CAST, RETURN TO FRONT SUPPORT (0.40)



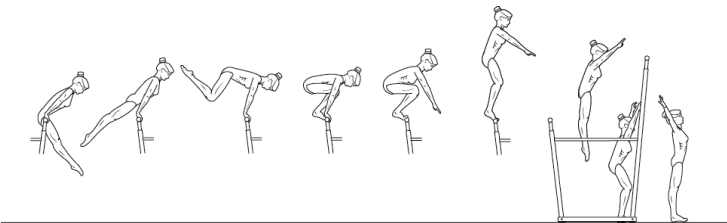
Press down against the bar, extending the body until the thighs touch the bar. Lift the heels to initiate the fall forward, maintaining a straight-hollow body position (no arch). Continue to lift the heels as the body pikes quickly to circle the bar, executing a **FRONT HIP CIRCLE**. A slight arm bend during the circle is acceptable. As the circle nears completion, shift the hands to the top of the bar, straightening the arms, to finish in a front support with the legs/feet in front of the bar (body slightly piked). Maintain straight legs and a neutral head position throughout.

With the shoulders slightly in front of the bar, immediately swing the legs backward-upward. Push down against the bar, extending through the shoulders, to lift the body off the bar to immediately execute a **SMALL CAST** with legs together.

Maintain a straight-hollow body position with the buttocks and abdominals tight, the arms and legs straight, and the head neutral. Upon completion of the small cast, maintain the forward shoulder lean while executing a controlled return of the hips to the bar.

	FRONT HIP CIRCLE, SMALL CAST, RETURN TO FRONT SUPPORT (0.40)	Up to 0.10	Failure to show a straight-hollow body position into front hip circle
		<u>0.20</u> (Half the value)	Failure to execute a small cast immediately after front hip circle
		Up to 0.10	Lack of control in returning to bar
		<u>0.50</u>	Failure to return to front support (performs immediate squat on)
Points of emphasis: <i>straight arms and legs throughout with good body position on the CAST</i>			

6. CAST SQUAT-ON, STRETCH JUMP DISMOUNT (0.60)




Immediately **CAST** again with straight arms and legs together. Bend the legs (no specific degree of bend is required) and place the balls of the feet on the bar between the hands in a tuck position to execute a **SQUAT-ON**.

From the tuck position on the low bar, extend the legs and immediately **JUMP** up toward the High Bar to execute a **STRETCH JUMP** off the bar. No contact with the high bar is allowed. Maintain a tight body position in the air and land in demi-plié in a balanced and controlled position ("stick").

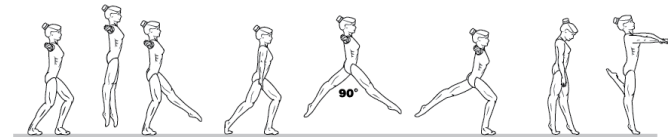
Arms: Straight by the ears during the jump and optional upon landing.

Extend the legs to finish in a straight stand.

Arms: Lift to high position.

	CAST, SQUAT-ON, STRETCH JUMP DISMOUNT (0.60)	<u>0.20</u>	Alternate foot placement
		<u>0.05</u>	Insufficient backward swing of legs into cast (hip lift only)
		Up to 0.20	Failure to show a straight-hollow body position in flight
		<u>0.50</u>	Touches high bar
Points of emphasis: <i>straight arms with good body position throughout</i>			

4. Forward Chassé, STRAIGHT LEG LEAP (90°) (0.60), Fish Pose



Toward corner 2, step forward onto the *left* foot (turned out slightly) through 4th position demi-plié. Push off the floor with both feet to execute a **forward chassé**, closing the *right* foot behind the *left* foot in the air (tight 5th position). Land in demi-plié on the *right* leg with the *right* foot turned out slightly. The *left* leg remains in front, pointing down toward the floor.

Arms: Remain in side-middle. Turn the palms down.

Take a long step (or straight leg run) onto the *left* foot in demi-plié, then swing the straight *right* leg forward-upward to horizontal and push off the floor with the *left* leg. Swing the *left* leg backward-upward to execute a **STRAIGHT LEG LEAP** with a **minimum of 90°** even leg separation in flight.

Land on the *right* leg in demi-plié with the *left* leg extended backward, turned out slightly, passing through a low arabesque position. The emphasis is on body alignment and height of the leap.

Arms: Low position on the step. During and on the landing of the **STRAIGHT LEG LEAP**, use one of the three acceptable arm positions for leaps listed in the Glossary.

Continuing toward corner 2, step forward *left* (flat or in relevé).


Arms: Lower both arms to Low.

Focus: Low.

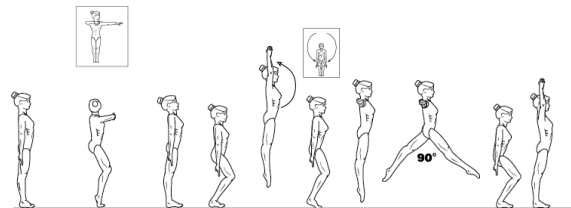
Step forward *right* in relevé and bend the *left* leg backward-upward a minimum of 90° to finish with both knees touching to execute a **fish pose**.

Arms: Lift both arms forward-upward to finish at forward-middle with the arms crossed at the wrists.

Focus: Forward.

	STRAIGHT LEG LEAP (90°) (0.60)	Up to 0.10	Bending the lead (front) leg on take-off
		Up to 0.20	Uneven leg separation
Points of emphasis: <i>posture, amplitude, even leg separation, coordination of arms with leap</i>			

5. Pose, STRETCH JUMP (0.20), SPLIT JUMP (90°) (0.40)



Step forward *left*, close the *right* foot next to the *left* to finish with both feet side-by-side facing corner 2 (feet flat).

Arms: Lower both arms forward-downward to low.

Focus: Forward.

Demi-plié both legs and simultaneously lift both heels off the floor to finish in a forced arch **pose**.

Arms: Bend and lift the *right* arm forward-upward to touch the fingertips of the index and second finger to the *left* shoulder, palm out. Simultaneously, lift the *left* arm sideward-upward to side-middle, palm down.

Focus: *Left*.


Extend both legs and lower both heels to the floor.

Arms: Lower both arms sideward-downward to finish either low OR backward-diagonally-low.

Focus: Forward.

Demi-plié both legs. Push off the floor, extending the legs through the hips, knees, ankles and toes with the legs together to execute a **STRETCH JUMP**. During the jump, the inner thighs should press together resulting in the press of the heel of the *right* foot against the front of the *left* foot.

Arms: Lift both arms forward-upward to crown for the **STRETCH JUMP**. Lower sideward-downward to low on landing.

	STRETCH JUMP (0.20)	0.10	Failure to keep legs joined in the air during stretch jump
		0.10	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed
Points of emphasis: <i>posture, amplitude, legs closed, pointed feet</i>			

Insufficient continuity between STRETCH JUMP and SPLIT JUMP	No deduction	
Connection broken between STRETCH JUMP and SPLIT JUMP	<u>0.05</u>	<i>Note:</i> <i>Refer to the General Faults and Penalties for further explanation of this deduction.</i>


Upon landing the STRETCH JUMP, immediately jump or punch off the floor, extending both legs through the hips, knees, ankles, and toes to execute a **SPLIT JUMP** with a **minimum of 90°** even leg separation with the *right* leg forward, *left* leg behind.

Land simultaneously on both feet side-by-side in demi-plié, pressing through the balls of the feet to lower the heels onto the floor OR land with the heels slightly off the floor.

Arms: During the **SPLIT JUMP**, lift both arms sideward-upward to side-middle. Lower sideward-downward to low upon landing.

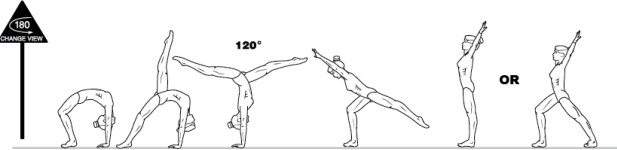
Extend both legs to a straight stand.

Arms: Lift both arms sideward-upward to high.

	SPLIT JUMP (90°) (0.40)	Up to 0.20	Uneven leg separation
		<u>0.10</u>	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed
Points of emphasis: <i>posture, amplitude, proper leg alignment with even leg separation</i>			

If reversing the **HANDSTAND TO BRIDGE**, point the *left* foot forward. Continue reversing to the close/lunge position.

6. (*) HANDSTAND TO BRIDGE, BACK KICK-OVER (120°) (0.60)



Facing toward corner 2, lift and point the *right* foot forward on the floor.

Arms: Remain high.

Transfer the weight onto the *right* foot to execute a *right* lunge (figure 2) OR “mountain climber entrance” (figure 3) on the *right* leg.

Lift the *left* leg backward-upward overhead, keeping the ears covered by the arms while reaching for the floor. Continue to lift the *left* leg backward-upward as the torso lowers.

Place the hands side-by side, shoulder-width apart, on the floor while pushing off with the *right* leg to arrive in a **HANDSTAND** with legs together, arms straight, shoulders open and extended, hip angle open and flat, and focus on the hands showing a straight line from the wrist to the ankles.


Focus: On the hands.


Continue to open the shoulder angle past the hands and arch the upper back, lowering the straight legs toward the floor. Place the feet flat on the floor shoulder-width apart or closer with the legs straight or bent to complete a **HANDSTAND TO BRIDGE**.

To execute the **BACK KICK-OVER**, kick the *right* leg overhead while pushing off the floor with the *left* leg to pass through vertical in a handstand position with a **minimum of 120°** leg separation, shoulders extended. (It is acceptable to move/adjust the *left* foot closer to the hands as the *right* leg initiates the kick).

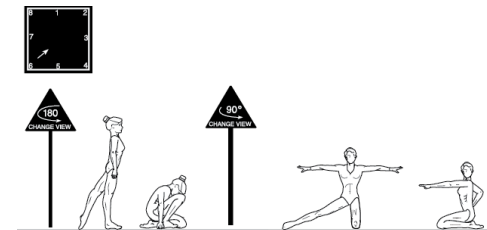
Step down *right* while keeping the ears covered by the arms to finish on a straight (or slightly bent) *right* leg and immediately close the *left* foot beside (or next to) the *right* foot to finish with both legs straight and feet flat on the floor (figure 11) OR to finish in a *right* lunge, pressing the *right* knee and both hips forward (figure 12).

Arms: Remain in high throughout and as the step down occurs. Open sideward-diagonally-upward on the finish.

	(*) HANDSTAND to BRIDGE, BACK KICK-OVER (0.60)	<u>0.10</u>	Failure to close (join) legs at vertical
		Up to 0.20	Failure to push shoulders behind hands in bridging phase
		<u>0.10</u>	Failure to land on feet simultaneously in bridge (no deduction for feet apart or legs bent on landing)
		Each <u>0.30</u>	Extra kicks to establish inverted vertical position on back kick-over
		<u>0.30</u>	Performs a tic-toc (legs remain separated throughout the entire skill)
Points of emphasis: <i>arms by ears throughout, show handstand position, straight arms, controlled lower to bridge.</i>			

	FLIC-FLAC TO TWO FEET, Rebound (0.60)	Up to 0.30	Squat into flic-flac
		<u>0.10</u>	Failure to land on both feet simultaneously
		<u>0.10</u>	Failure to rebound immediately
		<u>0.05</u>	Failure to pause in a controlled "stick"
Points of emphasis: <i>acceleration, power, and straight legs throughout</i>			
Lack of Acceleration in the Series		Up to 0.20	<u>Not</u> applied if a <u>0.30</u> deduction is taken for a stop between elements

13. Kneeling/Sitting Pose, ½ Kneeling Side Pose, Final Pose



Step forward *right* with a flat foot. Point the *left* foot behind the *right* foot.

With the toes of the *left* foot pointed under, demi-plié the *right* leg to arrive in a **kneeling/sitting pose** with the ball of the *right* foot next to the *left* knee/shin. The *left* leg is bent with the *left* shin on the floor and the *left* foot pointed. The buttocks are resting on the *left* heel.

Arms: Lower both arms sideward-downward to rest the fingertips on the floor to the sides of the body.

Focus: Down.

Raise the buttocks off the *left* heel, extending the hips and torso. Lift and extend the *right* leg and point the *right* foot out toward side 1. The torso is facing corner 2 to complete the ½ **kneeling side pose**.

Arms: Lift sideward-upward to side-middle.

Focus: Forward.

Bend and close the *right* leg next to the *left* leg to finish in the **final pose**. In the **final pose**, the gymnast must have knees and thighs together in a kneeling/sitting pose with the buttocks resting on the heels with the torso straight. The *left* knee must remain in contact with the floor at all times.

Arms: Optional.

Focus: Optional.

