

LEVEL 1 FLOOR EXERCISE EVALUATION POINTS

- 1. Maintain tight tuck in FORWARD & BACKWARD ROLLS**
- 2. Long deep lunge into CARTWHEEL**
- 3. CARTWHEEL performed with 1-2-3-4 rhythm**
- 4. Body straight on CARTWHEEL**
- 5. Legs straight, toes pointed in CANDLESTICK**
- 6. Arms straight in BRIDGE**
- 7. Tight, stretched body during SIDE ROLL**
- 8. Good body alignment, square hips, straight support leg on LEG SWINGS**
- 9. Precise foot position and correct rhythm in COUPÉ WALKS FORWARD**
- 10. Maintain vertical alignment and show a 90° hip angle on TUCK JUMP**
- 11. Quick opening of tuck position prior to landing TUCK JUMP**
- 12. WEIGHT TRANSFER through 4th position with good coordination of arms**

LEVEL 1 FLOOR – SUPPLEMENTARY SKILLS

1. STRADDLE PRESSES

From a straddle sit on the floor, place the hands on the floor between the legs. Press down against the floor to lift the legs and buttocks off the floor to show a straddle “L” position. Try to hold this position three seconds. Lower to a sit.

Lean forward while pressing downward and lifting the buttocks backward-upward to arrive in a straddle stand position. Repeat the exercise.

2. WALKING WITH THE FEET TURNED OUT

Starting in ballet first position, walk forward starting with either foot, leading with the inside ankle bone to step with the foot turned out. The placement of the foot on the floor should be toes, ball of the foot, then heel.

3. TRIPOD BALANCE

On a matted surface, place the head on the floor. Place the hands on the floor to make a triangle formation (head, hand, hand). Invert the hips to vertical and place the knee of each leg on the elbow of the corresponding arm. Balance in that position.

LEVEL 4 BALANCE BEAM

1. Legs straight until feet are level with the beam on **SWING TO TUCK STAND**
2. Relevé, push forward and transfer weight to relevé stand in **COUPÉ WALK**
3. Precise foot position in forward coupé during $\frac{1}{2}$ (180°) **TURN (HEEL-SNAP)**
4. Legs straight and separated a minimum of 60° on **STRAIGHT LEG LEAP**
5. Show levering action into and out of $\frac{3}{4}$ **CROSS HANDSTAND**
6. Feet together in $\frac{3}{4}$ **CROSS HANDSTAND**
7. 180° **FORWARD COUPÉ** on ball of foot
8. Good continuity between **STRAIGHT JUMP** and **TUCK JUMP**
9. **ARABESQUE (45°)** held one second; **SCALE (AT HORIZONTAL)** held two seconds
10. Hold handstand one second on **CARTWHEEL TO SIDE HANDSTAND**, $\frac{1}{4}$ (90°) **TURN DISMOUNT**
11. Body straight on descent on **CARTWHEEL TO SIDE HANDSTAND**, $\frac{1}{4}$ **TURN DISMOUNT**
12. Perform routine without verbal assistance

LEVEL 4 SUPPLEMENTARY SKILLS

1. SERIES OF SPLIT JUMPS ON A SPRING SURFACE

Demi-plié both legs with the heels down on a spring surface (a springboard, spring floor, trampoline, or tumble track). Push off the spring surface, extending both legs through the hips, knees, ankles, and toes to execute a **SPLIT JUMP** with an even leg separation with the Right leg forward, Left leg behind. Close both legs, landing on both feet in demi-plié, pressing through the balls of the feet. Immediately rebound to execute two more jumps.

2. PIVOT-TURN DRILL ON LOW BEAM

While standing on a low beam, execute a quick $\frac{1}{2}$ (180°) **PIVOT TURN** to the Left in relevé "lock" position. Repeat the $\frac{1}{2}$ (180°) **PIVOT TURN** to the Right. Without lowering the heels, continue to perform several more pivot turns Left and Right. Maintain straight body alignment and high relevé throughout the turn.

3. HANDSTAND FORWARD ROLL ON LOW BEAM

Step forward through the ball of the Right foot and execute a Right lunge. (Straight leg entrance is also acceptable.) Lift the Left leg backward-upward maintaining a straight line from the hands, torso, and Left leg while reaching for the beam. Continue this levering action and lift the Left leg backward-upward as the torso lowers. Place the hands on the beam while pushing off with the Right leg to arrive in a handstand with legs together. With the head neutral, maintain a straight, tight, handstand position for one second, then lean forward past vertical. Bend the arms, lowering the back of the head and shoulders onto the beam by tucking the chin to the chest.

