FLOOR EXERCISE – GENERAL INFORMATION page 1

I. APPARATUS SPECIFICATIONS – See Rules and Policies for dimensions

A. Skill Cushions…… = 9 inches (cushion + top/under sting), 2 allowed, must mark covered corners.. = 0.1 CJ each
B. Unauthorized Mats……. = Additional mats, one mat per pass allowed (not required to remove mats) …. = 0.3 CJ
C. Panel mats on Corners.. = recommended on outside corners on concrete floors (AAI required).
D. Conversion …… = 9" = 24 cm, 8" = 20cm, 4.5" = 12 cm, 4" = 10cm, ¾" = 2 cm

II. TIMING REGULATIONS

A. Touch Warm-Up:
1. 30 sec./ gymnast…. = size of squad determines time, split warm-up for 9+, no block time for teams
2. Warning …….. = warning given for exceeding the time limit
3. Deduction……. = after warning, take deduction..……(team / event) = 0.2 CJ
4. Allowable……. = jump within boundaries on FX mat to warmup prior to signal from judge.

B. Timing Exercise:
1. Level 7, 8, 9, 10….. = 1:30
Level 6…….. = 1:15
2. Start……..= first movement of the gymnast.
Stop……..= final movement of the gymnast.
3. Evaluate……= entire routine, regardless of overtime.
4. Overtime……..= notify coach of deduction, no deduction for < 1:31 ……..…….. = 0.1 CJ
5. No Warning…..….. = is given on floor.

C. Short Exercise:…… = less than 30 seconds, deduct missing VP, SR …… = 2.0 CJ
Minimum Score……. = Equal or less than 1.0 Score…… = 1.0 PJ

III. MUSIC REGULATIONS
A. Absence of Music:…….. = recorded, without WORDS (repeated single word OK) ……..……...= 1.0 CJ
= music with whistles / animal sounds will NOT receive a deduction.

B. Music Failure:
1. Continue and Complete:
- Decide whether to repeat or accept score given.
- Score will not be posted until decision.
- No deduction for absence of music.

2. Stop and Repeat:
- Repeat whole routine or to continue from the point of interruption.
- No score will be given for the partial routine.

C. Music must be downloaded onto a mobile device. Playing music via Bluetooth is not allowed.

IV. LINE VIOLATIONS (OUT OF BOUNDS) Level 6-10 only
A. Out of Bounds……. = touch outside the prescribed area, may tape corners with same color……. = 0.1 each CJ
In Bounds……. = step ON the line (but not over), no deduction.
B. Neutral Deduction…….. = deduction taken from average score by CJ.
C. Fall Out of Bounds…….. = 0.5 fall and OB deduction ……spot a fall = 0.5
D. Elements OB…… = elements completed out of bounds are recognized; takeoff OB = No Credit.
E. Line Judges……. = 2 judges seated at opposite corners to view two lines each.
F. No Line Judges…….. = judges will watch the lines and indicate OB by raising hand
G. Line Violations……. = indicated in writing and submitted to CJ, coach will be notified.

V. SPOTTING / MAT REGULATIONS (Coach inside the boundary markings)
A. Coach on the floor – place or remove mat… = no penalty.
B. Coach on the floor – without spotting……. = 0.5 CJ (apply one time only).
C. Coach on the floor – with Spot…… = 0.5 CJ, 0.5 spot, 0.5 if fall, No VP / No SR / No Bonus
D. Coach on the floor – spot UPON landing…… = 0.5 CJ, 0.5 spot, 0.5 if fall, Ok VP / Ok SR / No Bonus (fall after spot).
Coach on the floor – FALLING gymnast……. = 0.5 CJ, No spot, 0.5 Fall, No VP / No SR / No Bonus
E. Coach Spotting (falling out of bounds)..... = ……..0.5 spot, 0.0 if fall, Ok VP / Ok SR / No Bonus, if OB = 0.1
Coach inadvertently touches gymnast…… = ……. 0.5 spot, …… Ok VP / Ok SR / No Bonus, if OB = 0.1
Gymnast inadvertently touches coach…… = no deduction.
F. Coach / Gymnasts – stand around FX…… = 0.2 CJ (warning) unsportsmanlike conduct, AA / Team

VI. RECOGNITION OF VALUE PARTS – Root Skill variation = Value Part Credit
A. Any VP may be used 2 times for VP ….. = in different connection (preceded or followed by different element) (See notes)
1. Leap / Jump / Hop not listed …… = Root element, Variations, New Element evaluation process.
2. ("D/E") in Different connection…….. = OK VP, OK Bonus
3. 3rd Time or Same connection …….. = No VP, No SR, No CV
4. Saltos / Aerials Landings…….. = Fail to land on Bottom of Feet first = No VP, Simultaneously VP awarded.
5. Acro Pass with one (1) or more Acro elements (with or without hand support).
Acro Pass with two (2) or more Saltos may be direct or indirectly connected with flight elements with hand support.