LEVEL 3 FLOOR EXERCISE ~ EVALUATION POINTS

1. Show good body and leg alignment on **SPLIT JUMP**.
2. Show open arm angle and maintain straight arms and legs on **HANDSTAND FORWARD ROLL** and **HANDSTAND TO BRIDGE, BACK KICK-OVER**.
3. Show good footwork and alignment on the **CHASSÉ** and **STRAIGHT LEG LEAP**.
4. Show straight arms and legs on **BACKWARD ROLL OPEN TO 45° ABOVE HORIZONTAL, LOWER to PUSH-UP POSITION** and **ROUND-OFF, FLIC-FLAC**.

LEVEL 3 FLOOR EXERCISE ~ DEVELOPMENTAL SKILLS

1. Straight arm backward roll to handstand down an incline mat

From a stand in front of or on top of an incline mat, bend the knees to arrive in a tuck sit. Begin rolling backward with the head tucked, chin to chest.

With the arms straight and hands turned inward, reach backward to place the sides of the little fingers (heels of the hands) on the mat behind the head no wider than shoulder-width apart to execute a **backward roll to handstand**, with the arms straight and the legs together. The hands are allowed to shift or hop into the handstand phase.

Step down *right* while keeping the ears covered by the arms to finish on a straight (or slightly bent) *right* leg and immediately close the *left* beside the *right* foot to finish with both legs straight OR to finish in a *right* lunge, pressing the *right* knee and both hips forward.

Arms: Remain in high throughout and as the step down occurs. Open sideward-diagonally-upward on the finish.

2. Front Limber

From stand on *left* leg, point the *right* foot forward onto the floor. Transfer the weight onto the *right* foot to execute a *right* lunge OR "mountain climber entrance" on the *right* leg.

Lift the *left* leg backward-upward overhead, keeping the ears covered by the arms while reaching for the floor. Continue to lift the *left* leg backward-upward as the torso lowers.

Place the hands side-by-side, shoulder-width apart, on the floor while pushing off with the *right* leg to arrive in a handstand with legs together, arms straight, shoulders open and extended, hip angle open and flat, and focus on the hands, showing a straight line from the wrist to the ankles.

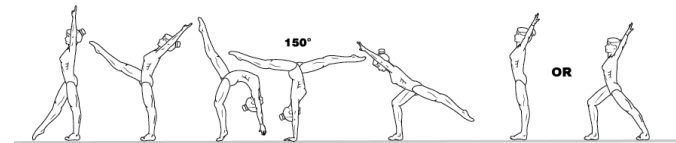
Focus: On the hands.

Continue to open the shoulder angle past the hands and arch the upper back, lowering the straight legs toward the floor. Place the feet flat on the floor shoulder-width apart or closer with the legs straight or bent to complete a bridge.

To execute the **front limber**, press the hips and thighs forward and push from the hands to stand up to finish in a straight stand.

If reversing the **BACK WALKOVER**, point the *left* foot forward.

2. (*) BACK WALKOVER (150°) (0.40)



Point the *right* foot forward on the floor.


Arms: Both arms remain high.

Lift the *right* leg forward-upward. Anytime during the leg lift, arch the upper back as the arms reach backward to place the hands on the floor side-by-side, shoulder-width apart. As the *left* foot pushes off the floor, push the shoulders over the hands to execute a **BACK WALKOVER**, passing through a handstand position with a **minimum of 150°** leg separation, shoulders extended.

Focus: On the hands.

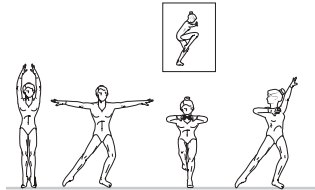
Step down *right* while keeping the ears covered by the arms to finish on a straight (or slightly bent) *right* leg and immediately close the *left* foot beside (or next to) the *right* foot to finish with both legs straight and feet flat on the floor (figure 6) OR to finish in a *right* lunge, pressing the *right* knee and both hips forward (figure 7).

Arms: Remain in high throughout and as the step down occurs. Open sideward-diagonally-upward on the finish.

	(*) BACK WALKOVER (150°) (0.40)	Up to 0.10	Failure to show continuous leg lift into walkover (leg lifts then drops, stops, or lifts after the arching backward has begun)
		<u>0.10</u>	Incorrect (staggered or alternate) hand placement
		Up to 0.20	Insufficient split (less than 150°)
Points of emphasis: <i>stretched body and leg alignment through vertical, straight legs</i>			

If the **BACK WALKOVER** was reversed, simply follow the text.

3. Relevé Pose, Side Lunge, Forward Passé Contraction Pose, Side Lunge



If the **BACK WALKOVER** was completed with a lunge or with feet closed, step back *right* and simultaneously turn $\frac{1}{4}$ (90°) *right* while closing the *left* foot next to the *right* foot to finish in a 1st position **relevé pose** with both feet turned out with the torso finishing to face side 1.

Arms: Lift upward to crown.

Immediately lower the *left* heel and demi-plié the *left* leg and extend the *right* leg to a **side lunge**, with the *right* foot pointed to touch the floor.

Arms: Leading with the palms down, lower both arms supply to side-middle.

Focus: Forward.

While maintaining the *left* leg in demi-plié (it is acceptable to shift the *left* foot slightly to a parallel position), bend the *right* leg and point the *right* foot forward to touch the *left* knee (**forward passé contraction pose**). During the **forward passé contraction pose**, contract the torso by pulling in the abdominals and slightly leaning forward in the upper body. The *right* leg may twist slightly inward during the contraction.

Arms: Maintaining the upper arms in side-middle, bend both arms sharply close to the chest with the palms out.

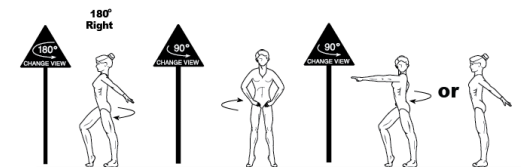
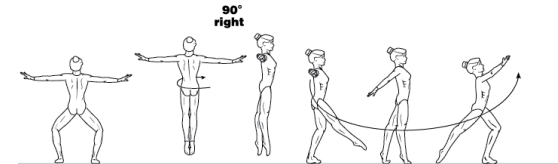
Focus: Down.

While maintaining demi-plié with the *left* leg (*left* foot parallel or turned out), extend the *right* leg and point the *right* foot sideward to touch the floor (foot pointing toward corner 2). At the completion of the leg extension, twist the torso slightly to the *left* with the shoulders pressed down.

Arms: Extend the *left* arm to finish sideward-diagonally-upward. Move the bent *right* arm to touch the fingertips of the index and second finger to the *left* shoulder, palm out.

Focus: *Right*, toward corner 2.

4. Side Chassé $\frac{1}{4}$ (90°) Turn, Lunge Pose, Pivot $\frac{1}{2}$ (180°) Turn, Lunge Pose, Straddle Stand, Lunge Pose



Moving toward corner 2, demi-plié the *right* foot and transfer the weight to both feet in a 2nd position demi-plié with heels on the floor. Push off the floor with both feet to join the feet in the air, executing a **side chassé** to the *right*. Before or upon landing, execute a $\frac{1}{4}$ (90°) turn to the *right*. Land in demi-plié on the *left* leg with the foot turned out slightly, facing corner 2. The *right* leg remains in front, pointing down toward the floor.

Arms: Lower the *left* arm sideward-downward to side-middle. Simultaneously, open the *right* arm sideward to side-middle.

Complete the **side chassé $\frac{1}{4}$ (90°) turn** by stepping forward *right*, then take a long step forward *left* toward corner 2 to finish in a **left lunge pose** with the *left* leg in demi-plié and the *right* leg extended backward, *right* toes pointed on the floor with the foot and knee slightly turned out.

Arms: Circle the arms backward-downward to low. Continue to lift both arms, palms up, forward-upward to finish in wide forward-diagonally-upward. The arms should finish as the **lunge pose** occurs.

Focus: Forward-diagonally-upward.

Turning to the *right*, execute a **pivot $\frac{1}{2}$ (180°) turn** with the feet separated, finishing with the *left* leg straight and the *left* foot flat. The *right* heel is lifted off the floor (forced arch), turned out to finish in a **right lunge pose**, distributing most of the weight onto the *left* foot.

Arms: Lower both arms forward-downward to finish backward-diagonally-low.

Focus: Corner 6 at the completion of the turn.

While turning $\frac{1}{4}$ (90°) to the *left*, press to relevé on the *left* foot to show a momentary **straddle stand** with both feet turned out in relevé.

Arms: Hands on hips.

Focus: Forward toward side 3.

While turning $\frac{1}{4}$ (90°) to the *right*, lower the *left* foot to return to a **lunge pose** with the *right* leg bent forward and the *right* foot in forced arch.

Arms: Optional.

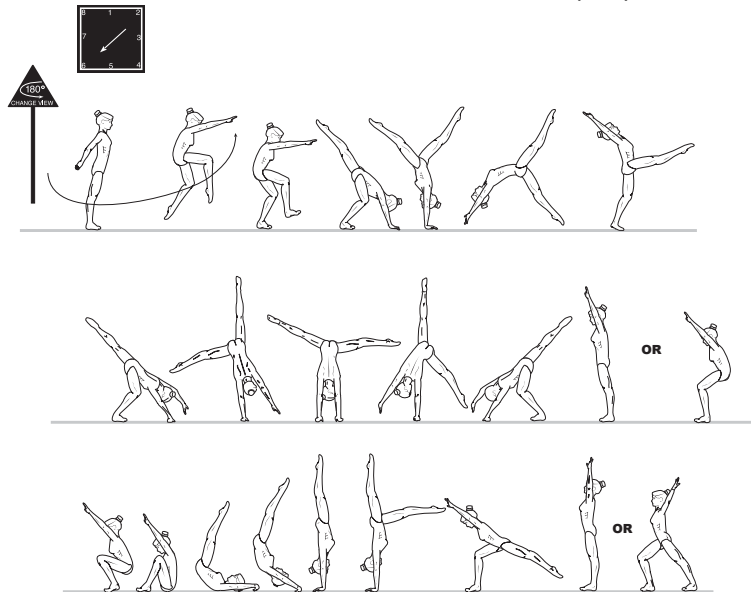
Focus: Optional.

If performing the next tumbling pass from a power hurdle, close the feet to finish with both feet side-by-side.

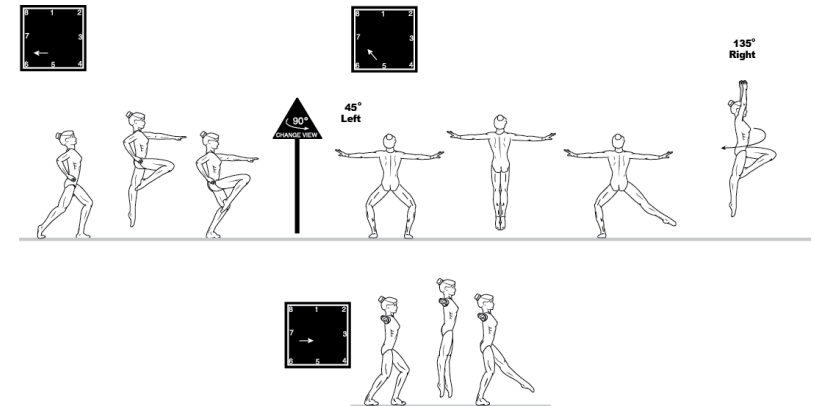
Arms: Optional.

If reversing the **FRONT HANDSPRING STEP-OUT**, the **CARTWHEEL** must also be reversed.

5. (*) **FRONT HANDSPRING STEP-OUT** (0.60), (*) **CARTWHEEL** (0.40),
STRAIGHT ARM BACKWARD ROLL TO HANDSTAND (0.40)



7. Forward Passé Hop, Sideward Chassé, Passé Hop with $\frac{3}{4}$ (135°) Turn, Forward Chassé



Traveling forward toward side 7, step forward onto the *left* leg in demi-plié. Push off the floor by extending through the *left* hip, knee, ankle and toes to execute a **forward passé hop**. During the **forward passé hop**, bend the *right* knee forward and pull the pointed *right* foot up, touching the *left* knee (forward passé). Land on the *left* leg in demi-plié with the *left* foot turned out.

Arms: Lower the *right* arm downward to the *right* hip. Lower the *left* arm sideward-downward to low and continue to lift forward-upward to finish in forward-middle with the palm down.

Focus: Forward toward side 7.

Upon landing of the **forward passé hop**, turn 45° *left* and step sideward onto the *right* foot (turned out) through 2nd position demi-plié with the heels on or near the floor. Push off the floor with both feet to execute a **sideward chassé**, closing the *left* foot beside the *right* foot in the air.

Arms: Move the *left* arm to side-middle. Simultaneously, lift the *right* arm sideward-upward to side-middle.

Land in demi-plié on the *left* leg with the *left* foot turned out slightly. The *right* leg opens sideward, pointing the *right* foot down toward the floor.

Continuing diagonally toward side 7, step *right* onto the *right* leg in demi-plié.

Arms: Lower both arms sideward-downward to low.

Push off the floor by extending through the *right* hip, knee, ankle and toes to execute a **forward passé hop with 135° turn right** to finish facing side 3. During the **passé hop**, bend the *left* knee forward and pull the pointed *left* foot up, touching the *right* knee (forward passé). Land in demi-plié on the *right* leg.

