

SECTION V

FLOOR EXERCISE

CHAPTER 1

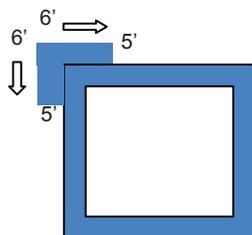
GENERAL INFORMATION

I. APPARATUS SPECIFICATIONS

Refer to current *USA Gymnastics Rules and Policies Book*. Requirements are subject to change every competitive year, beginning August 1.

Clarifications on additional matting for floor exercise:

- A. Up to two manufactured mats (maximum thickness of 8"/20 cm) may be placed separately on the Floor Exercise area. If the skill cushion is 8" in thickness, it must be a minimum of 5' x 10'. A sting mat may be placed on top of the up to 8" skill cushion.
1. Only one skill cushion or 4" throw mat per tumbling pass may be used, with no more than two mats on the floor exercise area at any one point in time. A sting mat may be placed on top of the skill cushion/throw mat(s) or may be used in place of a skill cushion or throw mat.
 - The additional matting may be used as a take-off and/or landing surface.
 2. Whenever additional matting is placed on the Floor Exercise area and covers any portion of the boundary line(s), the mat must be clearly marked with tape or chalk to indicate the actual boundary line(s).
 - a. *It is recommended that athletic tape (provided by the coach) be used to mark the mats.*
 - b. *Chalk may be used but should be removed before the next competitor. A towel should be provided by the Meet Director to facilitate the removal of the chalk markings.*
 - c. Failure to mark the mat will result in a 0.10 neutral deduction taken from the average score by the Chief Judge.
 3. If additional matting is used, there is no requirement to remove it from the floor area during the exercise.
- B. If the gymnast uses any unauthorized mat on the floor exercise area, the Chief Judge deducts 0.30 from the average score.
- C. It is recommended that matting (panel mats) be placed around the outside corners of the Floor Exercise mat, especially when on a concrete/wood floor.
 - *For Level 7-10 competitions held in outside facilities, the outside of the corners must be padded with unfolded panel mats or other such matting or carpet-bonded foam (at least 1 3/8" thick) to protect the gymnasts if they go beyond the dimensions of the Floor mat. The matting must extend a minimum of 5' feet from the edge of the carpet or foam edging and extend a minimum of 6' from the corner of the carpet down each side of the Floor Exercise area.* The corner padding should be attached (with Velcro strips or the like) to the floor, foam, or carpet to avoid separating or slipping. An example of the additional matting at one corner is shown below:



- D. Conversion for inches to centimeters:

Approx. 3/4 inch = 2 cm
 4 inches = 10 cm
 4½ inches = 12 cm

8 inches = 20 cm
 9 inches = 24 cm

2. The gymnast may stop her performance immediately and request permission from the Chief Judge to repeat her routine or to continue from the point of interruption. Once permission is given, the gymnast would perform again (either from the point of interruption or the entire exercise) after a reasonable amount of rest time. No score would be given for the partial routine.
- C. Floor Exercise music must be recorded digitally. Meet Directors of all sanctioned events must provide options to play only digital copies of music (MP3 players, computers, tablets, etc.) and are no longer required to provide compact disc players.
- *These electronic devices must have a display screen and must be on airplane mode, when applicable.*

