

AmeriKids ☆ FLOOR EXERCISE ☆ Skill Values

	Leaps, Jumps, Hops	Turns	Handstands/Rolls
<b>A</b>	Split Leap or Jump Hitch kick Backward or forward cabriole <u>Stag switch leg leap</u> Stag leap (forward leg ends straight) Stride leap (change legs to wolf) Sissone Stretch jump, also ½ or 1/1 turn Chasse with 1/1 turn (take off 2 feet) Cat leap, also with ½ turn Hop ½, leg above horizontal Tuck jump, also with ½ turn Wolf hop/jump	1/1 turn on one leg	Jump to handstand Handstand ½ - 1/1 pirouette Forward roll HS forward roll Hecht roll Back extension Back extension with ½ pirouette
<b>B</b>	Tuck jump to cross split Double stag leap or jump with 1/1 turn Split leap/jump ¼ or ½ Switch leap, also double stag Pike jump, also with ½ to prone Straddle pike or side leap in straddle pike Straddle pike with ½ turn Schushunova, also with ½ turn Tour jete Ring leap or jump Sheep jump Stretch jump 1½ turn Cat Leap 1/1, also to split sit Fouette hop to land in scale Hope 1/1 with leg above horizontal Tuck jump 1/1 Wolf hop or jump with ½ turn	1½ turn on one leg 1/1 turn with 1 leg horizontal 1/1 turn hand held and 180 leg split 1/1 turn to scale (2 seconds) 1/1 turn in scale forward 1/1 illusion (no touch) 1/1 turn in tuck stand on 1 leg 2/1 spin (or more) in kip position	Handstand 1 ½ (or more) pirouette Stretch jump ½ to hecht roll Stretch jump 1/1 to hecht roll Back extension roll 1/1 or more in HS
<b>C</b>	Split jump with 1/1 turn ANY leap with 360 turn and 180 split Switch leap ½ Switch rond de jambe, also ½ Switch, ¼ to side split or straddle pike Switch side w/ 1/1 to land in prone Pike jump with 1/1 turn Straddle pike jump 1/1 (Popa) Jump 1/1 to schuschunova Leap 1½ horizontal to prone (Khorkina) Tour jete ½ (to 1-2 feet or splits) Tour jete ¼ to side straddle w/ added ½ Tour jete to ring leap Tour jete ring with ½ turn (Jackson) Ring jump with 1/1 turn (Johnson) Switch ring leap Stretch jump 2/1 or 2½ turn Cat leap 1 ½ turn (Garrison) Hop 1 ½ with leg above horizontal Tuck jump 1½ Wolf hop or jump with 1/1 turn or to prone	2/1 turn on one leg 1½ turn with leg at horizontal 1½ turn hand held and 180 leg split 1½ turn to scale (2 seconds) 1½ turn in scale forward 1½ turn in tuck stand on 1 leg Double flair (Homma)	

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	Walkovers/Cartwheels	Front & Back Saltos	Side Saltos & Arabians
A	Forward or back walkover Valdez Front handspring, also with ½ turn Front handspring step out Front aerial walkover Cartwheel Dive cartwheel Aerial cartwheel 1 butterfly, forward or backward Round-off Back handspring, gainer also 1 arm Head or neck kips	Front tuck Back salto - tuck/pike/stretch Back salto with step out - tuck/pike/stretch <u><i>Gainer salto in tuck/pike/stretch</i></u>	Forward take-off, side salto
B	Back walkover 1/1 Valdez 1/1 Fly-spring to 2 feet Arabian front handspring Jump ¼ aerial ¼ to prone Back handspring 1/1 twist before hand support Barani	Front tuck with ½ twist Front pike Front pike ½ twist Front layout Front layout with ½ twist Back salto with ½ twist - tuck/pike/stretch Back salto with 1/1 twist - tuck/pike/stretch Whip with ½ twist Whip with 1/1 twist Gainer salto tucked with 1/1 twist Jump ½ twist - back salto tuck/pike	Backward take-off, side salto stretched Arabian dive-roll Arabian - tuck/pike/stretch
C	Front handspring with 1/1 twist Front aerial with 1/1 twist	Front tuck/pike/stretch with 1/1 twist Back salto with 1½ twist Back salto with 2/1 twist Jump forward with ½ twist - salto backward stretch	

Skills in “*italics and underlined*” may be used as “B” skills in intermediate and advanced optionals