Finish the **HANDSTAND FORWARD ROLL** by continuing to roll forward, tucking the legs and pulling the knees close to the chest. Knees should remain together with the heels close to the buttocks. Place the feet on the beam one in front of the other and lean forward to arrive in a tuck stand. Immediately straighten the legs to finish in a straight stand.

LEVEL 5 - BALANCE BEAM

Time Limit: 1:05

Note:

Whenever high position arms are indicated, arms may be curved (crown) or straight.

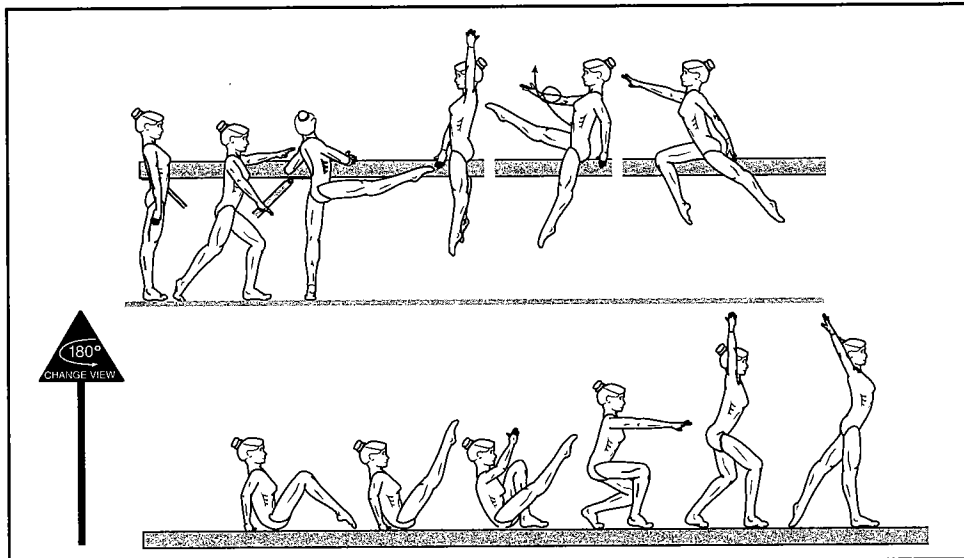
Whenever sideward-diagonally upward arms are indicated, arms may be pressed slightly backward.

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. (*)

SP: Stand parallel to the beam with the beam closest to the Left side of the body. **Space the mount so that the ½ (180°) turn in forward coupé (heel-snap) turn will be performed close to the end of the beam.** 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.

*1. LEG SWING MOUNT WITH ½ (180°) TURN (0.20) 2. V-SIT



From a one-to-three step approach, step on the Left foot and swing the straight Right leg forward-upward above the beam and push off the Left foot while executing a ½ (180°) TURN to the Left to arrive in a cross straddle sit. The torso should remain erect throughout the mount.

ARMS: As the first leg swing occurs, place the Left hand, then Right hand on the beam approximately shoulder-width apart, pushing down against the beam to facilitate the lift of the torso. (The Left hand may move backward beside Right hand as the 180° turn is executed).

Swing the Right leg forward-upward above the beam, then lower the Right leg backward-downward and shift the weight onto the Right leg to arrive in a stag sit with the Right leg bent and the Left leg extended diagonally downward toward the floor. The torso leans forward slightly and is open slightly to the Left.

ARMS: As the Right leg swings forward, circle the Left arm forward-upward-backward-downward to place the Left hand on the beam behind the buttocks. As the Left arm is circling downward, lift the Right arm to forward-middle, palm up and perform an inward forearm circle starting with the hand moving upward then toward the center of the chest. Continue to softly open to forward-middle, pointing toward the end of the beam, palm down.

Shift the weight back onto the buttocks. Bend both legs to place the toes on the top of the beam. Immediately straighten the legs and lift to a V-SIT with the torso extended.

ARMS: Grasp the beam behind the hips with the arms bent or straight.

Bend the legs to step out onto the Left foot, then the Right foot to arrive in a tuck stand. Immediately straighten both legs, shifting the weight forward to finish in a stand on a straight Right leg, with the Left leg extended backward slightly turned out, and the Left foot pointed on the beam.

ARMS: Move through forward-middle while rising to squat; then continue moving forward-upward to crown; then open supply to sideward-diagonally-upward.