IV. LINE VIOLATIONS (OUT OF BOUNDS)

- A. If the gymnast touches any part of her body outside of the prescribed area, she will receive a 0.10 deduction each time.
1. On surfaces where the Floor area is marked by two different colors, if any part of the body touches the outside color, it is considered out of bounds.
 - It is permissible to place small pieces of tape (of the same color as the floor area carpet) at the inside corners of the boundary to assist the gymnast's awareness of the actual boundary.
 2. If the gymnast steps on (but not over) the line, she is **not** out of bounds.
- B. The Chief Judge takes the deduction of 0.10 for line violation from the average score.
- C. If the gymnast also falls while out of bounds, each judge must deduct 0.50 for the fall and the Chief Judge would deduct the 0.10 line deduction from the average score.
- D. Elements or connections completed out of bounds are recognized. The take-off for the element must be performed while inside the boundary line in order to receive Value-Part credit.
- If the take-off for a Value Part is outside of the Floor Exercise boundary line, no Value-Part credit is awarded; therefore, the element could not be used to fulfill a Special Requirement or for a Connection Value or "D/E" Bonus.
- E. If two auxiliary judges act as line judges, they should be seated at opposite corners in order to view two lines each.
- F. If there are no auxiliary line judges, the Chief and panel judge(s) must also watch for line violations and indicate such by raising their hand.
- G. Line violations should be indicated in writing by the line judge (or the panel judge) and submitted to the Chief Judge. The deduction must be communicated to the coach either verbally or by visual means.

V. COACH ON FLOOR EXERCISE MAT/SPOTTING REGULATIONS

- A. *For Levels 6-10, no deduction is applied if a coach inadvertently steps into the corner area of the Floor Exercise mat when placing, adjusting the placement of, or removing the mat.*
- *No deduction is applied if the coach enters the Floor Exercise area during the exercise to remove any object (such as a hair clips, eyeglasses, etc.) which may impede or endanger the athlete.*
- B. The 0.50 deduction for the coach on the Floor Exercise area without physically assisting the gymnast is applied only once, regardless of the number of times the coach enters the area. (Applies to Level 6 and above.)
- C. If the coach is on the Floor Exercise mat and assists the gymnast during an element:
1. Each judge deducts 0.50 for the "spot".
 2. If the gymnast falls after the "spot", an additional 0.50 deduction is taken for the fall.
 3. Value-Part credit, as well as Special Requirement and/or Bonus credit, if applicable, is NOT awarded.
 4. The Chief Judge deducts 0.50 from the average score for "coach on the floor".

- D. If the coach is on the Floor Exercise mat and spots the gymnast **upon** the landing of an element:
1. Each judge deducts 0.50 for the “spot” on landing.
 2. If the gymnast falls after the spot, deduct only 0.50. Do not deduct for both the “spot” and the fall.
 3. Award Value Part and Special Requirement credit, if applicable. No bonus is awarded.
 4. The Chief Judge deducts 0.50 from average score for “coach on the floor”.
- E. If a coach touches (or pushes) the gymnast when, or after, she lands an element to stop her momentum, then only one 0.50 deduction would be applied.
1. In the event that the gymnast falls, do not deduct an additional 0.50 for the fall.
 2. No Bonus would be awarded due to the spot.
 3. If the gymnast steps over the boundary line, the Chief Judge deducts 0.10 from the average score.
- F. Gymnasts and coaches are permitted to stand around the Floor Exercise area (and cheer), provided that they do not obstruct the view of the judges and/or spectators.
- The Chief Judge would first warn the teammates/coach if there is obstruction. If it continues, then apply the deduction of 0.20 for “unsportsmanlike conduct” to either the All Around score of the individual gymnast who is creating the obstruction or to the team score of the team in violation.

VI. RECOGNITION (COUNTING) OF VALUE PARTS

- A. Any Floor Exercise element listed in the *Jr. Olympic Code of Points* or *J.O. updates* may receive Value-Part credit two (2) times in an exercise, provided that the element occurs in a different connection (that is, preceded and/or followed by a different element).
1. If a leap/jump/hop is performed that cannot be specifically found in the *Jr. Olympic Code of Points*, the judge may award comparable Value-Part credit if they can recognize the “root” skill. This would include variations of leg position as well as landing position of any previously valued leap/jump/hop.
 2. At Level 10, if the same “D” or “E” element is performed a second time, but in a different connection:
 - a. It will receive Value-Part credit twice.
 - b. It is eligible for Connection Value Bonus each time (if applicable).
 - c. It is eligible for “D/E” Bonus only ONCE.
 3. If the same element is performed a third time, or is performed a second time in the exact same connection:
 - a. The Value-Part credit is NOT awarded.
 - b. Applicable execution and amplitude deductions are applied.
 - c. It may NOT be used to fulfill Special Requirements. It must receive Value-Part credit in order to fulfill Special Requirements.
 - This does not apply to round-offs, flic-flacs, or front handsprings in Acro series *with saltos*. (See page 245).
 - d. It may NOT be considered for Connection Value Bonus (CV) since it does not receive Value-Part credit.