Arms: Lift both arms forward-upward to crown.

Toward side 3, step forward onto the *left* foot (turned out slightly) through 4th position demi-plié. Push off the floor with both feet to execute a **forward chassé**, closing the *right* foot behind the *left* foot in the air (tight 5th position). Land in demi-plié on the *right* leg, with the *right* foot turned out slightly. The *left* leg remains in front, pointing down toward the floor.

Arms: Move both arms sideward-downward to side-middle and remain in side-middle for the **forward chassé**.


8. STRAIGHT LEG LEAP (120°) (0.60), Fish Pose



Take a long step (or low straight leg run) onto the *left* foot in demi-plié, then swing the straight *right* leg forward-upward to horizontal and push off the floor with the *left* leg. Swing the *left* leg backward-upward to execute a **STRAIGHT LEG LEAP** with a **minimum of 120°** even leg separation in flight.

Land on the *right* leg in demi-plié with the *left* leg extended backward, turned out slightly, passing through a low arabesque position. The emphasis is on body alignment and height of the leap.

Arms: Low position on the step. During and on the landing of the **STRAIGHT LEG LEAP**, use one of the three acceptable arm positions for leaps listed in the Glossary.

	STRAIGHT LEG LEAP (120°) (0.60)	Up to 0.10	Bending the lead (front) leg on take-off
		Up to 0.20	Uneven leg separation
Points of emphasis: <i>posture, amplitude, even leg separation, coordination of arms with leap</i>			

Continuing toward side 3, step forward *left* in relevé.


Arms: Lower both arms to low.

Focus: Low.

Step forward *right* in relevé and bend the *left* leg backward-upward a minimum of 90° to finish with both knees touching to execute a **fish pose**.

Arms: Lift both arms forward-upward to high, palms forward.

Focus: High at the ceiling.

	(*) 1/1 (360°) TURN IN FORWARD PASSÉ (0.40)	0.10	Leg in incorrect position (not in forward passé)
		0.30	Use of heel-snap turn technique

Points of emphasis:

immediate placement of free leg to forward passé position, complete 360° turn in relevé, control at completion

Step forward in relevé on the *left* foot. Close the *right* foot behind the *left* foot in **relevé “lock” stand**, facing corner 4.

Arms: On the step *left*, open both arms to side-middle. As the *right* foot closes, move the arms forward, crossing/wrapping in front of the body to touch the hands on the opposite shoulders (hug).

Focus: Optional.

If the **1/1 (360°) TURN IN FORWARD PASSÉ** was reversed, simply continue to follow the text as written.

Turning $\frac{1}{4}$ (90°) to the *right*, step *left* (flat) to finish in a **straddle stand** facing side 5. During the turn, shift the weight onto the *right* foot so both feet are flat and slightly turned out in the **straddle stand**.

Arms: “Unwrap” the arms and lower both arms downward to finish sideward-diagonally-downward.

Focus: Optional

Without moving the feet, twist the torso $\frac{1}{4}$ (90°) *right* to finish with the torso facing corner 8 (the hips are allowed to twist slightly to the *right*).

Arms: Simultaneously, sharply push (bending and straightening) the *right* arm sideward-upward to side-middle and the *left* arm sideward-upward to high (palm out).

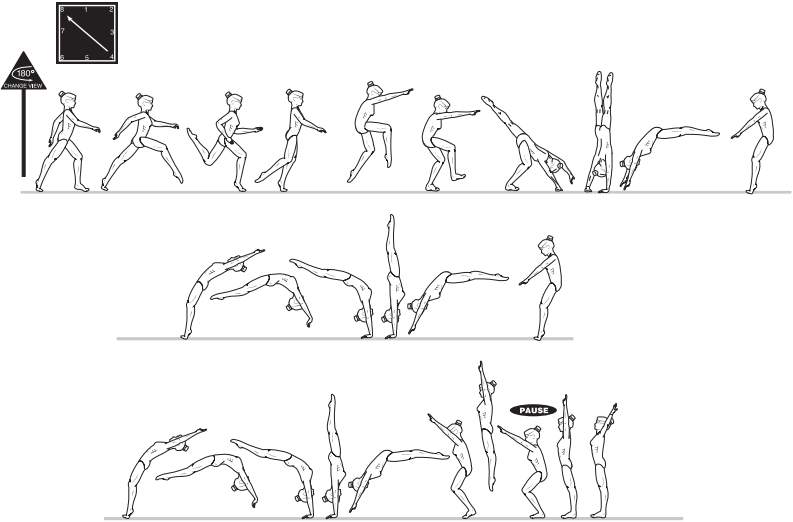
Focus: *Right* toward side 3.

Untwist the torso and transfer the weight onto the *left* foot while simultaneously turning 90° to the *right*, closing the *right* foot beside the *left* foot to finish in a **straight stand** (flat or relevé), facing corner 8.

Arms: Move to low or backward-diagonally-low.

Focus: Forward toward corner 8.

13. (*) ROUND-OFF (0.40),
 FLIC-FLAC (0.60),
 FLIC-FLAC (0.60),
 Rebound



(*) ROUND-OFF (0.40)

Run (no specific number of steps) and hurdle, using one of the acceptable hurdle techniques listed in the Glossary to execute a **ROUND-OFF**.

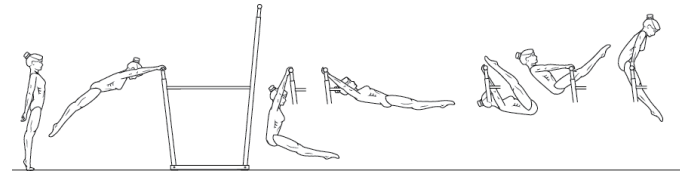
	(*) ROUND-OFF (0.40)	Up to 0.30	Failure to pass through vertical
		<u>0.10</u>	Failure to land on both feet simultaneously
Points of emphasis: <i>body positions and arms by the ears throughout</i>			

Revised 6/6/21
 Corrected Floor Pattern diagram

LEVEL 5 – UNEVEN BARS

Starting Position (SP): Stand with the feet together, outside of the bars, facing the low bar. A board or raised surface (such as a manufactured panel mat or padded spotting/skill block) may be used as a mounting surface but must be removed as soon as possible after the gymnast has mounted.

1. MOUNT: STRADDLE OR PIKE GLIDE KIP (0.60)



Jump from both feet, lifting the hips backward-upward to grasp the low bar with an overgrip, hands shoulder-width apart.

Maintain a hollow-body position with the legs straight and the head neutral. Swing the body forward with the legs together (piked) or straddled. At the completion of the forward glide swing, the legs are together and the hips are fully extended. Quickly lift the feet to the bar and pull the bar down, moving up the legs to the hips to execute a **GLIDE KIP**.

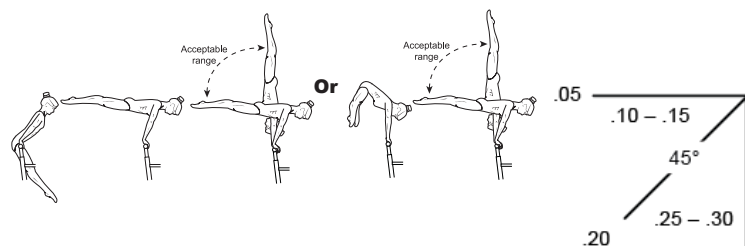
While pulling downward, shift the hands to the top of the bar to arrive in a front support with the legs/feet in front of the bar (body slightly piked), shoulders forward, and the head neutral. Maintain straight arms and legs throughout.

L	STRADDLE OR PIKE GLIDE KIP MOUNT (0.60)	<u>0.10</u>	Failure to take off from both feet simultaneously
		<u>0.30</u>	Performs run-out glide
		Up to 0.10	Failure to lead with the feet in the forward glide swing (performs a long hang swing)
		Up to 0.20	Insufficient extension at end of glide swing
		<u>0.10</u>	Failure to close legs at end of straddle glide swing

Points of emphasis:


complete extension of glide and maintain straight arms and legs throughout

2. CAST TO ABOVE HORIZONTAL (0.40)



With the shoulders slightly in front of the bar, immediately swing the legs backward-upward. Push down against the bar, extending through the shoulders, to lift the body off the bar to execute a **CAST TO ABOVE HORIZONTAL** with legs together. The cast may also be performed using a bent-hip straddle technique to achieve the completed angle.

Regardless of the technique chosen to perform the cast, the gymnast must show a straight-hollow body position with the buttocks and abdominals tight, the arms and legs straight, and the head neutral with the legs closed at the completion of the achieved angle.


	CAST TO ABOVE HORIZONTAL (0.40)	Up to 0.30	Insufficient amplitude of cast (line from shoulders to mid-point of lowest body part-abdomen, hips, knees or feet)
		No deduction	<ul style="list-style-type: none">• Above horizontal
		0.10 – 0.15	<ul style="list-style-type: none">• At horizontal• 1° to 44° below horizontal
		0.25 – 0.30	<ul style="list-style-type: none">• At 45° below horizontal• 46° or more below horizontal
		Up to 0.20	Incorrect body alignment (failure to show straight line from shoulders to feet with chest hollow)
Points of emphasis: <i>straight arms and legs throughout with good body position on the cast</i>			

The knees may bend or remain straight on the upward swing phase. Finish the circle with support on the feet.

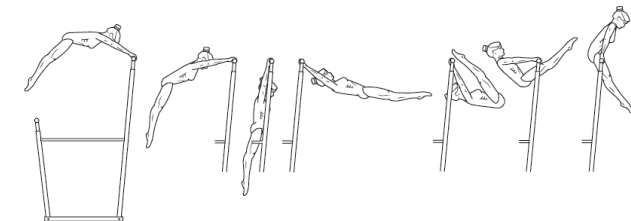
- C. LATE DROP START – Lean/drop/push the shoulders backward to initiate the circle around the bar and maintain tension throughout the body while pushing. The technique for the drop is optional; however, it must be a “late drop”. It is acceptable to use a “step-in” technique for the drop.

Close the hip angle under the bar (late drop) bringing the feet inside of the arms to achieve a compressed, inverted pike position with a rounded torso at the bottom of the circle. Maintain the rounded torso with head neutral and legs straight throughout the circle. As the hips rise (upswing), shift the hands to the top of the bar to execute a **BACKWARD SOLE CIRCLE**.

The knees may bend or remain straight on the upward swing phase. Finish the circle with support on the feet.


	CAST, SQUAT-ON OR PIKE-ON, OR CAST, 360° BACKWARD SOLE CIRCLE (0.20)	0.20	Alternate foot placement
		0.05	Insufficient backward swing of legs into cast (hip lift only)
Points of emphasis: <i>straight arms with good control and rounded body position</i>			

6. JUMP TO LONG HANG KIP (0.60)

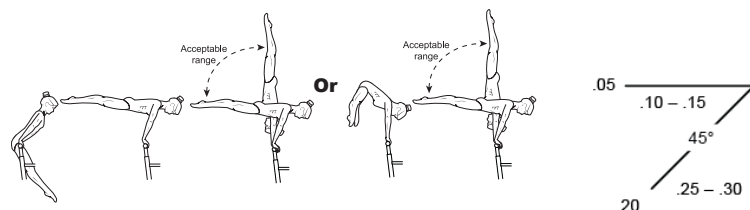


From the tuck (or pike) position on the low bar immediately **JUMP** up to grasp the high bar while maintaining a straight-hollow body position. With the legs together, swing the body downward, forward and upward near horizontal (straight line from shoulders to feet).

At the completion of the forward swing, quickly lift the feet to the bar and pull the bar down, moving up the legs to the hips to execute a **LONG HANG KIP**. While pulling downward, shift the hands to the top of the bar to arrive in a front support with the legs/feet in front of the bar (body slightly piked), shoulders forward, and the head neutral. Maintain straight arms and legs throughout.


	LONG HANG KIP (0.60)	Up to 0.20	Failure to swing to near horizontal
Points of emphasis: <i>complete extension of swing and maintain straight arms and legs throughout</i>			

7. CAST TO ABOVE HORIZONTAL (0.40)



With the shoulders slightly in front of the bar, immediately swing the legs backward-upward. Push down against the bar, extending through the shoulders, to lift the body off the bar to execute a **CAST TO ABOVE HORIZONTAL** with legs together. The cast may also be performed using a bent-hip straddle technique to achieve the completed angle.

Regardless of the technique chosen to perform the cast, the gymnast must show a straight-hollow body position with the buttocks and abdominals tight, the arms and legs straight, and the head neutral with the legs closed at the completion of the achieved angle.

