



Boys Program 2018-19

☆ FLOOR EXERCISE ☆

LEVEL 2

Start Value

10.0

1. Tuck jump	0.60
<ul style="list-style-type: none"> • Raise arms upward and circling backward to tuck jump • Thighs are to be horizontal 	
2. Step partial handstand (Legs 45° above horizontal)	0.60
<ul style="list-style-type: none"> • Kick up to 45 degrees Switch legs landing on the opposite leg and return to stand 	
3. Jump to hurdle, cartwheel; Cartwheel	0.60ea
<ul style="list-style-type: none"> • Jump off from two feet to perform a power hurdle • No steps/Chasse's between cartwheels • Quarter turn to two feet after the 2nd cartwheel 	
4. Backward tuck roll to stand	0.60
5. Roll backward to candlestick; Roll forward upward to stand	0.60
<ul style="list-style-type: none"> • Arms should be straight and above the head on candle with feet extended to the ceiling • After the candlestick bring the arms forward and upward to end above the head • Hands are allowed to get up to the stand 	
6. Squat to a tripod (1 second hold)	0.60
<ul style="list-style-type: none"> • Knees to remain on elbows or in a tuck hold • Hands and head should make a triangle shape 	
7. Stand; Arabesque (1 second hold)	0.60
<ul style="list-style-type: none"> • Arms to be out to the side middle • No height requirement of the back leg 	
8. Run; Blocking cartwheel ¼ in -or- Round-off rebound steps to stand	0.60
<ul style="list-style-type: none"> • Flight is to be shown on the cartwheel and Round-off 3 steps are allowed in each dismount 	

LEVEL 3

Start Value

10.0

1. Lift arms and kick leg up, step forward to lunge	0.40
<ul style="list-style-type: none"> • 1 second hold 	
2. Kick to handstand (1 second hold); Straight arm forward roll	0.60
<ul style="list-style-type: none"> • 2 second hold allowed 	
3. Jump to hurdle to cartwheel, cartwheel with ¼ turn to stand	0.60
<ul style="list-style-type: none"> • Continuous rhythm 	
4. Tuck backward roll to straight or hollow body extended aeront support (prone)	0.60
<ul style="list-style-type: none"> • No height requirement • Straight arms are allowed but not required 	
5. Lower to arch support with toes pointed and head up, lift to straddle stand with head up and arms extended	0.30

- Continuous rhythm

6. Straddle press headstand (1 second hold)	0.60
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- 2 second hold is allowed

May replace #6 with straddled press to handstand with 1 second hold

- JUDGING – up to 0.30 maximum deduction
- 2 second hold is allowed

7. Forward roll, Tuck jump to stand	0.60
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- Knees to chest in a tight tuck

8. Run, hurdle, round-off, rebound steps to stand	0.60
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- Rebound should be straight body with elevation, arms vertical, head forward in neutral position. 3 Steps are allowed

May replace #8 with run, hurdle, round-off, back handspring, rebound to stand

- JUDGING – up to 0.30 maximum deduction

LEVEL AK Gold

Start Value 10.0

1. Lift arms and kick leg up, step forward to lunge	0.30
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Arms in high position momentary hold

2. Lift rear leg to Front Scale	0.60
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Arms circle to side middle 2 second hold

3. Two Steps to punch forward roll to	0.60
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- swing rear leg forward to 2 quick steps Continuous rhythm

4. Immediate Straight legged Sissone	0.60
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Arms optional

5. Step forward ½ turn	0.60
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- Arms go from side middle to high in the ½ turn to side middle at finish of the turn

6. Backward roll through extension to front support	0.60
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Straight arms are allowed

7. Push up to Straddle Stand	0.40
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- Sissone with legs split minimum 45 degrees or greater

8. Jump or Press to straddle hand balance with Hips above the hands hold 1 second	0.60
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9. close legs with feet together in pike balance position drop feet to pike stand return to straight body stand	0.60
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8. Run, hurdle, round-off, back handspring rebound to stand	0.60
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AK level 4

1. Lift arms and kick leg up, step forward to lunge	0.40
•1 second hold	
2. Kick to handstand (1 second hold); Straight arm forward roll	0.60
•2 second hold allowed	
3. Jump to hurdle to cartwheel, cartwheel with ¼ turn to stand	0.60
•Continuous rhythm	
4. Tuck backward roll to straight or hollow body extended front support (prone)	0.60
•No height requirement •Straight arms are allowed but not required	
5. Lower to arch support with toes pointed and head up, lift to straddle stand with head up and arms extended	0.30
•Continuous rhythm	
6. Straddle press headstand (1 second hold)	0.60
•2 second hold is allowed	
May replace #6 with straddled press to handstand with 1 second hold	
•JUDGING – up to 0.30 maximum deduction •2 second hold is allowed	
7. Forward roll, Tuck jump to stand	0.60
•Knees to chest in a tight tuck	
8. Run, hurdle, round-off, rebound steps to stand	0.60
•Rebound should be straight body with elevation, arms vertical, head forward in neutral position. 3 Steps are allowed	
May replace #8 with run, hurdle, round-off, back handspring, rebound to stand	
•JUDGING – up to 0.30 maximum deduction	

Updated September 2018