Lack of continuity in ½ (180°) turn to straddle sit Up to 0.10
Pushing off beam with hands to arrive in tuck stand 0.30
Points of emphasis: Body posture, straight arms

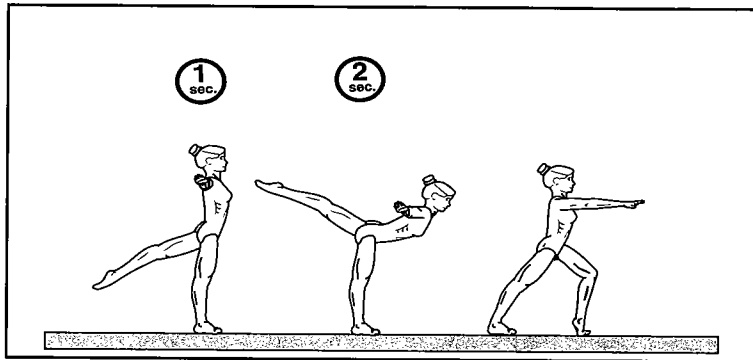
16. ARABESQUE (>45°); SCALE (45° ABOVE HORIZONTAL) (0.40)

Lower the Right heel to the beam. Keeping the torso erect, lift the turned out straight Left leg backward-upward greater than 45° off the beam. The Left hip is allowed to “unsquare” slightly to show turn out in the arabesque. **Hold for one second.**

ARMS: Lower to side-middle.

Continue lifting the turned out Left leg backward-upward as the upper body tilts slightly forward to finish in a SCALE with the Left (rear) leg held a minimum of 45° above horizontal. The Left hip is allowed to “unsquare” slightly to show turn out in the scale. **Hold two seconds.**

ARMS: Side-middle, slightly backward.



Raise the torso and step forward Left to stand in a lunge position with the Left leg forward and the Left foot in forced arch (see Glossary).

ARMS: Lower the Right arm sideward-downward to low position, then lift forward-upward to forward middle. The Left arm moves to side-middle.

Failure to lift free leg above 45° in arabesque	Up to 0.20
Failure to hold arabesque one second	Up to 0.10
Failure to lift free leg to 45° above horizontal in scale	Up to 0.20
Failure to hold scale two seconds	Up to 0.20

Points of emphasis: Erect torso in arabesque maintained while tipping into and out of scale

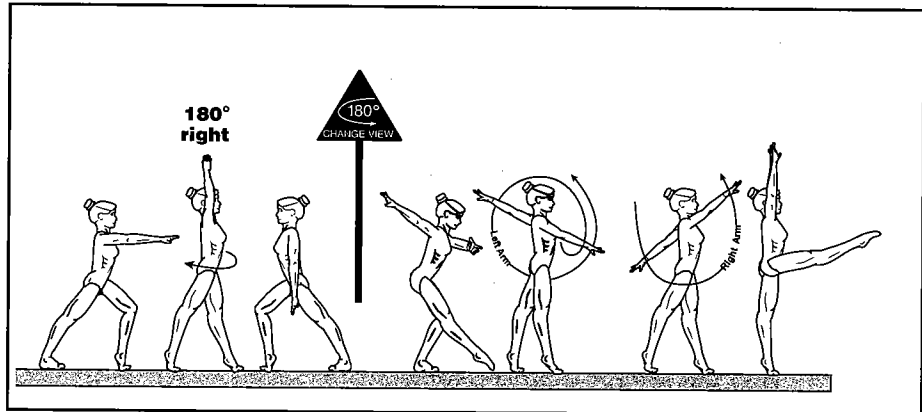
17. ½ (180°) PIVOT LUNGE TURN (0.20); BOW

Without moving the feet, extend the Left leg and execute a quick ½ (180°) PIVOT TURN Right with the legs separated to finish in a lunge position with the Right leg forward and the Right foot in forced arch.

ARMS: During the turn, lift the arms forward-upward to crown. At the completion of the turn, thrust both arms sharply sideward-downward to low position.

Demi-plié the Left leg, transferring weight over the Left foot while extending the Right leg to point the Right foot on top of the beam. Pressing the knees together, lean forward slightly with a flat back and slightly twist the torso to the Right to execute a BOW.

ARMS: Lift both arms to side-middle; then the Right arm lifts to backward-diagonally-upward. Circle the Left arm, performing an inward forearm circle toward the center of the chest.



Immediately extend the torso upright and step forward Right (not in relevé). Step forward onto a straight Left leg in relevé. Kick the Right leg forward to horizontal or above.

