Updated October 2021

USAG FLOOR EX

Priscilla K. Hickey, Editor

	A = 100		B = 200		C = 300
	LEAPS, JUMPS, HOPS		**LEAPS, JUMPS, HOPS**		**LEAPS, JUMPS, HOPS**
NOTE	1/4t. or land in split sit or prone = Root Element	NOTE	**Jumps with 1/2t. or 3/4t. = Same Value**	NOTE	**All Leaps & Jumps with 1/1t. = C**
1.101	Split/Stag - Leap (same), Split/Stag Jump (same)	1.201	Tuck - Split Jump / Double Stag 1/1t. Leap or Jump	1.301	
1.102		1.202	Split Leap 1/4t. or 1/2t., Split Jump 1/2t. (Differnt)	1.302	Split Jump - 1/1t. **(Rivarola)**
1.103		1.203	Split Leap Back - 1/4t. or 1/2t.	1.303	
1.104	Switch Leap - Wolf / Stag Switch / Switch < 135o	1.204	Switch Leap **(less than 45° lead leg deduction)**	1.304	Switch Leap 1/2t., Rond-de-Jambe **(Plataroti)**, 1/2t.
1.105		1.205		1.305	Switch Side Leap, 1/2t. - 3/4t., Prone **(Kosowski)**
1.106		1.206	Pike Jump, Pike 1/2t. Prone (90° Hip angle)	1.306	Pike Jump 1/1t. (legs above horiz.)
1.107		1.207	Straddle Jump / Side Split Jump / Straddle 1/2t.	1.307	Straddle Pike Jump 1/1t. (Popa), Side Split Jump 1/1t.
1.108		1.208	Side Split Jump Prone **(Schuschunova)**, 1/2t.	1.308	Side Split Jump 1/1t. Prone, Leap 1-1/2t. Prone **(Khorkina)**
1.109	Scissor Leap (hitchkick) / Cabriole, F./B.	1.209	Hitchkick 1/4 - 1/4t. / Tour Jete Leap	1.309	TourJete Leap 1/2t., 2ft. **(Strug)**, split **(Produnova)**, 3/4t.
1.110	Sissone Jump	1.210	Ring Leap / Jump - rear leg @ head	1.310	TourJete-Ring **(Boucher), Stag-Ring** 1/1t. **= D (NCAA)**
1.111		1.211	Sheep Jump @ head; Switch Double Stag	1.311	Switch Split Leap - Ring, Sheep Jump 1/1t. **(Dunn)**
1.112	Jump 1/2t. or 1/1t., Chasse 1/1t.	1.212	Stretch Jump 1-1/2t.	1.312	Stretch Jump 2/1t. or 2-1/2t.
1.113	Cat Leap / Cat Leap 1/2t.	1.213	Cat Leap 1/1t., Split Sit	1.313	Cat Leap 1-1/2t. **(Garrison)**
1.114	Hop 1/2t. (Leg above Horizontal)	1.214	Hop 1/1t. (Leg above Horizontal), Fouette to Scale	1.314	Hop 1-1/2t. (Leg above Horizontal)
1.115	Tuck Jump/Hop, also with 1/2t.	1.215	Tuck Jump/Hop 1/1t.	1.315	Tuck Jump/Hop 1-1/2t.
1.116	Wolf Hop or Jump (Leg Horizontal)	1.216	Wolf Hop or Jump 1/2t. (Leg Horizontal)	1.316	Wolf Hop or Jump 1/1t. (Leg Horizontal), to Prone
	TURNS		**TURNS**		**TURNS**
2.101	Full (1/1) turn	2.201	One & Half (1-1/2) turn	2.301	Double (2/1) turn
2.102		2.202	1/1t. Free Leg Horizontal	2.302	1-1/2t. Free Leg Horizontal
2.103		2.203	1/1t. to Scale - 2 sec.	2.303	1-1/2t. to Scale - 2 sec.
2.104		2.204	Scale - 1/1t. Scale (free leg above horizontal)	2.304	Scale - 1-1/2t. - Scale (free leg above horizontal)
2.105	Illusion 1/1t. (with brief one hand touch)	2.205	Illusion 1/1t. (without touching free leg or hand)	2.305	
2.106		2.206	Tuckstand 1/1t.	2.306	Tuckstand 1-1/2t.
2.107		2.207	Back (kip position) Spin 2/1t.	2.307	Double Flair **(Homma)**
2.108		2.208	1/1t. Free Leg Held upward @ 180°	2.308	1-1/2t. Free Leg Held upward @ 180°
	HANDSTANDS		**HANDSTANDS**		**HANDSTANDS**
3.101	Jump Hst. / Kick or Press Hst. 1/2t. or 1/1t.	3.201	Handstand 1-1/2t. - 2/1t. +	3.301	
	ROLLS		**ROLLS**		**ROLLS**
4.101	Forward Roll, Handst. Roll, Dive/Hecht Roll	4.201	Jump 1/2t. or 1/1t. - Dive/Hecht Roll	4.301	Jump 1-1/2t. - Dive/Hecht Roll **(Esslinger)**
4.102	Backward Roll T/P, Back Roll - Handstand, 1/2t.	4.202	Backward Roll - Handstand 1/1t. +	4.302	
	WALKOVERS		**WALKOVERS**		**WALKOVERS**
5.101	Forward / Backward Walkovers, Valdez	5.201	Back Walkover 1/1t., Valdez 1/1t.	5.301	
5.102	Handspring / Handspring 1/2t. / Flyspring (1 ft.)	5.202	Arabian Front Handspring / Flyspring (2 ft.)	5.302	Handspring 1/1t. or 1/1t. Handsp. **(Mostepanova)**
5.103	Front Aerial, Kick-over Front / to Knees (not Salto)	5.203		5.303	Front Aerial 1/1t.
5.104	Cartwheel, Dive / Side Aerial / Butterflies (F/B)	5.204		5.304	
5.105	Roundoff / Aerial Roundoff	5.205		5.305	
5.106	Flic-flac / Gainer Flic-flac / One-Arm Flic-flac	5.206	1/1t. Flic-flac	5.306	
5.107	Head Kips / Neck Kips	5.207		5.307	
	FRONT SALTOS		**FRONT SALTOS**		**FRONT SALTOS**
6.101	Front Salto Tuck	6.201	Front Salto Pike / Stretched, T/P/S 1/2t.	6.301	Front Salto Tuck / Pike / Stretch 1/1t.
6.102		6.201	**Front Salto Pike = A (NCAA)**	6.302	
	SIDE SALTOS		**SIDE SALTOS**		**SIDE SALTOS**
7.101	(Forward Takeoff) Side Salto Tuck/Pike/Stretch	7.201	(Backward Takeoff) Side Salto Stretched	7.301	
7.102		7.202	Arabian Salto T/P/S (back 1/2t. front)	7.302	
	BACK SALTOS		**BACK SALTOS**		**BACK SALTOS**
8.101	Back Salto T/P/S	8.201	Back Salto T/P/S 1/2t. (Half) or 1/1t. (Full)	8.301	Back Salto 1-1/2t. or 2/1t. (Double Full)
8.102	Whip-Salto Backward	8.202	Whip-Salto 1/2t., 1/1t. (Full)	8.302	
8.103		8.203		8.303	
8.104		8.204		8.304	
8.105	Gainer Back Salto Tuck/Pike/Stretch	8.205	Gainer Back Salto - Tucked 1/1t.	8.305	
8.106		8.206	Jump 1/2t. - Back Salto T/P	8.306	Jump 1/2t. - Back Salto Stretch

