

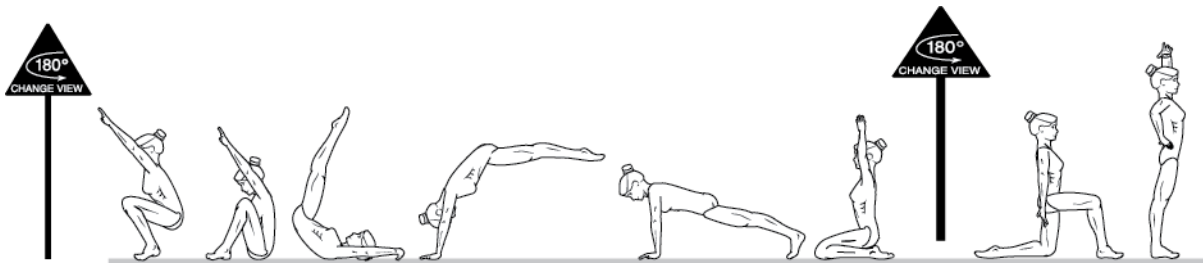
	(*) CARTWHEEL (0.60)	<u>0.10</u>	Incorrect (simultaneous) hand placement
		Up to 0.30	Failure to pass through vertical
		Up to 0.10	Failure to keep head in alignment

Points of emphasis:

body and head alignment, show open shoulder angle with body passing through vertical

If the (*) **CARTWHEEL** was reversed, simply return to the text.

2. BACKWARD ROLL TO PUSH-UP POSITION (0.60), ½ Kneeling Pose, Straight Stand



By maintaining straight legs or bending the knees, lean back to arrive in a sitting position, keeping the feet on the floor. 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 (heel of the hands) on the floor behind the head no wider than shoulder-width and execute a **BACKWARD ROLL TO A PUSH-UP POSITION** (maintaining a straight-hollow body position) with the legs together and the balls of the feet on the floor.

Arms: Remain in high. Interlocking the fingers is not allowed.

Slide the feet forward while simultaneously bending the knees to arrive in a sitting/kneeling position with the buttocks resting on the heels.

Arms: Lift both arms forward-upward to crown.

	BACKWARD ROLL TO PUSH-UP POSITION (0.60)	<u>0.30</u>	Hands placed on floor during "sit" phase prior to rolling backward
		<u>0.10</u>	Interlocking the fingers
		<u>0.10</u>	Hands placed further than shoulder-width apart
		<u>0.20</u>	Failure to show push-up position
		0.60 <u>0.30</u>	Performs a backward roll to handstand

Points of emphasis:

rounded tuck shape throughout with straight arms

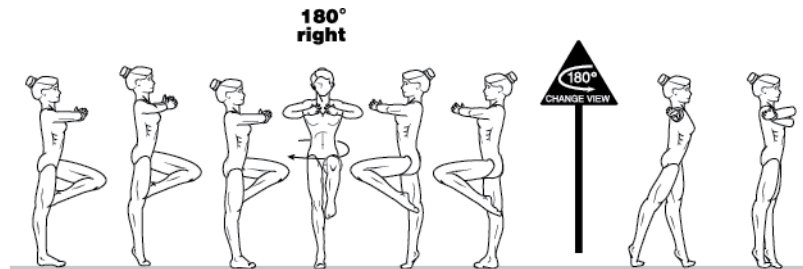
Immediately raise the buttocks off the heels, extend the hips, and lift the *right* leg forward to place the *right* foot flat on the floor, turned out in a ½ **kneeling pose** with the *right* ankle aligned in front of the *right* knee with both hips squared forward.

Straighten both legs and close the *left* foot next to the *right* foot to arrive in a **straight stand**.

Arms: Circle both arms either sideward or backward and downward. At the bottom of the circle, place the *right* hand on the hip. Continue to circle the *left* arm forward-upward to finish in crown.

Focus: Optional

3. Forward Passé Pose, (*) ½ (180°) TURN IN FORWARD PASSÉ (HEEL–SNAP TURN) (0.40), Relevé “Lock” Stand



If reversing the ½ (180°) TURN IN FORWARD PASSÉ (HEEL–SNAP TURN), step forward onto the *left* leg. In addition, reverse the arm pathway in preparation for the turn.