	CAST TO ABOVE HORIZONTAL (0.40)	Up to 0.30	Insufficient amplitude of cast (line from shoulders to mid-point of lowest body part-abdomen, hips, knees or feet)
		No deduction <u>0.05</u>	<ul style="list-style-type: none"> • Above horizontal
		0.10 – 0.15 <u>0.20</u> 0.25 – 0.30	<ul style="list-style-type: none"> • At horizontal • 1° to 44° below horizontal • At 45° below horizontal • 46° or more below horizontal
		Up to 0.20	Incorrect body alignment (failure to show straight line from shoulders to feet with chest hollow)
Points of emphasis: <i>straight arms and legs throughout with good body position on the cast</i>			

LEVEL 5 – BALANCE BEAM

Time Limit: 1:10

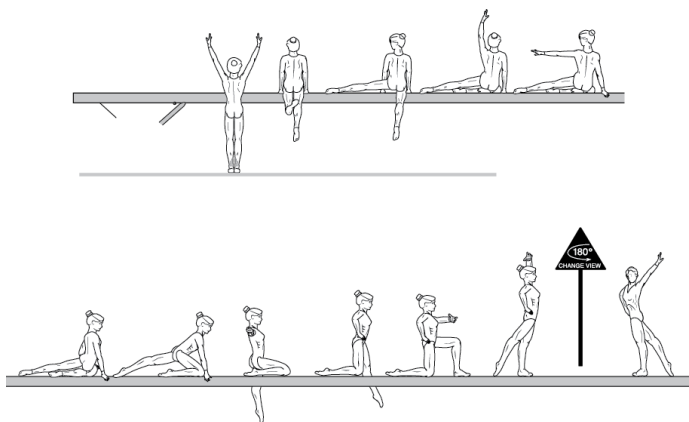
Please note:

- The figures are a guideline to assist with learning the routines. There is flexibility within the text of the routines to allow for choices. Not all of the choices are shown in the pictures. When in doubt, follow the written word of the text.
- **ONLY MAJOR ELEMENTS ARE CAPITALIZED TEXT.** All other headings are connections.
- Whenever high position arms are indicated, arms may be curved (crown) or straight.
- Whenever side-middle OR sideward-diagonally-upward arms are indicated, arms may be pressed slightly backward.
- Whenever the text states to “step”, the proper dance technique is to step through the foot (toe, ball, heel) with the feet turned out slightly.
- The routine may be reversed in its entirety; however, **no single element may be reversed unless indicated by an asterisk (*)**.
- Note the figures will always precede the text explanation of the movement.
- To determine if a gymnast is a “*righty* or *lefty*”, first determine the gymnast’s dominant leap and front split (*right* or *left*). These need to be the same. The text is written describing the choreography for a “*right* dominant” gymnast. If teaching a “*left* dominant” gymnast, replace the words *right* with *left*, and *left* with *right* when teaching the routine.

Starting Position (SP): a board or raised surface (such as a folded panel mat) may be used as a mounting surface, but must be removed as soon as possible after the gymnast has mounted.

- The type of acro skill performed in the routine determines where on the beam the gymnast will mount.
- If performing a **backward acro skill**: Start approximately in the center of the beam.
- If performing a **forward acro skill**: Start with $\frac{1}{4}$ of beam to the *left*. Space the mount so that the *left* foot is close to the end of the beam as the sit position is completed.
- The spacing of the mount should also fit so the **squat turn** later in the routine is performed at the end of the beam.

1. FRONT SUPPORT FISH POSE MOUNT (0.20), Stag Sit to Stand



Place both hands shoulder-width apart on the beam (*left* hand can be straight or sideways) and jump to a **FRONT SUPPORT** with the arms straight and body extended.

As the feet leave the floor, immediately bend the *left* leg backward-upward a minimum of 90° to finish with both knees touching to complete the **FISH POSE MOUNT** (figure 2). It is acceptable for the upper body to be slightly arched, hollowed, or straight.

Press down against the beam and straighten the *left* leg. Lift the straight *left* leg placing the arch of the *left* foot on top of the beam and the heel will be next to the side of the beam. Bend the *right* leg upward and place the side of the *right* foot on top of the beam to arrive in a **stag sit** position with the hips parallel to the beam and the torso straight.

Arms: The *right* hand remains on the beam. As the *right* leg bends into the **stag sit**, lift the *left* arm forward-upward to crown.

Focus: *Left* as the *left* foot is placed on the beam. Forward as the *left* arm moves to crown.

Adjust or turn the *right* hand to grasp the edge of the beam.

Arms: Supply lower the *left* arm sideward-downward to side-middle (*left* arm is in line with the *left* leg).

Focus: *Left*.

Press down with the *right* arm to lift the hips off the beam and turn the torso 90° to the *right*, while placing the *left* hand on the beam beside the *right* hand. The *left* foot remains in contact with the beam. Place the *right* knee on the beam, hips extended. Immediately and sharply lower the straight *left* leg downward beside the beam while simultaneously lowering the hips to sit on the *right* heel. Torso should be erect.

Arms: Lift both arms upward to side-middle.


Focus: Forward.

Raise the buttocks off the heel and extend the hips. Lift the *left* leg forward, bending the knee to place the *left* foot on the beam in front of the *right* knee. The timing of bending the *left* leg is optional. The leg should not kick above the beam before placing the foot.

Straighten both legs to arrive in a **stand** on the *left* leg (foot slightly turned out), with the *right* leg extended backward, *right* foot pointed behind on the beam. At the completion of the stand, turn the torso slightly to the *left*.

Arms: Lower the *right* arm sideward-downward to place the *right* hand on the *right* hip. In a continuous circular motion, lower the *left* arm sideward-downward to low and continue lifting forward-upward through crown. Without pausing, continue the movement by pressing open the *left* arm to finish sideward-diagonally-upward. Palm out.

Focus: *Left* at the completion of the stand.

	FRONT SUPPORT FISH POSE MOUNT (0.20)	Up to 0.10	Failure to extend body in front support
		Up to 0.10	Lack of continuity from the mount to stand
		<u>0.30</u>	Performing a knee scale
Points of emphasis: <i>posture and straight arms in front support and quick rhythm to stand</i>			

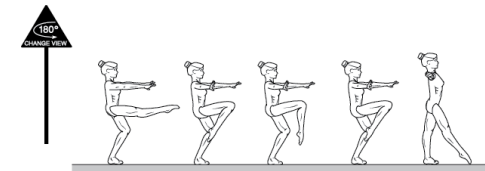
2. Forward Passé Pose, (*) BACK WALKOVER (150°) (0.60)

OR (*) BACKWARD ROLL TO MINIMUM OF ¾ HANDSTAND (0.60)

OR (*) FLIC-FLAC STEP-OUT (0.60)

OR FLIC-FLAC TO TWO (2) FEET (0.60)

OR (*) FRONT WALKOVER (150°) (0.60)



Demi-Plié the *left* leg and simultaneously swing the straight *right* leg forward to horizontal.

Arms: Lift the *right* arm forward-upward to forward-middle. Simultaneously, by bending and straightening, lower the *left* arm to forward-middle. Palms down.

Bend the *right* leg to touch the *right* foot to the *left* knee in **forward passé** (tap).

Immediately without moving the *right* knee, move the *right* foot slightly forward off the knee and quickly bring it back to **forward passé** (tap).

A slight contraction is allowed (not required) during the passé.

Arms: When the *right* leg arrives in **forward passé**, bend the *right* arm to touch the middle finger inside the *left* arm with the *right* elbow out, palm facing out away from the body. *Left* arm remains forward-middle.

Extend both legs and point the *right* foot on the beam.

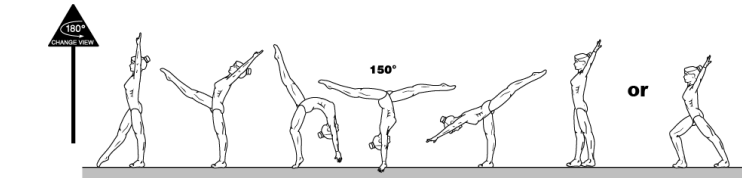
Arms: Open both arms to side-middle on the point, then lift sideward-upward to high in preparation for the acro skill.

Focus: Forward.

The rhythm is a quick kick, tap, tap, point.

If reversing the **BACK WALKOVER**, after the **forward passé pose**, step forward *right* and point the *left* foot forward.

2a. (*) **BACK WALKOVER (150°) (0.60)**




Lift the *right* leg forward-upward (a slight pause with the leg lifted prior to arching back is acceptable). Anytime during the leg lift, arch the upper back to reach backward, grasping the beam with the hands side-by-side, thumbs on top of the beam. As the *left* foot pushes off the beam, push the shoulders over the hands to execute a **BACK WALKOVER**, passing through a handstand position with a **minimum of 150°** leg separation, shoulders extended.


Focus: On the hands.

Step down *right* while keeping the ears covered by the arms to finish on a straight (or slightly bent) *right* leg and immediately close the *left* behind the *right* foot to finish with both legs straight and feet flat on the beam (figure 6) OR to finish in a *right* lunge, pressing the *right* knee and both hips forward (figure 7).

Arms: Remain in high throughout and as the step down occurs. Open sideward-diagonally-upward on the finish.

	(*) BACK WALKOVER (150°) (0.60)	Up to 0.10	Failure to show continuous leg lift into the walkover (leg lifts then drops, or lifts after the arching backward has begun)
		<u>0.10</u>	Incorrect (staggered or alternate) hand placement
		Up to 0.20	Insufficient split (less than 150°)
Points of emphasis: <i>stretched body alignment through vertical, straight legs</i>			

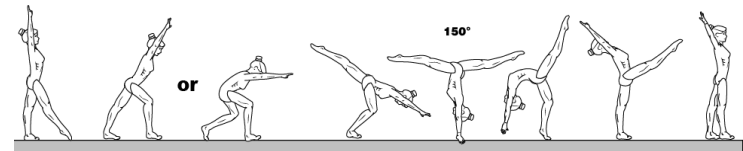
Arms: The movement pattern of the arm swing to initiate the **FLIC-FLAC to TWO FEET** is optional. Remain in high throughout. Open sideward-diagonally-upward on the finish.

	FLIC-FLAC TO TWO (2) FEET (0.60)	See General Faults and Penalties
Points of emphasis: <i>straight arms and legs, posture (inverted stretched position)</i>		

If the **BACKWARD ACRO SKILL** was reversed, simply return to the text.

If reversing the **FRONT WALKOVER**, after the **forward passé pose**, step forward *right* and point the *left* foot forward.

2e. (*) **FRONT WALKOVER (150°) (0.60)**



Transfer the weight onto the *right* foot to execute a *right* lunge (figure 2) OR "mountain climber entrance" (figure 3) on the *right* leg.


To execute the **FRONT WALKOVER**, lift the *left* leg backward-upward overhead, keeping the ears covered by the arms while reaching for the beam. Continue to lift the *left* leg backward-upward as the torso lowers.

Reach forward to grasp the beam, placing the hands side-by-side with the thumbs on top of the beam. Push off the beam with the *right* leg to pass through a split handstand with a **minimum of 150°** leg separation, shoulders extended, with focus on the hands. Continue to open the shoulder angle past the hands and arch the upper back, lowering the *left* leg toward the beam to pass through a bridge position on the *left* foot with straight arms.

Press the *left* hip and thigh forward, push from the hands and stand up to close the *right* foot in front of the *left* foot with both feet parallel.

Arms: Maintain high throughout the skill. Open to sideward-diagonally-upward on the finish.

Focus: Maintain focus on the hands until the second foot makes contact with the beam, then focus forward.

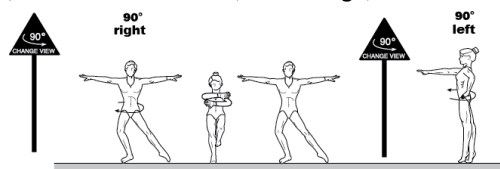
	(*) FRONT WALKOVER (150°) (0.60)	0.10	Incorrect (staggered or alternate) hand placement
		Up to 0.20	Insufficient split (less than 150°)

Points of emphasis:

stretched body alignment through vertical, straight legs

If the **FRONT WALKOVER** was reversed, simply return to the text.

3. Side Lunge, Forward Passé Pose, Side Lunge, Relevé “Lock” Stand



While turning 90° *right*, take a small step/slide backward (toward the *left* foot) placing the *right* foot sideways on the ball of the foot (relevé not required) on the beam in demi-plié while extending the *left* leg to the side (slightly turned out), pointing the *left* foot on top of the beam to finish in a **side lunge**. If the acro skill used a closed exit, relevé on the *right* foot instead of stepping/sliding and continue with the text as written.

Arms: Supplely lower both arms sideward-downward to side-middle.

While maintaining the *right* leg in demi-plié, bend the *left* leg and point the *left* foot forward to touch the *right* knee (**forward passé pose**). The upper body remains straight. The *left* knee is allowed to twist slightly inward in the **forward passé pose**.

Arms: Move both arms forward to finish with both arms in forward-middle, sharply bent 90°, with one arm on top of the other (hands directly in line with the opposite elbow, either arm on top) slightly separated. The palms are out.

Focus: Optional.

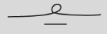
Maintaining the *right* leg in demi-plié, extend the *left* leg to the side (slightly turned out) to return to the **side lunge**.

Arms: Sharply open both arms to side-middle.