Updated October 2021

USAG FLOOR EX

Priscilla K. Hickey, Editor

	D = 400		E = 500
	LEAPS, JUMPS, HOPS		**LEAPS, JUMPS, HOPS**
NOTE	**1/4t. or land in split sit or prone = Root Element**	NOTE	**1/2t., 1/1t., 1-1/2t. = Different Elements**
1.401		1.501	
1.402	Split Jump 1-1/2t.	1.502	
1.403		1.503	
1.404	Switch Leap 1/1t. **(Forlova)**	1.504	
1.405		1.505	
1.406		1.506	
1.407	Straddle Pike Jump 1-1/2t.	1.507	
1.408	Leap 2-1/2t.to Prone **(Toussaint)**	1.508	
1.409	TourJete Leap - 1/1t. to 2 ft. **(Gogean)**	1.509	
1.410	Tourjete Ring 1/2t. **(Jackson),** Ring 1/1t.**(Johnson)**	1.510	
1.411	Switch Split Leap 1/2t. - Ring Leap **(Trevor)**	1.511	
1.412	Stretch Jump 3/1t.	1.512	
1.413	Cat Leap 2/1t. **(Benton)**	1.513	
1.414	Hop 2/1t. (Leg above Horizontal)	1.514	
1.415	Tuck Jump/Hop 2/1t., Prone **(Ziganshiva)**	1.515	
1.416	Wolf Hop or Jump 1-1/2t. (Leg Horizontal)	1.516	Wolf Hop or Jump 2/1t. (Leg Horizontal)
	TURNS		**TURNS**
2.401	Triple (3/1) turn	2.501	Quad (4/1) turn **(Gomez)**
2.402	2/1t. to 2-1/2t. Free Leg Horizontal (start to end)	2.502	
2.403	2/1t. to Scale - 2 sec.	2.503	
2.404	Scale - 2/1t. - Scale (free leg above horizontal)	2.504	
2.405	2/1t. Illusion Turn (without touching free leg or hand)	2.505	
2.406	Tuckstand 2/1t.	2.506	Tuckstand 3/1t.
2.407		2.507	
2.408	2/1t. Free Leg Held upward @ 180° **(Memmel)**	2.508	
	HANDSTANDS		**HANDSTANDS**
3.401		3.501	
	ROLLS		**ROLLS**
4.401		4.501	
4.402		4.502	
	WALKOVERS		**WALKOVERS**
5.401		5.501	
5.402		5.502	
5.403		5.503	
5.404		5.504	
5.405		5.505	
5.406		5.506	
5.407		5.507	
	FRONT SALTOS		**FRONT SALTOS**
6.401	Front Salto Tuck / Pike / Stretch 1-1/2t. **(Rudi)**	6.501	Front Salto Stretched 2/1t. **(Tarasevich)**, 2-1/2t., 3/1t.
6.402		6.502	Double Front Salto or 1/2t. **(Podkopayeva)**
	SIDE SALTOS		**SIDE SALTOS**
7.401		7.501	
7.402		7.502	Arabian Double Front Salto or 1/2t. **(Andreasen)**, Pike **(Dos Santos)**
	BACK SALTOS		**BACK SALTOS**
8.401	Back Salto 2-12/t. (Two & Half)	8.501	Back Salto 3/1t. (Triple Full), 3-1/2t. (Three & Half)
8.402		8.502	
8.403	Double Back Salto - Tuck or Pike	8.503	Double Back Salto - Tuck / Pike 1/1t. **(Muchina)**, 1-1/2t. Tuck **(Jones)**
8.404		8.504	Double Back Salto - Stretch, Double Back Tuck or Stretch 2/1t. **(Silivas)**
8.405		8.504	Double Back Salto - Stretch 1/1t. IN **(Tougikova)**, 1/1t. OUT **(Chusovitina/Silivas)**
8.406		8.506	