

STEP; RELEVÉ STAND; SEQUENTIAL FALL; POSE (CONTINUED)

Ending **POSES**: There are two final **POSES** (accented by the music), which are allowed to show creativity. The only limitation is that these **POSES** MUST be a sitting position. *To allow for creativity, there is no deduction for adding movements into the poses which could be viewed as elements, i.e., back spin, shoulder roll, split, etc..*

ARMS: Optional.

LEGS: Optional.

LEVEL 4 FLOOR EXERCISE SUPPLEMENTARY SKILLS

1. Front salto tucked onto elevated mats

Run (no specific number of steps) and swing either leg forward, pushing off the floor with the opposite leg to land on both feet simultaneously. Immediately punch off both feet with the body in an upright position. As the body rises, lift the hips upward while inverting the body, rounding the upper back and bending at the hips and knees to achieve a tight, tucked position to execute a FORWARD SALTO TUCKED. In preparation for the landing on the elevated mats, extend the body from the tucked position. Land in demi-plié in a balanced and controlled position (stick).

2. Handstand, snap down to 3 flic-flacs

Kick to a handstand on a raised surface. Slightly hyper-extend the handstand in the shoulders, then forcefully snap the legs down and forward, while pushing off the hands to arrive in a standing hollow-body position with the feet in front of the body. Immediately punch the floor and perform three flic-flacs. The emphasis is on a tight body and increasing speed.

3. Front and Back saltos tucked on a trampoline or tumble-track.

Front salto: Bounce from both feet on a trampoline or tumble-track, maintaining an upright body position. As the body rises, lift the hips upward while inverting the body, rounding the upper back and bending at the hips and knees to achieve a tight, tucked position to execute a FORWARD SALTO TUCKED. In preparation for the landing, extend the body from the tucked position. Land and rebound, or land in demi-plié in a balanced and controlled position (stick).

Back Salto: Bounce from both feet on a trampoline or tumble-track. As the body rises, lift the knees upward toward the hands into a minimum of a 90° tuck position. (Hand grasp of the legs is optional). Continue to rotate upward and backward as the hips rotate over the head to execute a BACKWARD SALTO TUCKED. In preparation for the landing, extend the body from the tucked position. Land and rebound, or land in demi-plié in a balanced and controlled position (stick).

EXECUTION	
UNEVEN BARS, BEAM, AND FLOOR	
Each time <u>0.05</u>	Incorrect foot form (flexed, sickled) on major elements
Up to 0.10	Lack of coordination on connections
Up to 0.20	Leg separation
Up to 0.20	Incorrect body alignment, position or posture on major elements
Up to 0.20	Movement lacking dynamics (General deduction for whole exercise)
Up to 0.30	Bent arms or legs
<u>0.30</u>	<ul style="list-style-type: none"> • Complete bend of arms or legs to 90° or more
Up to 0.30	Balance errors - small, medium, large
Up to 0.30	Incorrect body alignment, position or posture during connections (General deduction for whole exercise)
<u>0.50</u>	Fall on or off the apparatus
UNEVEN BARS	
<u>0.10</u>	Repositioning/adjustment of hands in front support or feet in squat/stoop on
<u>0.20</u>	Alternate hand grasp or regaining hand grasp without supplementary support
<u>0.30</u>	Extra cast or swing (<i>maximum of 0.60 per consecutive occurrence</i>)
<u>0.30</u>	Using supplementary support to regain position
Up to 0.50	Brush, touch or hit on apparatus or mat with foot (feet)
Up to 0.10	<ul style="list-style-type: none"> • Touch/brush on apparatus or mat with foot (feet)
<u>0.20</u>	<ul style="list-style-type: none"> • Hit on apparatus with foot (feet)
<u>0.30</u>	<ul style="list-style-type: none"> • Hit on mat with foot (feet)
<u>0.50</u>	<ul style="list-style-type: none"> • Full weight on mat with foot (feet)
BALANCE BEAM AND FLOOR EXERCISE	
Each <u>0.05</u>	Failure to mark the passé position in relevé at the completion of turns
Up to 0.10	Incorrect leg alignment in arabesque position when indicated
Up to 0.10	Failure to contract or extend when indicated
Up to 0.10	Failure to kick/swing leg to horizontal or above when required
Up to 0.10	Uneven leg separation in leaps/jumps
Up to 0.10	Failure to land with feet closed/together on 2-foot landing of jumps on FX
Each Up to 0.10	Failure to perform 180° and 360° turns on one foot in high relevé
Each Up to 0.10	Failure to use levering action in or out of elements when required (straight line - fingers to toes)
<u>0.10</u>	Failure to finish with the music
<u>0.10</u>	Performs an inward turn when an outward turn is required (changing a small part)
Up to 0.30	Incorrect foot work/form (flexed, sickled, failure to step toe-ball-heel or to show turn-out in foot positions) during connections (General deduction for whole exercise)
Up to 0.20	Insufficient split
Up to 0.20	Failure to perform steps (when indicated), and pivot turns (not major elements) in high relevé position (General deduction for whole exercise)
<u>0.30</u>	Extra kick up to handstand
Up to 0.30	Additional movement to maintain balance on the beam
<u>0.30</u>	Grasping beam to avoid a fall
<u>0.30</u>	Stop between elements in an acro (tumbling) series on floor exercise
<u>0.30</u>	<i>Failure to use proper designated turn technique (heel-snap or weight-transfer)</i>
Up to 0.30	Movement lacking artistry of presentation (General ded. for whole exercise) Consider:
Up to 0.15	Quality of gymnast's movement to reflect the style/musicality of the choreography
Up to 0.15	Quality of expression (i.e. projection, emotion, focus)
Up to the value of the element	Incomplete turns (apply deduction for incomplete element)