DISMOUNTS / LAST SALTO (SR):
Dismount with No Value …… = No VP, 0.5 SR, 0.3 No Dismount…….. (repetition, restricted, spot)
Fall, early termination…….. = No VP, 0.5 SR, 0.3 No Dismount, 0.5 Fall. (Fall, does not continue)
Salto NEVER initiated…….…. = No VP, 0.5 SR, 0.3 No Dismount, …… (roundoff → no salto, no fall)
Salto, Fall (not to feet first)…… = No VP, 0.5 SR. 0.3 No Dismount, 0.5 Fall. (roundoff → salto to knees)

B. Elem. / Pass DIFFERENT, if different…. = #, shape, turn, takeoff, +/- aerials/saltos, +/- Dance VP at the end.
C. Elem. / Pass SAME, if same # AND..…. = Salto to 1 or 2 feet, +/- "A" acro hand support,
D. Salto Fail to land Bottom of Feet first = Fall 0.5, No VP, No SR, No Bonus, deduct Execution and Amplitude.

E. REQUIRED TECHNIQUE FOR VP RECOGNITION

1. Split Leaps and Jumps…… = require 180° split

Split Positions

1° – 20° = 0.05 – 0.1

21° – 45° = 0.15 – 0.2

46+°…….. = Lower VP

2. Twisting Saltos…… = incomplete twist deductions
3. Turns & Leaps/Jump/Hops 1/1t. + = incomplete turn deductions
4. Leaps/Jump/Hops with ½ t…….. = minimum half way for credit

Dance Turns – Saltos with Twists

1° – 44° = 0.05 – 0.1

45° – 89° = 0.15 – 0.2

90° + …… = Lesser VP

- Turn is complete when heel drops.
- Twist is complete when feet land.
- Turns w/ less than 360° = 1° past ½ way

F. SPECIFIC ELEMENT TECHNIQUE CLARIFICATION:

1. # 1.101 (A) – Split Jump vs. # 1.110 Sissone…… = 2 ft. takeoff; 2 ft. vs. 1 or 2 ft. landing, 180°; parallel vs. diagonal
2. # 1.204 (B) – Switch Leg Leap…… = Deduct → 0.1 < 45°, stag lead leg or <135° = ("A") Leap.
3. # 1.208 (B) – Schushunova…… = 180° split, stretch to horizontal.
4. # 1.210 (B) – Ring / Stag Ring …… = Head release, Arch, Front Leg 45°
5. # 1.305 (C) – Switch Side Leap…… = Deduct → 0.1 < 45°, stag leg = B side leap, <135° = ("A") Leap.
   = Lack of Precision → 0.1 (early 1/4t.)
6. # 1.309 (C) – Tour Jeté 1/2t. / Switch 1/1 t. …….. = Tour Jeté turns away and Switch Leg turns toward the turn
7. # 1.307 (C) – Popa, Straddle Jump 1/1t…… = straddle 1/1t. or split 1/1t., legs at or above horizontal.
8. # 1.308 (C) – Schushunova 1/1t…… = 1/1t. split to prone, ½ t. split ½ t. prone.
9. # 1.311 (C) – Switch Leg Ring Leap…….. = Deduct → 0.1 < 45°
   = head release past vertical, rear leg near top of head.
10. # 2.202 (B) – Full Turn with Leg Horizontal…….. = 45° to lift leg and maintained at horizontal, no hand support.
11. # 2.208 (B) – Full Turn with Leg Hold 180°…… = Deduct → 0.2 Split 135° - 179°, Less than 135° = ("A") Turn
12. (Group 6) ….Front Saltos (accelerating)…… = No amplitude deduction, Last Salto with greater amplitude.