While turning 90° *left*, extend the *right* leg and pull the extended *left* leg backward to finish with the *left* foot in front of the *right* foot in a **relevé “lock” stand**.

Arms: Lower the *left* arm sideward-downward to place the *left* hand on the *left* hip. Supplely wave the *right* arm to finish in forward-middle with the palm down.

Focus: Optional.

	STRAIGHT LEG LEAP (150°) (0.60)	Up to 0.10	Bending lead (front) leg on take-off
		Up to 0.20	Uneven leg separation

Points of emphasis:
posture, amplitude, correct leg alignment with even leg separation

Insufficient continuity between STRAIGHT LEG LEAP and STRETCH JUMP	No deduction	
Connection broken between STRAIGHT LEG LEAP and STRETCH JUMP	<u>0.05</u>	<u>Note:</u> Refer to the General Faults and Penalties for further explanation of this deduction

STRETCH JUMP (0.20)

Immediately close the *left* foot behind the *right* in demi-plié. Push off the beam, extending both legs through the hips, knees, ankles, and toes with the legs together to execute a **STRETCH JUMP**. During the jump, the inner thighs should press together resulting in the press of the heel of the *right* foot against the front of the *left* foot.


Arms: Lift the arms to crown in the jump. The pathway to crown is optional.

Land on both feet simultaneously in demi-plié, pressing through the balls of the feet to lower the heels toward the beam, *right* foot in front of the *left* foot with both feet slightly turned out.

Arms: The arms remain in crown on the landing.

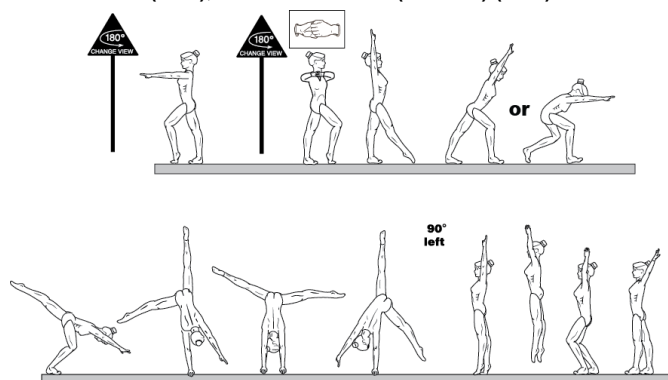
Extend the legs to finish in a straight stand.

Arms: Open to sideward-diagonally-upward.

	STRETCH JUMP (0.20)	<u>0.10</u>	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed

Points of emphasis:
posture, pointed feet and height, good continuity between jumps

**8. Lunge Pose, Lunge Pose,
(*) CARTWHEEL (0.60), STRETCH JUMP (PUNCH) (0.20)**



Step backward on the *right* leg to finish in a **left lunge pose** with the *left* foot in forced arch, the *left* knee and both hips forward.

Arms: By bending and straightening, lower both arms forward-downward to forward-middle, palms down.

Step backward on the *left* leg to finish in a **right lunge pose** with the *right* foot in forced arch, the *right* knee and both hips forward. Turn the torso slightly to the *right*.

Arms: While bending the arms toward the chest with elbows out, and forearms parallel to the floor, bring the palms of hands toward each other with the *right* hand closest to the chest. The back of the *right* hand is toward the chest and the palm of the *left* hand is toward the chest. Hook the fingers together (see figure 2) with the palms of the hands facing each other.

Focus: Forward.

Extend the *right* leg and point the *right* foot on the beam.

Arms: Lift both arms up to high.

If reversing the **CARTWHEEL**, after extending the *right* leg, step forward *right* and point the *left* foot forward.

Transfer the weight onto the *right* foot to execute a *right* lunge (figure 4) OR "mountain climber entrance" (figure 5) on the *right* leg.

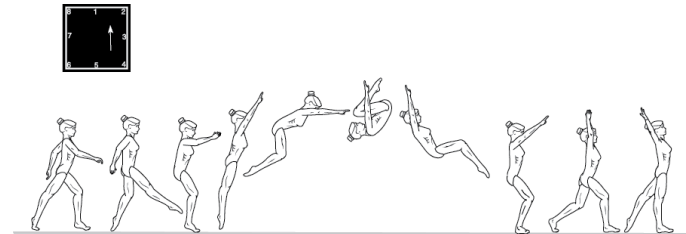
Lift the *left* leg backward-upward overhead, keeping the ears covered by the arms while reaching down to place the *right* hand sideways on the beam as the body turns 90° *left*. Continue to lift the *left* leg backward-upward as the torso lowers.

Place the *left* hand on the beam sideways or slightly turned in (hands shoulder-width apart) as the *right* leg pushes off the beam to execute a **CARTWHEEL right**.

The head remains in alignment, with the shoulder and hip angle open, and focus under the *left* arm in order to see the beam on the step-down.

2. FORWARD SALTO TUCKED (0.60)
 OR (*) FREE (AERIAL) CARTWHEEL (0.60)
 OR (*) FREE (AERIAL) WALKOVER FORWARD (0.60)

2a. FORWARD SALTO TUCKED (0.60)




Run (no specific number of steps) and swing either leg forward, pushing off the floor with the opposite leg to land on both feet simultaneously. Immediately punch off both feet with the body in an upright position. As the body rises, lift the hips upward while inverting the body, rounding the upper back and bending at the hips and knees (Minimum 135° - ideally 90°) to achieve a tight tucked position to execute a **FORWARD SALTO TUCKED**. In preparation for the landing, extend the body from the tucked position.

Arms: Optional on take-off (over arm throw technique on take-off is preferred). Optional upon landing.

Land in demi-plié and immediately step forward onto the *right* leg (turned out) in demi-plié, passing through 4th position demi-plié. Straighten both legs to stand with the *left* leg extended backward and the *left* foot pointed on the floor, both feet turned out.

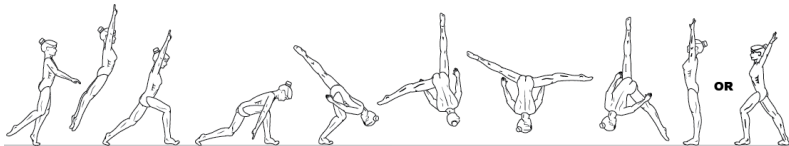
Arms: Lift to sideward-diagonally-upward.

Focus: Forward-diagonally-upward.

	FRONT SALTO TUCKED (0.60)	Up to 0.60	Failure to perform salto in designated body position (performs pike or layout)
		Each up to 0.20	Insufficient bend of hips and legs (Minimum 135° - ideally 90°)
Points of emphasis: <i>amplitude, tight tuck, extension to stuck landing</i>			

If reversing the **FREE (AERIAL) CARTWHEEL**, step forward *right* and hurdle.

2b. (*) **FREE (AERIAL) CARTWHEEL (0.60)**



Step forward left.

Arms: Lift both arms forward-upward to high.

Focus: Forward.

Hurdle using one of the acceptable hurdle techniques listed in the Glossary and step forward (OR simply step forward without a hurdle) onto the *right* foot using a “mountain climber” entrance. Swing the *left* leg backward-upward to initiate rotation. When the *left* leg approaches vertical, push off the floor with the *right* foot to execute a **FREE (AERIAL) CARTWHEEL**, finishing on a straight (or slightly bent) *left* leg and immediately close the *right*-foot behind the *left* foot to finish with both legs straight and feet flat (feet may be parallel or slightly turned out) (figure 9) OR finish in a *left* leg lunge, pressing the *left* knee and both hips forward (figure 10).

Arms: Optional on the entrance and during the **AERIAL CARTWHEEL**. Upon landing, lift the arms to finish sideward-diagonally-upward.

Focus: During the step and entrance, focus on the floor. At finish, focus forward-diagonally-upward.

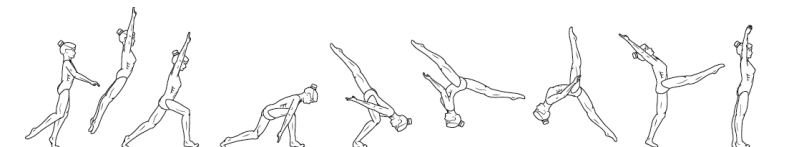
	(*) FREE (AERIAL) CARTWHEEL (0.60)	Up to 0.30	Failure to pass through vertical
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Points of emphasis:

stretched body through vertical, straight legs

If reversing the **FREE (AERIAL) WALKOVER FORWARD**, step forward *right* and hurdle.

2c. (*) **FREE (AERIAL) WALKOVER FORWARD (0.60)**



Step forward left.


Arms: Lift both arms forward-upward to high.

Focus: Forward.

Hurdle using one of the acceptable hurdle techniques listed in the Glossary and step forward (OR simply step forward without a hurdle) onto the *right* foot using a “mountain climber” entrance. Swing the *left* leg backward-upward to initiate rotation. When the *left* leg approaches vertical, push off the floor with the *right* foot to execute a **FREE (AERIAL) WALKOVER FORWARD**. Finish on a straight (or slightly bent) *left* leg and immediately close the *right* foot in front of or beside (or next to) the *left* foot to finish with both legs straight and feet flat (feet may be parallel or slightly turned out) OR after landing on the *left* leg, step forward *right* and close the *left* foot behind or beside (or next to) the *right* foot.

Arms: Optional on the entrance and during the **FORWARD AERIAL**. Upon landing, lift the arms to high, then open to sideward-diagonally-upward.

Focus: During the step and entrance, focus on the floor. At finish, focus forward-diagonally-upward.

	(*) FREE (AERIAL) WALKOVER FORWARD (0.60)	See General Faults and Penalties
Points of emphasis: good height, straight legs		

2a. After completing the **FRONT SALTO**

Rise to relevé on the *right* foot and simultaneously turn 45° *left* while closing the *left* foot next to the *right* foot to finish in a 1st position **relevé pose** with both feet turned out with the torso finishing to face side 1.

2b. After completing the **FREE (AERIAL) CARTWHEEL**

If finished in a lunge, rise to relevé on the *left* foot and simultaneously turn 135° *right* while closing the *right* foot next to the *left* foot to finish in a 1st position **relevé pose** with both feet turned out with the torso finishing to face side 1. If the **FREE (AERIAL) CARTWHEEL** was completed with the feet closed, simply turn 135° in place to finish in a 1st position **relevé pose** with both feet turned out.

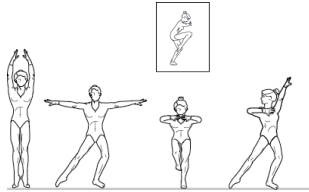
If the **FREE (AERIAL) CARTWHEEL** was reversed, step back *right* in relevé, and rise to relevé on the *left* foot. Simultaneously turn 135° *right*, then close the *left* foot next to the *right* foot to finish in a 1st position **relevé pose** with both feet turned out.

2c. After completing the **FREE (AERIAL) WALKOVER FORWARD**

Rise to relevé on both feet and simultaneously turn 45° *left* to finish in a 1st position **relevé pose** with both feet turned out with the torso finishing to face side 1.

Arms for all 3 choices: Lift upward to crown.

3. Relevé Pose, Side Lunge, Forward Passé Contraction Pose, Side Lunge



From the **relevé pose**, immediately lower the *left* heel and demi-plié the *left* leg and extend the *right* leg to a **side lunge**, with the *right* foot pointed to touch the floor.

Arms: Leading with the palms down, lower both arms supplely to side-middle.

Focus: Forward.

While maintaining the *left* leg in demi-plié (it is acceptable to shift the *left* foot slightly to a parallel position), bend the *right* leg and point the *right* foot forward to touch the *left* knee (**forward passé contraction pose**). During the **forward passé contraction pose**, contract the torso by pulling in the abdominals and slightly leaning forward in the upper body. The *right* leg may twist slightly inward during the contraction.

Arms: Maintaining the upper arms in side-middle, bend both arms sharply close to the chest with the palms out.

Focus: Down.

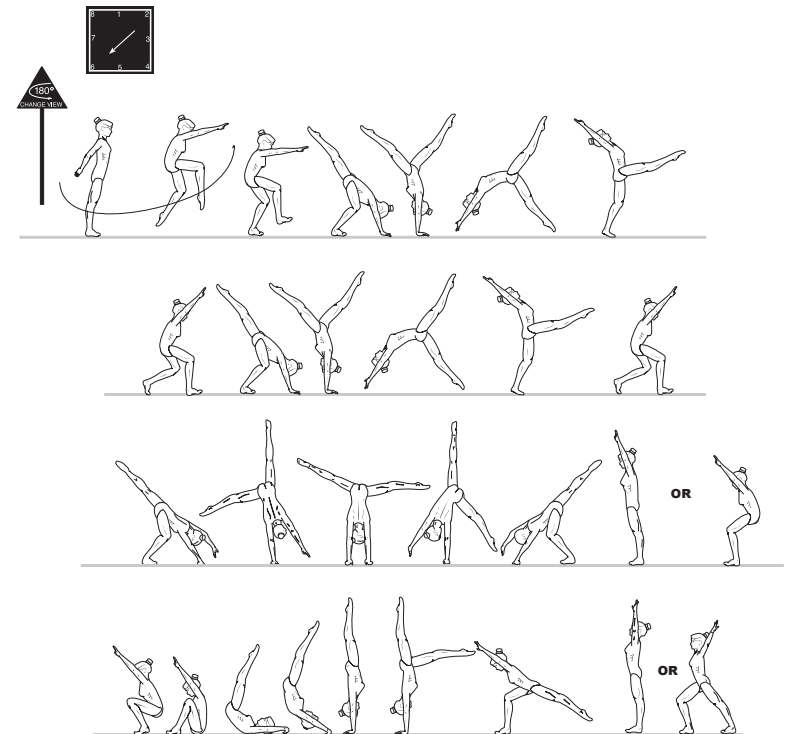
While maintaining demi-plié with the *left* leg (*left* foot parallel or turned out), extend the *right* leg and point the *right* foot sideward to touch the floor (foot pointing toward corner 2). At the completion of the leg extension, twist the torso slightly to the *left* with the shoulders pressed down.

