



**Boys Program**  
**☆ FLOOR EXERCISE ☆**

**LEVEL 2**

Start Value

10.0

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

**LEVEL 3**

Start Value

10.0

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

- Continuous rhythm

<b>6. Straddle press headstand (1 second hold)</b>	<b>0.60</b>
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- 2 second hold is allowed

May replace #6 with straddled press to handstand with 1 second hold
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- JUDGING – up to 0.30 maximum deduction
- 2 second hold is allowed

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

<b>8. Run, hurdle, round-off, rebound steps to stand</b>	<b>0.60</b>
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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
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- JUDGING – up to 0.30 maximum deduction

## LEVEL 4

Start

Value 10.0

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

<b>2. Lift rear leg to Front Scale</b>	<b>0.60</b>
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- Arms circle to side middle 2 second hold

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

<b>4. Immediate Straight legged Sissone</b>	<b>0.60</b>
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- Arms optional

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

<b>6. Backward roll through extension to front support</b>	<b>0.60</b>
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- Straight arms are allowed

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

<b>8. Jump or Press to straddle hand balance with Hips above the hands hold 1 second</b>	<b>0.60</b>
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<b>9. close legs with feet together in pike balance position drop feet to pike stand return to straight body stand</b>	<b>0.60</b>
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<b>8. Run, hurdle, round-off, back handspring rebound to stand</b>	<b>0.60</b>
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Updated July 27, 2017