Tuck Jump
- Insufficient tuck position…… → 0.2
- Hips greater than135°…… Straight Jump

Wolf Jump
- Leg below horizontal…….. → 0.1 each
- Hips greater than135°…… Straight Jump

Side Split or Straddle Jump
- Insufficient Split…….. → 0.2
- Legs not parallel to beam/floor…. → 0.2
- Straddle: Legs not at horizontal… → 0.1 each
- Less than 135°…… Different Element

Switch-Leg Leap
- Insufficient Split after leg change → 0.2
- Lead Leg less than 45°…….. Split Leap
- Less than 135°split …… Different Element

Sheep Jump
- Feet at shoulder / upper back….. → 0.1
- Insufficient Arch…….. → 0.1
- No head release……..... "A" Jump

Pike Jump
- Insufficient pike position…… → 0.2
- Hips greater than135°…… Straight Jump

Cat Leap
- Failure to reach horizontal…… → 0.1 ea. leg
- Incorrect leg position (knee bend)…… → 0.2
- Lack of alternate leg lift…….. Tuck Jump

Sissone / Split Jump
- Insufficient split position…… → 0.2
- Legs not parallel to floor (split jump)… → 0.2
- Less than 135° split ……Different Element
- Sissone - front leg less than 45°…. → 0.1

Ring Leap / Jump
- Rear foot at shoulder height…… → 0.1
- Rear foot at hip height…… Split Leap / Jump
- Front leg less than 45°……..... → 0.1
- No Head Release…… Different Element
- Insufficient Arch…….. → 0.1

FLOOR EXERCISE – COMPOSITION – EXECUTION – BONUS page 3

I. CONTENT: Acrobatic with/without flight F/ S / B; turns, leaps, jumps, hops, body waves; dynamic change in rhythm & levels.

II. SPECIAL REQUIREMENTS (SR) (0.5 each, off start value), one element may fulfill more than one SR.

SR	Level 6	Level 7	Level 8	Level 9	Level 10	NCAA
1….	Acro Pass…… (3) Direct (2) Flight Group 5,6,7,8	Acro Pass…… (1st) B. Layout 2 ft.	Acro Pass …… (2) Saltos	Acro Pass …… (2) Saltos	Acro Pass …… (2) Saltos	Acro Pass (2) Saltos
2….	(1) Salto/Aerial……. Solo / 2nd Pass	(2nd) Acro Flight…. Forward / Direct with (1) Forward Salto / Aerial	(3) Different Saltos..	(3) Different Saltos..	(3) Different Saltos..	(3) Different Saltos
3….	Dance Pass…….	Dance Pass…….	Dance Pass…….	Dance Pass…….	Dance Pass…….	Dance Pass 2 Diff. Elements Group 1 Direct or Indirect One – 180° Leap
4….	Full Turn ……..	Full Turn	A – Last Salto.....	B – Last Salto……..	C – Last Salto ……	C – Last Salto

III. CLARIFICATIONS REGARDING PASS – Balk = No SR (no last salto requirement)

A. Dance in Acro Pass = will break connection, No SR, No CV

B. Acro in Dance Pass = will break direct connections, No SR, No CV

IV. SPECIFIC COMPOSITIONAL DEDUCTIONS (L 8 / 9 / 10

Insufficient Use of Space (floor pattern)	*→ 0.1*
More than 2 Wolf / Tuck Shapes	*0.1*
More than 2 Straddle Jump Shapes	*0.1*
Lack of ("B") Turn on One Foot	*0.2*
Dance – Not up to Competitive Level	*→ 0.2*
Acro Saltos – Not up to Competitive Level	*→ 0.2*
Last Salto – Not up to Competitive Level	*→ 0.1*
Lack Forward / Side & Back Salto / Aerial	*0.1*
Lack of Minimum 3 ("A") Saltos (L 8)	*0.3*
Lack of ("B") Salto – not Last Salto (L 9)	*0.3*
Lack of ("C") Salto – not Last Salto (L10)	*0.3*

I. SPECIFIC EXECUTION DEDUCTIONS

Music & Moves Poor Relationship (thru)	*→ 0.2*
Music & Moves non-synchronization (thru)	*→ 0.3*
• *Music & Moves Not in Harmony*	*each 0.05*
• *Music & Moves Not Ended with Music*	*at end 0.1*
Music with Words / No Music	*(CJ) 1.0*
Insufficient Dynamics (throughout)	*→ 0.2*

