

# Floor Exercise — LEVEL 10

Time—:30 OT— .10

Notify coach of OT

3 A's	.10ea	9.5
3 B's	.30ea	
2 C's	.50ea	

.50 Bonus—min. .10 CV & .10 D/E  
No Element Restrictions

### SPECIAL REQUIREMENTS

.50ea.  
Acro Series w/ 2 Saltos (same or different) OR  
Two Directly-connected Saltos  
3 Different Saltos within Exercise  
Dance Passage w/ Min. 2 Different Group 1 Elem.  
Directly or Indirectly Connected/ 1a Leap with  
180° Cross or Side Split Position  
Dismt. - "C" Salto-Isolated or Series  
No Dismount (from SV) .30

**NO BONUS IF:**  
Fall on element  
Same Connection is Repeated  
Deduct miss VP/SR  
2.00 (CJ) from ave.  
**REPETITION OF ELEMENTS \*\***  
Element done 3rd X - No (VP/SR/AV)  
(may be awarded if 1st or 2nd time received no VP)

**INCOMPLETE TURN**  
1°-44° missing .05-.10  
45°-88° missing .15-.20  
90°+ missing Value Part

**OR TWIST**  
Music Failure: No deduction for no music  
Finish w/o music/may repeat w/o score  
May Stop/repeat from point of failure  
May Stop/repeat from the first

Timing begins with first movement of gymnast and ends with the final movement of the gymnast.

**INSUFFICIENT SPLIT**  
1°-20° missing (79°-160°) .05-.10  
21°-45° missing (161°-135°) .15-.20  
46°+ missing Value Part

**LANDING/SPOTTING DEDUCTIONS**

Slight Hop/Small Foot Adjustment	↑.10
Extra Steps	↑.0ea
Deviation from Straight Direction	Max. 4
Extra Arm Swing on Landing	↑.10
Very Large Step/Jump (3 feet)	↑.10
Add'l Trunk Movement for Balance	.20
Incorrect Body Posture on Landing	↑.30
Deep Squat	↑.20
Brush 1 or 2 Hands on Mat (no support)	↑.30
Support on Mat 1/2 hands-Fall on to Knees/Hips	.50
Fall On or Against Apparatus	.50
Spot on Landing—VP/SR/No Bonus	.50
Spot Element—No VP/No SR/No Bonus + Spot	.50
Failure to Land Dismount Salto Soles of Feet 1st	.50
No VP/No SR/No AV-Do not take "no dismount" For missing SR take	.50

PRINCIPLES FOR CV	.10	.20	Restrictions
Indirect Acro 2+ Saltos/Aerials	C + C A + D B + D	C + D	
Direct Acro 2+ Saltos/Aerials	A + C B + B A + A + C	A + D B + C A + A + D C + C	Must apply direct connection before you apply indirect
2 Dance 2 Dance/Acro	B + D Dance Diff. C + C *D Salto + A Jump	C + D	Acro Flight with or without hand support *This order only In Dance, if Turn occurs 1st— No CV is awarded

ARTISTRY	↑.3
•Style	↑.1
•Elegance	↑.1
•Choreography	↑.1
DYNAMICS	↑.2
•Energy	
•Effortless	
RHYTHM	↑.1
Incorrect During Direct Connections	ea ↑.1
Throughout Exercise	↑.2

**SPECIFIC COMPOSITIONAL AND EXECUTION DEDUCTIONS**

Lack of "B" Turn of 1 Foot	.20
Lack of Minimum "C" Salto in Exercise (In addition to ded. for missing SR of "C" Salto Dismt.)	.30
More than 2 with the Same Shape	Each .10
More than one Leap/Jump/Hop/ to Prone Position	↑.10
Failure to perform Saltos in Forward/Sideward or Backward Saltos	↑.20
Lack of Balance between Acro and Dance Elements	↑.10
Insufficient Distribution of VP	Each .10
Insufficient use of Floor Area Spatially/Directionally	↑.20
Choice of Acro Elements not up to the Level of the Competition	Each .10
Concentrations Pauses (more than 2 seconds)	↑.20
Miss Synchronization of Movement w/ Musical Beat Throughout Exercise	Max. 0.30
•Each Time	.05
•At the End of the Exercise	.10
Poor Relationship of Music and Movement Throughout	↑.20
Flexed Feet on VP Elements	.05
Incorrect Body Posture/Alignment during Dance VP	↑.10
Insufficient Exactness Body Position	↑.20
• Insufficient N V (N—90° Hip & Knee Bend — V—90° Hip Bend)	↑.20
• Insufficient stretched pos. * arch	↑.20
* hip angle (36°-179°)	
Relaxed/Incorrect Footwork in non-VP throughout the Exercise	↑.20
Relaxed/Incorrect Leg Positions/Body Posture &/or Insufficient Flexibility Throughout	↑.30
Legs Crossed during Saltos with Twist	.10
Leg or Knee Separations	↑.20
Legs not Parallel to Floor in Split or Straddle -pike Leap/ Jump	↑.20
Bent Arms/Knees	↑.30
Hesitation during jump/press to Handstand	↑.10
Insufficient Height on Leaps/Jumps/Hops	↑.20
Insufficient Height of Aerials/Acro Flight Elements w/ Hand Support	↑.20
Insufficient Height of Saltos	↑.20
Out of Bounds (each occurrence) - if Falls while Out of Bounds—take .50 for Fall	↑.30
Absence of Music or Music with Voice/Song—from average	(CJ) Ea .10 (CJ) 1.00