Arms: Extend the *left* arm to finish sideward-diagonally-upward. Move the bent *right* arm to touch the fingertips of the index and second finger to the *left* shoulder, palm out.

Focus: *Right*, toward corner 2.

If reversing, the **FRONT HANDSPRING STEP-OUTS**, the **CARTWHEEL** must also be reversed.

5. (*) **FRONT HANDSPRING STEP-OUT (0.60)**,
(*) **FRONT HANDSPRING STEP-OUT (0.60)**,
(*) **CARTWHEEL (0.40)**,
STRAIGHT ARM BACKWARD ROLL TO HANDSTAND (0.40)



(*) FRONT HANDSPRING STEP-OUT (0.60)

(*) FRONT HANDSPRING STEP-OUT (0.60)

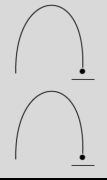
Power hurdle or step *left* and hurdle using one of the acceptable hurdle techniques listed in the Glossary.

Reach both hands forward and place them on the floor side-by-side, shoulder-width apart, while kicking the *left* leg backward-upward overhead. As the hands contact the floor, forcefully extend through the shoulders creating a powerful backward-upward movement. Rotate the body in a tight stretched position to execute a **FRONT HANDSPRING STEP-OUT**. Step forward *right* and repeat a second **FRONT HANDSPRING STEP-OUT**.

While executing the **FRONT HANDSPRING STEP-OUTS**, the goal of the skill is to accelerate and rotate quickly. A large, high block should be avoided. It should resemble a powerful front walkover with minimal flight and height. It is acceptable technique to lean both shoulders (planche) over the wrists while activating the backward kick.

Arms: Lift arms forward-upward, covering the ears until contact is made with the floor. Arms remain next to the ears throughout and the shoulder angle opens on the post-flight phase of the skill. If using the "planche" technique, an open shoulder angle throughout is not required, but must be shown at the end of the skill.

Focus: On the hands throughout, with the head neutral, chin forward.

	(*)	Each up to 0.10	Alternate/staggered hand placement
	FRONT HANDSPRING STEP-OUT,	Each <u>0.10</u>	Joining legs prior to step-out
	FRONT HANDSPRING STEP-OUT	Each up to 0.20	Flight prior to hand contact (dive)
	(0.60 EACH)	Each <u>0.20</u>	Failure to step-out
		Up to 0.20	Lack of acceleration
		No deduction	Performing a "fast front walkover"
Points of emphasis: good speed and rotation, straight legs			

(*) CARTWHEEL (0.40)

At the completion of the second **FRONT HANDSPRING STEP-OUT**, continue forward to execute a **CARTWHEEL *right***. Entrance into the **CARTWHEEL** may be through a lunge or "mountain climber entrance". The head remains in alignment, with the shoulder and hip angle open, and focus under the *left* arm in order to see the floor on the step-down. Turn ¼ (90°) inward to step down *left*. Close the *right* foot beside the *left* foot to finish in a hollow-body straight stand (flat or in relevé) OR maintain the rounded shape and immediately plié both legs to continue into the **BACKWARD ROLL TO HANDSTAND**.

Arms: High, shoulder angle open throughout and as the step down occurs.

Focus: During the **CARTWHEEL**, the head should be placed beside the *left* upper arm, looking for the landing position of the feet.

Demi-plié both legs and simultaneously lift both heels off the floor to finish in a forced arch **pose**.

Arms: Bend and lift the *right* arm forward-upward to touch the fingertips of the index and second finger to the *left* shoulder, palm out. Simultaneously, lift the *left* arm sideward-upward to side-middle, palm down.

Focus: *Left*.


Sharply extend both legs and lower both heels to the floor.

Arms: Sharply lower both arms sideward-downward, “snapping” both arms to finish either low or backward-diagonally-low.

Focus: Forward.

Demi-plié both legs. Extend both legs through the hips, knees, ankles and toes with the legs together to execute a **STRETCH JUMP WITH 1/1 (360°) TURN** to the *right*.

Arms: The arms lift forward-upward to crown for the **STRETCH JUMP 1/1 (360°) TURN** and landing.

	(*) STRETCH JUMP 1/1 (360°) TURN (0.40)	Up to 0.10	Failure to keep legs joined in air during the stretch jump 1/1 (360°) turn
		<u>0.10</u>	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed
Points of emphasis: posture, amplitude, pointed feet			

Upon landing of the **STRETCH JUMP 1/1 (360°) TURN**, immediately perform a small rebound, extending both legs through the hips, knees, ankles and toes with the legs together.

Arms: Remain in crown.

Land the small rebound on the *right* foot. Reach back with the *left* leg to finish in a ½ **kneeling pose** (*left* shin on the floor) with the *right* ankle aligned in front of the *right* knee with both hips squared forward with the front foot slightly turned out.

Arms: “Presentation – One continuous motion” lower both arms sideward-downward to low. Continue to lift both arms forward-upward to forward-middle, crossing the wrists with the palms up. Finish the movement by opening both arms sideward to side-middle, palms up (the arms should be open to side-middle as the kneel pose finishes).

Focus: Forward.

Extend both legs, closing the *left* foot behind the *right* foot in a **relevé “lock” stand**.

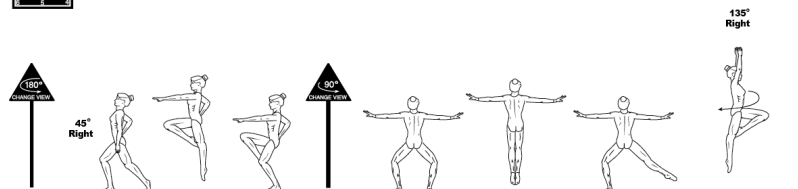
Arms: Without breaking the continuous motion of the arms, lower both arms sideward-downward to low.

Focus: Down.

Arms: Without hesitation, continue to lift the *left* arm forward-upward to finish in crown with the palm up toward the ceiling. Simultaneously, lift the *right* arm forward-upward to forward-middle-curved, palm out.

Focus: Finish the movement by sharply “snapping” the focus *right*.

7. Backward Passé Hop, Sideward Chassé, Passé Hop with $\frac{3}{4}$ (135°) Turn, Forward Chassé



Traveling backward along a diagonal line toward side 7, turn 45° *right* and step backward onto the *left* leg in demi-plié. Push off the floor by extending through the *left* hip, knee, ankle and toes to execute a **backward passé hop**. During the **backward passé hop**, bend the *right* knee forward and pull the pointed *right* foot up, touching the *left* knee (forward passé). Land on the *left* leg in demi-plié with the *left* foot turned out.

Arms: Lower the *right* arm downward to the *right* hip. Lower the *left* arm sideward-downward to low and continue to lift forward-upward to finish in forward-middle with the palm down.

Focus: Forward toward side 5.

Upon landing of the **backward passé hop**, turn 45° *right* and step sideward onto the *right* foot (turned out) through 2nd position demi-plié with the heels on or near the floor. Push off the floor with both feet to execute a **sideward chassé**, closing the *left* foot beside the *right* foot in the air.

Arms: Move the *left* arm to side-middle. Simultaneously, lift the *right* arm sideward-upward to side-middle.

Land in demi-plié on the *left* leg with the *left* foot turned out slightly. The *right* leg opens sideward, pointing the *right* foot down toward the floor.

Continuing diagonally toward side 7, step *right* onto the *right* leg in demi-plié.


Arms: Lower both arms sideward-downward to low.

Push off the floor by extending through the *right* hip, knee, ankle and toes to execute a **forward passé hop with 135° turn right** to finish facing side 3. During the **passé hop**, bend the *left* knee forward and pull the pointed *left* foot up, touching the *right* knee (forward passé). Land in demi-plié on the *right* leg.

Arms: Lift both arms forward-upward to crown.

Revised June 6, 2021

Deleted sentence repeated at
end of 1st paragraph

	(*) 1/1 (360°) TURN IN FORWARD PASSÉ (0.40)	0.10	Leg in incorrect position (not in forward passé)
		0.30	Use of heel-snap turn technique

Points of emphasis:
immediate placement of free leg to forward passé position, complete 360° turn in relevé, control at completion

Step forward in relevé on the *left* foot. Close the *right* foot behind the *left* foot in relevé “**lock**” stand facing corner 4.

Arms: On the step *left*, open both arms to side-middle. As the *right* foot closes, move the arms forward, crossing/wrapping in front of the body to touch the hands on the opposite shoulders (hug).

Focus: Optional.

If the 1/1 (360°) TURN IN FORWARD PASSÉ was reversed, simply continue to follow the text as written.

Turning ¼ (90°) to the *right*, step *left* (flat) to finish in a **straddle stand** facing side 5. During the turn, shift the weight onto the *right* foot so both feet are flat and slightly turned out in the **straddle stand**.

Arms: “Unwrap” the arms and lower both arms downward to finish sideward-diagonally-downward.

Focus: Optional

Without moving the feet, twist the torso ¼ (90°) *right* to finish with the torso facing corner 8 (the hips are allowed to twist slightly to the *right*).

Arms: Simultaneously, sharply push (bending and straightening) the *right* arm sideward-upward to side-middle and the *left* arm sideward-upward to high (palm out).

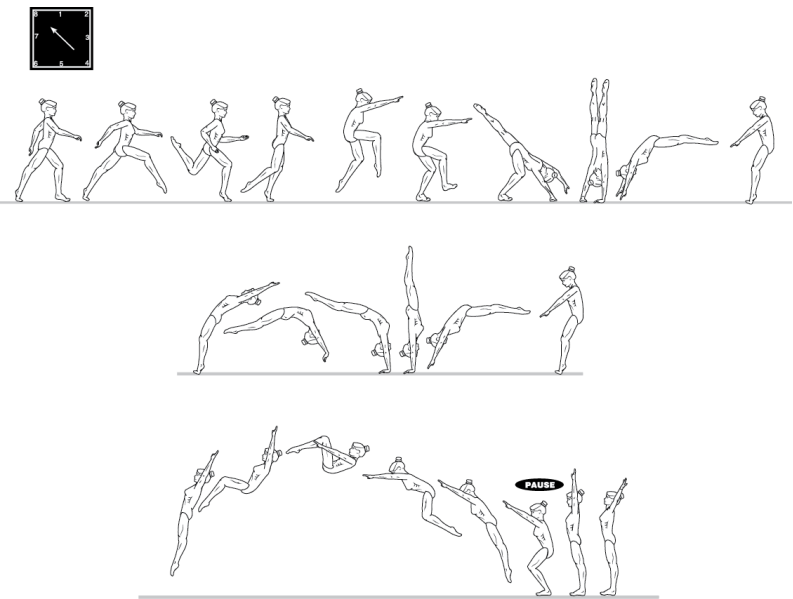
Focus: *Right* toward side 3.

Untwist the torso and transfer the weight to the *left* foot while simultaneously turning 90° to the *right*, closing the *right* foot beside the *left* foot to finish in a **straight stand** (flat or relevé), facing corner 8.

Arms: Move to low or backward-diagonally-low.

Focus: Forward toward corner 8.

13. (*) ROUND-OFF (0.40),
 FLIC-FLAC (0.40),
 BACKWARD SALTO TUCKED (0.60)




(*) ROUND-OFF (0.40)

Run (no specific number of steps) and hurdle, using one of the acceptable hurdle techniques listed in the Glossary to execute a **ROUND-OFF, FLIC-FLAC**.

	(*) ROUND-OFF (0.40)	Up to 0.30	Failure to pass through vertical
		<u>0.10</u>	Failure to land on both feet simultaneously
Points of emphasis: <i>body positions and arms by the ears throughout</i>			

FLIC-FLAC (0.40)

	FLIC-FLAC (0.40)	Up to 0.30	Squat into flic-flac
		<u>0.10</u>	Failure to land on both feet simultaneously
Points of emphasis: <i>acceleration, power, and straight legs throughout</i>			


BACKWARD SALTO TUCKED (0.6)

Upon landing the **FLIC-FLAC** on the balls of the feet, immediately rebound (punch) with the body straight, the head neutral, and the arms reaching upward. As the body rises, (leaving the floor by vertical), lift the knees forward-upward toward the hands to achieve a minimum of a 90° tuck position (hip and knee angle). Hand grasp of the legs is optional. Continue to rotate upward and backward as the hips rotate over the head to execute a **BACKWARD SALTO TUCKED**. In preparation for the landing, extend the body from the tucked position. Land in demi-plié in a balanced and controlled position ("stick"). **Pause**.