Artistry - Original Creative Choreography	*→ 0.1*
Artistry - Movement Reflects Personal Style	*→ 0.1*
Artistry - Quality of Expression	*→ 0.1*
Dance - Lack of Precision in Dance Elements	*→ 0.1*
Dance - Incorrect Body Position in Dance VP	*→ 0.1*
Dance - Failure to Land 2 feet together	*→ 0.1*
Dance - Legs Not Parallel - Split / Straddle	*→ 0.2*
Concentration Pause (2 sec. or more)	*each 0.1*
Rhythm During Exec. of Direct Connections	*→ 0.1*
Rhythm / Tempo - Insufficient Variations (thru)	*→ 0.2*
Relaxed / Incorrect Footwork (non-VP thru)	*→ 0.2*
Relaxed / Incorrect Leg/Pos/Flex (non-VP thru)	*→ 0.3*
Turns - Fail to perform VP on High Relevé	*→ 0.1*
Insufficient Split on Value Parts	*→ 0.2*
Insufficient Height of Leaps - Jumps - Hops	*→ 0.2*
Insufficient Height of Acro Flights - Aerials	*→ 0.2*
*Insufficient Height of Saltos (*not 1st Fr layout)*	*→ 0.3*
Trunk Movement to Control Acro Landings	*→ 0.2*
Body Posture on Landing	*→ 0.2*
Insufficient Ext (Open) prior to Landing Acro	*→ 0.3*
Lands acro in foam pit (No VP, SR,- 0.1 OB)	*0.3*

I CONNECTION VALUE: Acrobatic Saltos / Aerials / Acro Flight / Dance elements.

II. CONNECTION VALUE (CV) PRINCIPLES

INDIRECT – SALTOS / AERIALS – Connections with "A" Acro Flight elements with hand support (Group 5).

A + D = 0.1
B + D = 0.1
A/B + A/B + C/D = 0.1 — NCAA (C → C) = 0.2
C + C = 0.1…….. C + D = 0.2 — **NCAA (C + C) = 0.3**

DIRECT – SALTOS / AERIALS

B + B = 0.1…….. B + C = 0.2…… C + C = 0.2 — NCAA (F. Lay + F. Lay) = 0.0
A + C = 0.1…….. A + D = 0.2…… B + D = 0.2 — **NCAA (Last Pass)**
A + A + C = 0.1…… A + A + D = 0.2 — **Double Salto or E Acro = 0.1**

DIRECT – DANCE or MIXED – Acro Saltos and/or Flight elements w/wo hand support – No CV (Turns + Jumps)

B + D = 0.1
(Same or Different) C + C = 0.1…….. C + D = 0.2 — NCAA OK (Turns + Jumps)
(Salto First + Jump) D + A = 0.1 — NCAA (C-Salto + A-Dance + A-Salto)
May fulfill Dismount SR

III. D/E BONUS (Level 10 only): may replace VP, no fall/spot, maximum +0.4, same ("D") or ("E') one (D/E) Bonus.

IV. ADDITIONAL BONUS +0.1 (Level 10 only): Total Bonus = + 0.6 or more and minimum one ("E") element.

V. BONUS RESTRICTIONS: Fall / Spot, Repeated, Same Connection, Level 9 (CV) only, Level 6/7/8 no Bonus.

	("C") Value Part	**("D/E") Value Part**
LEVEL 10	No Restrictions	No Restrictions
LEVEL 9	No Restrictions	• Any ("D/E") Dance Elements • One Acro ("D/E") element • Count as ("C") Value Parts
LEVEL 8	• Any ("C") Dance Elements • One Acro ("C") Element • Count as ("B") Value Parts	Restricted Elements
LEVEL 7	• One ("C") Dance Element • Count as ("B") Value Part	Restricted Elements
LEVEL 6	Restricted Elements	Restricted Elements

Guidelines for Restrictions:

a. Allowable elements:
   1) Value Part credit awarded.
   2) Special Requirements awarded
   3) LEVEL 9 only: ("C") element in (CV) Bonus.
   4) No (D/E) Bonus is possible.

b. Only the first Restricted element may be used:
   1) Value Part credit awarded.
   2) Special Requirements awarded.
   3) Connection Value Bonus awarded.

c. Any Other Restricted element that is performed or attempted
   1) No Value-Part credit.
   2) No Special Requirements credit.
   3) Deduct 0.50 from SV, for Restricted element.

d. All appropriate Execution and Amplitude deductions applied to all elements performed, whether Value-Part credit is awarded or not.