

## USAG FLOOR EX

	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. ( <b>Rivarola</b> )
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 ( <b>less than 45° lead leg deduction</b> )	1.304	Switch Leap 1/2t., Rond-de-Jambe ( <b>Plataroti</b> ), 1/2t.
1.105		1.205		1.305	Switch Side Leap, 1/2t. - 3/4t., Prone ( <b>Kosowski</b> )
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 ( <b>Schuschunova</b> ), 1/2t.	1.308	Side Split Jump 1/1t. Prone, Leap 1-1/2t. Prone ( <b>Khorkina</b> )
1.109	Scissor Leap (hitchkick- <b>straight</b> ) / Cabriole, F./B.	1.209	Hitchkick 1/4 - 1/4t. / Tour Jete Leap	1.309	TourJete Leap 1/2t., 2ft. ( <b>Strug</b> ), split ( <b>Produnova</b> ), 3/4t.
1.110	Sissone Jump	1.210	Ring Leap / Jump - rear leg @ head	1.310	TourJete-Ring ( <b>Boucher</b> ), <b>Stag-Ring 1/1t. = D (NCAA)</b>
1.111		1.211	Sheep Jump @ head; Switch Double Stag	1.311	Switch Split Leap - Ring, Sheep Jump 1/1t. ( <b>Dunn</b> )
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. ( <b>parallel / turnout</b> )	1.213	Cat Leap 1/1t., Split Sit	1.313	Cat Leap 1-1/2t. ( <b>Garrison</b> )
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 ( <b>no leg hold</b> )	2.302	1-1/2t. Free Leg Horizontal ( <b>no leg hold</b> )
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 ( <b>Homma</b> )
2.108		2.208	1/1t. Free Leg Held <b>with hand(s)</b> upward @ 180°	2.308	1-1/2t. Free Leg Held <b>with hand(s)</b> 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 ( <b>Esslinger</b> )
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. ( <b>Mostepanova</b> )
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	<b>Front Salto Pike = A (NCAA)</b>	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

## USAG FLOOR EX

	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. ( <b>Forlova</b> )	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 ( <b>Toussaint</b> )	1.508	
1.409	TourJete Leap - 1/1t. to 2 ft. ( <b>Gogean</b> )	1.509	
1.410	Tourjete Ring 1/2t. ( <b>Jackson</b> ), Ring 1/1t. ( <b>Johnson</b> )	1.510	
1.411	Switch Split Leap 1/2t. - Ring Leap ( <b>Trevor</b> )	1.511	
1.412	Stretch Jump 3/1t.	1.512	
1.413	Cat Leap 2/1t. ( <b>Benton</b> )	1.513	
1.414	Hop 2/1t. (Leg above Horizontal)	1.514	
1.415	Tuck Jump/Hop 2/1t., Prone ( <b>Ziganshiva</b> )	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 ( <b>Gomez</b> )
2.402	2/1t. to 2-1/2t. Free Leg Horizontal (start to end) <b>no leg hold</b>	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 <b>with hand(s)</b> upward @ 180° ( <b>Memmel</b> )	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. ( <b>Rudi</b> )	6.501	Front Salto Stretched 2/1t. ( <b>Tarasevich</b> ), 2-1/2t., 3/1t.
6.402		6.502	Double Front Salto or 1/2t. ( <b>Podkopayeva</b> )
	SIDE SALTOS		SIDE SALTOS
7.401		7.501	
7.402		7.502	Arabian Double Front Salto or 1/2t. ( <b>Andreasen</b> ), Pike ( <b>Dos Santos</b> )
	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. ( <b>Muchina</b> ), 1-1/2t. Tuck ( <b>Jones</b> )
8.404		8.504	Double Back Salto - Stretch, Double Back Tuck or Stretch 2/1t. ( <b>Silivas</b> )
8.405		8.504	Double Back Salto - Stretch 1/1t. IN ( <b>Tougikova</b> ), 1/1t. OUT ( <b>Chusovitina/Silivas</b> )
8.406		8.506	