Arms: High position on hurdle and throughout the **ROUND-OFF, FLIC-FLAC**, and take-off for the **BACKWARD SALTO TUCKED**. Arms are optional during the **SALTO**. Upon landing the **SALTO**, the arm position is optional.

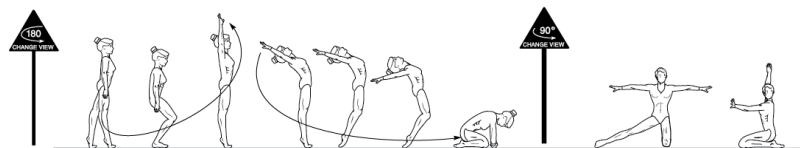
Extend the legs to finish in a straight stand.

Arms: Move to high, then open to sideward-diagonally-upward.

	BACKWARD SALTO TUCKED (0.60)	Up to 0.60	Failure to perform salto in designated body position (performs pike or layout)
		Up to 0.20	Failure to extend/open prior to landing
		<u>0.05</u>	Failure to pause in a controlled "stick"
Points of emphasis: Good shaping and extension before landing			

Lack of Acceleration in the Series	Up to 0.20	<u>Not</u> applied if a <u>0.30</u> deduction is taken for a stop between elements
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14. Toe Fall to Kneeling/Sitting Pose, ½ Kneeling Side Pose, Final Pose



Step forward *right* and close the *left* foot beside the *right* foot (feet are flat). Demi-plié both legs.

Arms: Lower both arms sideward-downward to low.

Extend both legs and press down on the balls of the feet to push the top of both feet forward and point the feet/toes under. As the feet/toes point under, perform an arch in the upper back.

Arms: As the legs extend, lift both arms forward-upward to crown. As the body arches, press the arms sideward to sideward-diagonally-upward.

Focus: As the feet/toes point under, release the head and look at the ceiling.

With the toes under, demi-plié to begin the **toe fall** to arrive in a **kneeling/sitting pose** with the buttocks resting on the heels and the torso contracted forward over the knees.

Arms: Lower both arms sideward-downward to place both hands flat on the floor in front of the knees, shoulder-width apart, with the fingers pointed toward each other.

Focus: Down.

Raise the buttocks off the heels, extending the hips and torso. Lift and extend the *right* leg and point the *right* foot out toward side 7. The torso is facing corner 4 to complete the ½ **kneeling side pose**.

Arms: Lift sideward-upward to side-middle.

Focus: Forward.

Bend and close the *right* leg next to the *left* leg to finish in the **final pose**. In the **final pose**, the gymnast must have knees and thighs together in either an upright kneeling pose or down in a kneeling/sitting pose with the buttocks resting on the heels. The *left* knee must remain in contact with the floor at all times.

Arms: Optional.

Focus: Optional.

Torso: Optional.

LEVEL 3 VAULT ~ TABLE OF PENALTIES

Handspring over a raised mat surface (min. of 32")

General Faults	No deduction	Balk #1: run approach without coming to rest or support on top of the mat stack
	VOID	Balk #2 or Balk #3
	No deduction	Coach standing between board and mat stack
	<u>2.00</u>	Assistance of coach (First Flight Phase, Support Phase or Second Flight Phase)
	VOID	Use of alternative springboard (trampoline-like/junior board)
	VOID	Performing incorrect vault (i.e., squat on, etc.)
	VOID	Gymnast never achieves vertical and returns to the board/floor or lands on the mat stack between the board and hand placement. (Considered an "incorrect vault")
	VOID	Runs onto the board and steps up onto mat stack or rebounds from board to come to rest/support on mat stack on body parts
	Up to 0.30	Insufficient dynamics (speed/power)
	Up to 0.30	Deviation from a straight direction
	(CJ) <u>0.50</u>	Vaults without signal from the Chief Judge; CJ deducts from average of next completed vault
	Each phase Up to 0.10	Failure to maintain neutral head position
	Each phase Up to 0.10	Incorrect foot form (flexed/sickled)
	Each phase Up to 0.20	Legs separated
	Each phase Up to 0.30	Legs bent
	Failure to maintain stretched body position	
	Each phase Up to 0.30	• Arch
	Each phase Up to 0.50	• Pike
First Flight Phase	See General Faults	
Support Phase	Up to 0.10	Staggered/alternate hand placement
	Up to 0.20	Alternate repulsion from hands
	Up to 0.20	Incorrect shoulder alignment (showing a shoulder angle less than 180°)
	Up to 0.50	Arms bent in support
	<u>2.00</u>	Head contacting the mat stack in Support Phase (Includes 0.50 deduction for extreme arm bend)
	Each 0.10 (max.) <u>0.30</u>	Additional hand placements (taking steps/hops on hands)
	Up to 0.50	Too long in support
	Contacting the mat stack with the hands after vertical	
	0.05 – 0.50	Contact from 1° to 45° past vertical
	0.55 – 1.00	Contact from 46° to 89° past vertical
	(CJ) <u>1.00</u>	Touch with only one hand on the mat stack, Chief Judge deduction, if at least ½ of panel sees only one hand touch
	VOID	No hand contact on the mat stack



Second Flight Phase	<u>0.20</u>	Brush or hit of body on far end of mat stack
	No deduction	Insufficient length
	No deduction	Insufficient height

Landing	Landing Clarification	There is no deduction for feet a maximum of hip-width apart, provided the heels join (slide) together on the controlled extension
	<u>0.05</u>	* Lands with feet hip-width apart or closer, but never join feet (heels) together
	Up to 0.10	If the entire foot/feet are sliding or lifting off the floor to join, it is considered a small step
	<u>0.10</u>	* Lands with feet further than hip-width apart
	Up to 0.10	Slight hop, small adjustments of feet or *staggered feet
	Each <u>0.10</u> (max.) <u>0.40</u>	Steps
	Each <u>0.20</u> (max.) <u>0.40</u>	Large step or jump (approximately 3 feet or more)
	Up to 0.10	Arm swing(s) to maintain balance
	Up to 0.20	Incorrect body posture on landing
	Up to 0.20	Additional trunk movements to maintain balance
	Up to 0.30	Squat on landing (hips even with or lower than knees)
	Up to 0.30	Slight brush/touch of 1 or 2 hands on mat (no support)
	<u>0.50</u>	Assistance on landing
	<u>0.50</u>	Additional deduction for fall after assistance by coach
	<u>0.50</u>	Support on mat with 1 or 2 hands
	<u>0.50</u>	Fall on mat to knee(s) or hips
	<u>0.50</u>	Fall against the mat stack
	(Includes the fall) <u>2.00</u>	Failure to land on any part of the bottom of the feet first
	(Fall on apparatus) <u>0.50</u> + <u>2.00</u> = <u>2.50</u>	Landing in a sitting, lying or standing position on top of the mat stack after passing through the vertical plane (handstand)

*If upon landing with the feet apart/staggered the gymnast takes a step(s), deduct only for the step(s).

SPECIFIC EXECUTION DEDUCTIONS (Taken for each occurrence during the routine)	
UNEVEN BARS, BALANCE BEAM & FLOOR EXERCISE	
(max <u>0.05</u>)	Taking additional running steps into forward tumbling pass (FX) (This is <u>not</u> applied to the front salto tucked)
Each time <u>0.05</u>	Flexed/sickled feet during major elements
Each time Up to 0.20	Leg or knee separations
Up to 0.20	Incorrect body alignment, position or posture on major elements
Up to 0.30	Bent arms in support – on any one element (90° or more = max <u>0.30</u>)
Up to 0.30	Bent leg(s) – on any one element (90° or more = max <u>0.30</u>)
Up to 0.30	Balance errors – small, medium, large
<u>0.50</u>	Fall on or off the apparatus
UNEVEN BARS	
Up to 0.10	Hesitation during jump to high bar
<u>0.10</u>	Repositioning/adjustment of hands in front support or feet in squat/stoop on
<u>0.20</u>	Alternate hand grasp or regaining hand grasp without supplementary support
<u>0.30</u> (max <u>0.50</u>)	Intermediate extra swing/cast More than one extra swing/cast preceding or following an element = max <u>0.50</u>
<u>0.30</u>	Grasp of bar apparatus to avoid a fall
Up to 0.50	Brush, touch or hit on apparatus or mat with foot (feet):
Up to 0.10	• Brush/touch on apparatus or mat with foot (feet)
<u>0.20</u>	• Hit on apparatus with foot (feet)
<u>0.30</u>	• Hit on mat with foot (feet)
<u>0.50</u>	• Full weight on mat with foot (feet)
BALANCE BEAM & FLOOR EXERCISE	
<u>0.05</u>	Failure to mark the passé position in relevé at the completion of turns
Up to 0.10	Failure to perform 180° and 360° turns on one foot in high relevé
<u>0.05</u>	Failure to keep ears covered by arms when moving in and out of slow acro elements (i.e. cartwheels, handstands, etc.)
Up to 0.10	Failure to land with feet closed (applied to jumps landing on two feet)
<u>0.10</u>	Failure to land on both feet simultaneously (applied to jumps landing on two feet)
Up to 0.10	Incorrect leg alignment in arabesque position when indicated
Up to 0.10	Failure to contract or arch when indicated







BALANCE BEAM & FLOOR EXERCISE (Specific Deductions continued)	
Up to 0.10	Failure to kick/swing leg to horizontal or above when required
Up to 0.20	Uneven leg separation in leaps/jumps
Each <u>0.20</u>	Support of one leg against side surface of beam to maintain balance
Up to 0.20	Insufficient split when required (Dance/non-flight acro elements)
<u>0.30</u>	Extra kick up to handstand
Up to 0.30	Additional movements to maintain balance/control on the beam
<u>0.30</u>	Grasp of beam to avoid a fall
<u>0.30</u>	Use of supplemental support Examples: 1. Foot/feet remain on mat/board as mount is completed 2. Foot/feet contact mat in cross straddle sit during exercise 3. Foot/feet/leg using the base/uprights of the beam for support on mount/beam
Up to value of element	Incomplete turns

GENERAL DEDUCTIONS	
Taken on non-major elements throughout/during the routine Each deduction is the maximum deduction for the errors, <u>not</u> per occurrence.	
Up to 0.10	Insufficient amplitude on non-value part choreography/dance steps
Up to 0.20	Failure to perform steps (when indicated) and pivot turns (<u>not</u> major elements) in high relevé position
Up to 0.20	Insufficient sureness of performance (balance beam)
Up to 0.30	Movement lacking artistry of presentation – consider:
Up to 0.15	• Quality of movement to reflect the style of the choreography
Up to 0.15	• Quality of expression (i.e. projection, focus)
Up to 0.30	Incorrect foot form (flexed, sickled, failure to show lock position when designated , failure to show step toe-ball-heel or to show turn-out in foot positions)
Up to 0.30	Incorrect body alignment, position or posture during connections
Up to 0.30	Incorrect position of head, arms, legs, or feet (text errors)

AMPLITUDE	
UNEVEN BARS	
Up to 0.20	Insufficient internal body amplitude (stretch/tightness) during extended positions
Up to 0.20	Insufficient external amplitude away from bar during swinging/circling movements

LEVEL 2 UNEVEN BARS ~ TABLE OF PENALTIES

Refer to General Faults and Penalties for additional deductions.