Step forward onto a straight *right* leg with the *right* foot slightly turned out (not in relevé). Bend the *left* knee forward and pull the pointed *left* foot forward to touch the *right* knee to perform the **forward passé pose**. **Mark the position.**

Arms: Lift the *right* arm to forward-middle-curved. Lower the *left* arm downward to side-middle.

Push down on the floor with the *right* foot to extend the *right* ankle to arrive in a relevé position. Immediately lower the *right* heel back onto the floor.

Arms: *Left* arm remains side-middle. *Right* arm remains forward-middle-curved.

Push down on the floor (begin to relevé on the ball of the *right* foot) and begin to “snap” the heel around to execute a ½ (180°) TURN IN FORWARD PASSÉ (HEEL-SNAP TURN) to the *right*.

Increase the relevé throughout the turn to finish the turn in full relevé. At the completion of the turn, immediately lower the *right* heel back onto the floor.

Arms: Initiate the turn by closing the *left* arm to forward-middle curved. Maintain forward-middle-curved throughout the turn.

Step forward *left* and close the *right* foot behind the *left* foot in **relevé “lock” stand**.

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).

LEVEL 2 FLOOR EXERCISE ~ TABLE OF PENALTIES

Refer to General Faults and Penalties for additional deductions.

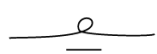
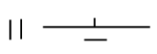
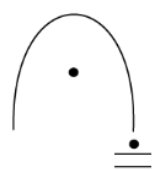
(*) Indicates a reversal is allowed

SYMBOL	ELEMENT	DEDUCTION	FAULTS
	(*) CARTWHEEL (0.60)	<u>0.10</u>	Incorrect (simultaneous) hand placement
		Up to 0.30	Failure to pass through vertical
		Up to 0.10	Failure to keep head in alignment
	BACKWARD ROLL TO PUSH-UP POSITION (0.60)	<u>0.30</u>	Hands placed on floor during "sit" phase prior to rolling backward
		<u>0.10</u>	Interlocking the fingers
		<u>0.10</u>	Hands placed further than shoulder-width apart
		<u>0.20</u>	Failure to show push-up position
		0.60 <u>0.30</u>	Performs a backward roll to handstand
	(*) ½ (180°) TURN IN FORWARD PASSÉ (HEEL-SNAP TURN) (0.40)	<u>0.10</u>	Leg in incorrect position (not in forward passé)
		<u>0.05</u>	Failure to lower heel at completion of turn
		<u>0.30</u>	Failure to use the heel-snap turn technique
	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
	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
	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
	(*) HANDSTAND (0.40)	Up to 0.30	Failure to attain vertical
		<u>0.10</u>	Failure to close legs at vertical
		Up to 0.10	Failure to hold handstand for one second
	CANDLESTICK (0.20)	Up to 0.20	Failure to maintain tuck position as buttocks touch floor
	BRIDGE, (*) BACK KICK-OVER (0.60)	Up to 0.20	Shoulders <u>not</u> over hands in bridge position
		Each <u>0.30</u>	Extra kicks to establish inverted vertical position on kick-over

LEVEL 3 FLOOR EXERCISE ~ TABLE OF PENALTIES

Refer to General Faults and Penalties for additional deductions

(*) Indicates a reversal is allowed

SYMBOL	ELEMENT	DEDUCTION	FAULTS
	(*) HANDSTAND FORWARD ROLL (0.60)	Up to 0.30	Failure to attain vertical
		<u>0.10</u>	Failure to close (join) legs at vertical
		Up to 0.10	Failure to hold handstand for one second
		<u>0.30</u>	Pushing off floor with hands to arrive in tuck stand
	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
	STRETCH JUMP (0.20)	<u>0.10</u>	Failure to keep legs joined in the air during stretch jump
		<u>0.10</u>	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed
Insufficient continuity between STRETCH JUMP and SPLIT JUMP		No deduction	
Connection broken between STRETCH JUMP and SPLIT JUMP		<u>0.05</u>	<i>Note: Refer to the General Faults and Penalties for further explanation of this deduction.</i>
	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
	(*) HANDSTAND to BRIDGE, BACK KICK-OVER (120°) (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)