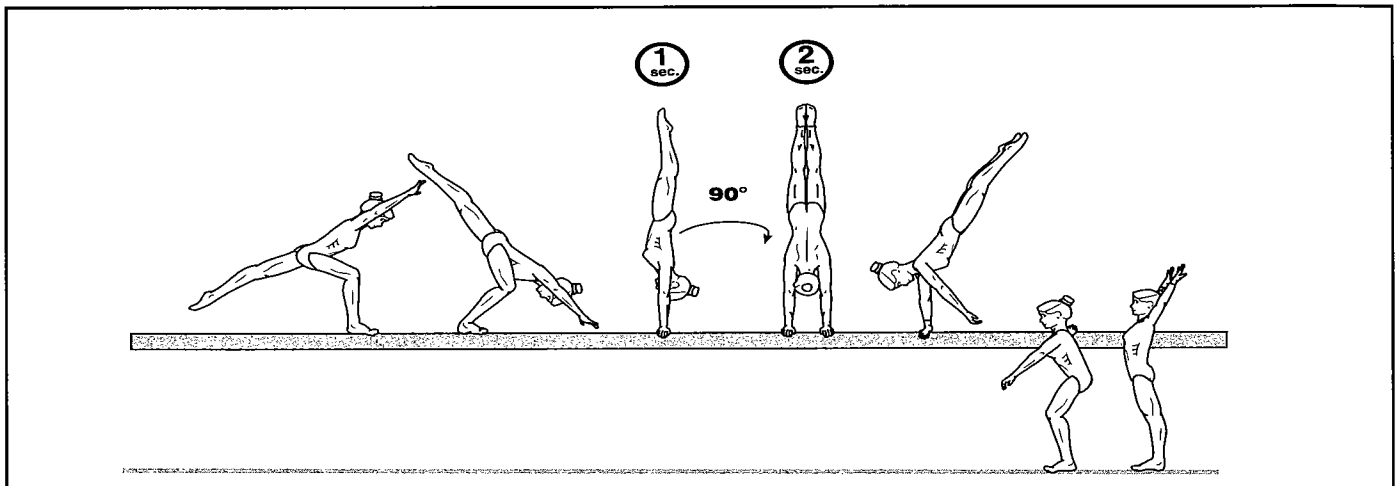
ARMS: Windmill the arms, starting with the Left arm. The Left arm extends and circles forward-upward-backward-downward-forward-upward to high position. The Right arm circles backward-downward-forward-upward to high position. (Begin the Right arm circle as the Left arm begins to circle forward. The Left arm will finish the movement.)

(If reversing the dismount, step Right in relevé, and kick Left.)

Lack of sharpness in pivot turn Up to 0.10

Points of emphasis: Hips squared, turn completed, full relevé

18. *CROSS HANDSTAND; *¼ (90°) TURN TO SIDE HANDSTAND, ¼ (90°) TURN DISMOUNT (0.80)



Step forward through the ball of the Right foot and execute a Right lunge (straight leg entrance is also acceptable). Lift the Left leg backward-upward maintaining a straight line from the hands, torso, and Left leg while reaching for the beam. Continue this levering action and 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 arrive in a CROSS HANDSTAND with legs together, shoulders extended, hip angle open, and focus on the hands. **Hold one second.**

Shift the weight to the Right hand and lift the Left hand, turning 90° to the Left to arrive in a SIDE HANDSTAND with legs together, shoulders extended, hip angle open, and focus on the hands. **Hold two seconds.** Slightly over-balance the handstand while shifting the weight to the Right arm. Lift the Left hand off the beam and execute a ¼ (90°) TURN Right on the Right arm. Raise the upper body, maintaining a straight body position as the legs lower in preparation for landing. Demi-plié as the feet contact the mat in a balanced and controlled position ("stick"), pressing through the balls of the feet to lower the heels onto the mat.

Extend the legs to finish in a straight stand, with the Right side of the body at the side of the beam.

ARMS: Lift forward-upward to sideward-diagonally-upward.

** The gymnast may choose to reverse the direction of the first ¼ (90°) turn; however, both ¼ (90°) turns must be performed on the same support arm.

ARMS: The Right hand must remain on the beam at least until the body passes by the horizontal plane of the beam.

Incorrect (staggered) hand placement in cross handstand	0.10
Failure to attain vertical	Each HS Up to 0.30
Failure to hold cross handstand one second	Up to 0.10
¼ (90°) turn to side handstand incomplete	Up to 0.10
Failure to hold side handstand two seconds	Up to 0.20
¼ turn off incomplete or overturned	Up to 0.10
Failure to maintain straight body position in dismount	Up to 0.20
Failure to complete dismount	
(these deductions do not include possible body position faults):	
When the gymnast attempts but fails to complete the dismount, apply the specific deductions as listed for those phases not performed:	
Example: Attains vertical on cross handstand, does not hold, and falls:	
Deduct	Up to 0.10 (Cross handstand not held one second)
0.10	(incomplete 90° turn to side handstand)
0.30	(no vertical in side handstand)
0.20	(no hold in side handstand)
0.10	(incomplete 90° turn off)
= 0.80	(for incomplete element + 0.50 (fall) for a TOTAL OF 1.30)
Points of emphasis: Stretched body alignment, head in alignment, holds at vertical	