SYMBOL	ELEMENT	DEDUCTION	FAULTS
	GLIDE SWING & RETURN (0.20)	<u>0.10</u>	Failure to take off from both feet simultaneously
		<u>0.30</u>	Performs a run-out glide
		Up to 0.10	Failure to lead with the feet in the forward glide swing (performs a long hang swing)
		Up to 0.20	Insufficient extension at end of glide swing
		<u>0.10</u>	Failure to close legs at end of straddle glide swing
		Up to 0.30	Bending legs on backswing prior to contacting floor
	BACK HIP PULLOVER MOUNT (0.40)	<u>0.10</u>	Failure to maintain hand contact on bar between the glide swing and the pullover
		Each <u>0.10</u>	Step, hop, or extra jump before the back hip pullover
		<u>0.30</u>	Failure to lift both legs simultaneously (1-foot take-off)
		<u>0.30</u>	Supplemental support (chin resting on bar prior to leg lift)
		Up to 0.10	Failure to finish in extended front support
 	CAST (0.40)	Each Up to 0.20	Incorrect body alignment (failure to show straight line from shoulders to feet with chest hollow)
	CAST (0.40)	Each Up to 0.10	Lack of control in returning to bar
	BACK HIP CIRCLE (0.40)	Up to 0.10	Failure to maintain neutral head position
		Up to 0.20	Failure to maintain straight-hollow body position throughout
		Up to 0.20	Failure to maintain hip or upper thigh contact on bar throughout
		Up to 0.10	Lack of continuity of circle
	UNDERSWING DISMOUNT (0.60)	Up to 0.10	Failure to maintain neutral head position
		Up to 0.20	Failure to maintain a straight-hollow body position throughout
		<u>0.20</u>	Hips contacting bar (no deduction for thighs touching bar)
		Up to 0.20	Insufficient extension of body in flight
		Up to 0.20	Insufficient amplitude of flight
		Up to 0.10	Insufficient distance

LEVEL 3 UNEVEN BARS ~ TABLE OF PENALTIES

Refer to General Faults and Penalties for additional deductions

SYMBOL	ELEMENT	DEDUCTION	FAULTS
L	GLIDE SWING & RETURN (0.20)	0.50	Failure to begin exercise standing outside of the bars, facing the low bar
		0.10	Failure to take off from both feet simultaneously
		0.30	Performs a run-out glide
		Up to 0.10	Failure to lead with the feet in the forward glide swing (performs a long hang swing)
		Up to 0.20	Insufficient extension at end of glide swing
		0.10	Failure to close legs at end of straddle glide swing
		Up to 0.30	Bending legs on backswing prior to contacting floor




P	BACK HIP PULLOVER MOUNT (0.40)	0.10	Failure to maintain hand contact on bar between the glide swing and the pullover
		Each 0.10	Step, hop, or extra jump before the back hip pullover
		0.30	Failure to lift both legs simultaneously (1-foot take-off)
		0.30	Supplemental support (chin resting on bar prior to leg lift)
		Up to 0.10	Failure to finish in extended front support

(OR)

L	STRADDLE OR PIKE GLIDE KIP MOUNT (0.60)	0.50	Failure to begin exercise standing outside of the bars, facing the low bar
		0.10	Failure to take off from both feet simultaneously
		0.30	Performs run-out glide
		Up to 0.10	Failure to lead with the feet in the forward glide swing (performs a long hang swing)
		Up to 0.20	Insufficient extension at end of glide swing
		0.10	Failure to close legs at end of straddle glide swing






e	CAST (0.20)	Up to 0.20	Incorrect body alignment (failure to show straight line from shoulders to feet with chest hollow)
		Up to 0.10	Lack of control in returning to bar






Revised June 12, 2021


SYMBOL	ELEMENT	DEDUCTION	FAULTS
	BACK HIP CIRCLE (0.40) BACK HIP CIRCLE (0.40)	Each Up to 0.10	Failure to maintain neutral head position
		Each Up to 0.20	Failure to maintain straight-hollow body position throughout
		Each Up to 0.20	Failure to maintain hip or upper thigh contact on bar throughout
		Each Up to 0.10	Lack of continuity of circle
		Up to 0.20	Lack of continuity between circles
	FRONT HIP CIRCLE, SMALL CAST, RETURN TO FRONT SUPPORT (0.40)	Up to 0.10	Failure to show a straight-hollow body position into front hip circle
		<u>0.20</u> (Half the value)	Failure to execute a small cast immediately after front hip circle
		Up to 0.10	Lack of control in returning to bar
		<u>0.50</u>	Failure to return to front support (performs immediate squat on)
	CAST, SQUAT-ON, STRETCH JUMP DISMOUNT (0.60)	<u>0.20</u>	Alternate foot placement
		<u>0.05</u>	Insufficient backward swing of legs into cast (hip lift only)
		Up to 0.20	Failure to show a straight-hollow body position in flight
		<u>0.50</u>	Touches high bar

LEVEL 4 UNEVEN BARS ~ TABLE OF PENALTIES

Refer to General Faults and Penalties for additional deductions.

SYMBOL	ELEMENT	DEDUCTION	FAULTS
	STRADDLE OR PIKE GLIDE KIP MOUNT (0.60)	<u>0.10</u>	Failure to take off from both feet simultaneously
		<u>0.30</u>	Performs run-out glide
		Up to 0.10	Failure to lead with the feet in the forward glide swing (performs a long hang swing)
		Up to 0.20	Insufficient extension at end of glide swing
		<u>0.10</u>	Failure to close legs at end of straddle glide swing
	CAST TO HORIZONTAL & RETURN TO FRONT SUPPORT (0.40)	Up to 0.30	Insufficient amplitude of cast (line from shoulders to mid-point of lowest body part – abdomen, hips, knees or feet)
		0.05 – 0.15	• 1° to 44° below horizontal
		<u>0.20</u>	• At 45° below horizontal
		0.25 – 0.30	• 46° or more below horizontal
		Up to 0.20	Incorrect body alignment (failure to show straight line from shoulders to feet with chest hollow)
	CAST, SQUAT-ON OR PIKE-ON, OR CAST, 360° BACKWARD SOLE CIRCLE (0.20)	<u>0.20</u>	Alternate foot placement
		<u>0.05</u>	Insufficient backward swing of legs into cast (hip lift only)
	LONG HANG KIP (0.60)	Up to 0.20	Failure to swing to near horizontal
	CAST TO HORIZONTAL (0.40)	Up to 0.30	Insufficient amplitude of cast (line from shoulders to mid-point of lowest body part – abdomen, hips, knees or feet)
		0.05 – 0.15	• 1° to 44° below horizontal
		<u>0.20</u>	• at 45° below horizontal
		0.25 – 0.30	• 46° or more below horizontal
		Up to 0.20	Incorrect body alignment (Failure to show straight line from shoulders to feet with chest hollow)








SYMBOL	ELEMENT	DEDUCTION	FAULTS
	BACK HIP CIRCLE (0.40)	Up to 0.10	Failure to maintain neutral head position
		Up to 0.20	Failure to maintain straight-hollow body throughout
		Up to 0.20	Failure to maintain hip or upper thigh contact on bar throughout
		Up to 0.10	Lack of continuity of circle
	UNDERSWING (0.60) value combined with First Counterswing	Up to 0.10	Failure to maintain neutral head position
		Up to 0.20	Failure to maintain straight-hollow body position throughout
		<u>0.20</u>	Hips contacting bar (no deduction for thighs touching bar)
	FIRST COUNTERSWING (a minimum of 30° below horizontal) (0.60) value combined with Underswing	Up to 0.20	Hips not at a minimum of 30° below the level of the high bar (horizontal)
		Up to 0.20	Failure to show a straight line from hands to hips with chest in a hollow position with a rounded hip angle with the feet pointed downward (excessive piking)
		<u>0.30</u>	Body arching or hips opening to an extended position with the feet over low bar during counterswing
	TAP SWING FORWARD (0.60) value combined with Second Counterswing	<u>0.10</u>	Failure to show slight arched position during the downward swing
		Up to 0.20	Failure to attain straight-hollow body position on upswing
		Up to 0.20	Insufficient amplitude (feet not at high bar height)
	SECOND COUNTERSWING (a minimum of 30° below horizontal) (0.60) value combined with Tap Swing Forward	Up to 0.20	Hips not at a minimum of 30° below the level of the high bar (horizontal)
		Up to 0.20	Failure to show a straight line from hands to hips with chest in a hollow position with a rounded hip angle with the feet pointed downward (excessive piking)
		<u>0.30</u>	Body arching or hips opening to an extended position with the feet over low bar during counterswing


SYMBOL	ELEMENT	DEDUCTION	FAULTS
	TAP SWING FORWARD WITH ☹️ ½ (180°) TURN DISMOUNT (0.60)	<u>0.10</u>	Failure to show slight arched position during the downward swing
		Up to 0.20	Failure to attain straight-hollow body position on upswing
		Up to 0.20	Beginning turn prior to 45° below height of high bar
		Up to 0.20	Failure to complete ½ (180°) turn prior to re-contact
		<u>0.30</u>	Failure to re-contact the bar with the free hand as the ½ (180°) turn is completed

LEVEL 5 BALANCE BEAM ~ TABLE OF PENALTIES


Refer to General Faults and Penalties for additional deductions.


(*) Indicates a reversal is allowed


SYMBOL	ELEMENT	DEDUCTION	FAULTS
	FRONT SUPPORT FISH POSE MOUNT (0.20)	Up to 0.10	Failure to extend body in front support
		Up to 0.10	Lack of continuity from the mount to stand
		<u>0.30</u>	Performing a knee scale
	(*) BACK WALKOVER (150°) (0.60)	Up to 0.10	Failure to show continuous leg lift into the walkover (leg lifts then drops, or lifts after the arching backward has begun)
		<u>0.10</u>	Incorrect (staggered or alternate) hand placement
		Up to 0.20	Insufficient split (less than 150°)
(OR)			
	(*) BACKWARD ROLL TO MINIMUM OF ¾ HANDSTAND (0.60)	Up to 0.20	Failure to attain minimum of ¾ handstand
		<u>0.60</u>	Performing a backward roll step-out (head stays in contact with beam)
(OR)			
	(*) FLIC-FLAC STEP-OUT (0.60)	See General Faults and Penalties	
(OR)			
	FLIC-FLAC TO TWO (2) FEET (0.60)	See General Faults and Penalties	
(OR)			
	(*) FRONT WALKOVER (150°) (0.60)	<u>0.10</u>	Incorrect (staggered or alternate) hand placement
		Up to 0.20	Insufficient split (less than 150°)
	(*) 1/1 (360°) TURN IN FORWARD PASSE (0.40)	<u>0.10</u>	Leg in incorrect position (not in forward passé)
		<u>0.30</u>	Use of heel-snap turn technique

SYMBOL	ELEMENT	DEDUCTION	FAULTS
	SPLIT JUMP (150°) (0.40)	Up to 0.20	Uneven leg separation
		<u>0.10</u>	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed


Insufficient continuity between SPLIT JUMP and SISSONNE	No deduction	
Connection broken between SPLIT JUMP and SISSONNE	<u>0.05</u>	<i>Note:</i> Refer to the General Faults and Penalties for further explanation of this deduction


	SISSONNE (0.20)	Up to 0.10	Insufficient lift of the front leg (less than 45°)
		Up to 0.10	Insufficient lift of the back leg (less than horizontal)
		<u>0.05</u>	Failure to pause in low arabesque position on landing










	SCALE (ABOVE HORIZONTAL) (0.40)	Up to 0.20	Failure to lift free leg to above horizontal in scale
		Up to 0.10	Failure to hold one second

	STRAIGHT LEG LEAP (150°) (0.60)	Up to 0.10	Bending lead (front) leg on take-off
		Up to 0.20	Uneven leg separation

Insufficient continuity between STRAIGHT LEG LEAP and STRETCH JUMP	No deduction	
Connection broken between STRAIGHT LEG LEAP and STRETCH JUMP	<u>0.05</u>	<i>Note:</i> Refer to the General Faults and Penalties for further explanation of this deduction

	STRETCH JUMP (0.20)	<u>0.10</u>	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed

	(*) CARTWHEEL (0.60)	<u>0.10</u>	Incorrect (simultaneous) hand placement
		Up to 0.30	Failure to pass through vertical
		<u>0.20</u>	Closing the second foot in front of first foot on landing

SYMBOL	ELEMENT	DEDUCTION	FAULTS
	(*) STRETCH JUMP 1/1 (360°) TURN (0.40)	Up to 0.10	Failure to keep legs joined in air during the stretch jump 1/1 (360°) turn
		<u>0.10</u>	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed
	STRAIGHT LEG LEAP (150°) (0.60)	Up to 0.10	Bending the lead (front) leg on take-off
		Up to 0.20	Uneven leg separation
(OR)			
	SWITCH LEG LEAP (150°) (0.60)	Up to 0.10	Bending the lead (front) leg on take-off
		Up to 0.10	Failure to swing front leg a minimum of 45° forward before swinging back
		Up to 0.20	Uneven leg separation
	STRADDLE JUMP (150°) (0.40)	Up to 0.20	Uneven leg separation
		<u>0.10</u>	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed
	FORWARD SPLIT (0.20)	Up to 0.20	Failure to achieve 180° split position (legs flat on floor)
	(*) 1/1 (360°) TURN IN FORWARD PASSÉ (0.40)	<u>0.10</u>	Leg in incorrect position (not in forward passé)
		<u>0.30</u>	Use of heel-snap turn technique
	(*) ROUND-OFF (0.40)	Up to 0.30	Failure to pass through vertical
		<u>0.10</u>	Failure to land on both feet simultaneously
	FLIC-FLAC (0.40)	Up to 0.30	Squat into flic-flac
		<u>0.10</u>	Failure to land on both feet simultaneously
	BACKWARD SALTO TUCKED (0.60)	Up to 0.60	Failure to perform salto in designated body position (performs pike or layout)
		Up to 0.20	Failure to extend/open prior to landing
		<u>0.05</u>	Failure to pause in a controlled "stick"
Lack of Acceleration in the Series		Up to 0.20	Not applied if a <u>0.30</u> deduction is taken for a stop between elements

Revised June 12, 2021