Exception: Value-Part credit can be awarded for an element that is performed for the third time if it was not previously awarded Value-Part credit because:

- 1) The element lacked completion the first or second time it was performed, or
- 2) The element was used in the exact same connection the second time it was performed.

- 3) First series: Front Aerial, Round-off, Flic-flac, Back salto tucked

Second series: Round-off, Flic-flac, Back salto tucked

They are considered two different series due to the deletion of the acro element without hand support (front aerial) and Value-Part credit will be awarded to all elements.

- C. In the following instances, elements/series will be considered the SAME for the recognition of Value Part:

1. A salto with a 2-foot landing or with a step-out are considered the same element.
Example: Front salto tucked with step-out (A), and front salto landing on two feet are considered the same element.

2. The addition or deletion of an "A" acrobatic element (forward or backward with hand support) will not change the series connection.

EXAMPLES:

First series: Round-off, Flic-flac, Back Salto with 2/1 (720°) twist

Second series: Round-off, Flic-flac, Flic-flac, Back Salto with 2/1 (720°) twist

Both are considered the same series. Only the first Back Salto with 2/1 (720°) twist will receive "C" Value-Part credit.

3. *#1.101 Split leap and stag leap are considered the same element. Also, stag jump and split jump are considered the same element. The leaps and jump are considered different because of the one-foot or two-foot take-off.*

D. DIFFICULTY RESTRICTIONS

1. **Level 10 has no difficulty restrictions.**
2. **Level 9**
 - a. All "A", "B" and "C" elements, "D/E" dance elements, and a maximum of one "D/E" Acro element are allowed on Floor Exercise.
 - b. All allowable "D/E" elements:
 - 1) Will receive Value-Part credit of "C".
 - 2) May be used to fulfill Special Requirements.
 - 3) May serve as a "C" element in any applicable Connection Value Bonus. No Difficulty Bonus is possible.
 - c. "D or E" Acro elements will be considered in chronological order. Only the first "D/E" Acro element in the exercise may be used for Value-Part credit ("C") and, if applicable, Special Requirements and/or Connection Value Bonus.
 - d. Each additional restricted "D or E" that is performed (or attempted, even if the attempt is incomplete - for example, an acro element does not land on the bottoms of the feet first):
 - 1) Will not receive Value-Part credit.
 - 2) Cannot be used to fulfill Special Requirements.
 - 3) Will receive a 0.50 penalty reflected in the Start Value.
 - e. All appropriate execution and amplitude deductions would be applied to all elements performed, regardless of whether or not they receive Value-Part credit.
3. **Level 8**
 - a. Only "A" and "B" elements, "C" dance elements, and a maximum of one "C" Acro element are allowed on Floor Exercise.
 - b. All allowable "C" elements:
 - 1) Will receive Value Part credit of "B".
 - 2) May be used to fulfill Special Requirements.

- c. "C" Acro elements will be considered in chronological order. Only the first "C" Acro element in the exercise may be used for Value-Part credit (B) and, if applicable, Special Requirements.
- d. Each additional restricted "C" Acro elements or any "D or E" elements that are performed:
 - 1) Will not receive Value-Part credit.
 - 2) Cannot be used to fulfill Special Requirements.
 - 3) Will receive a 0.50 penalty reflected in the Start Value.
- e. All appropriate execution and amplitude deductions would be applied to all elements performed, regardless of whether or not they receive Value-Part credit.

4. Level 7

- a. Only "A" and "B" elements, *plus ONE "C" Dance element (for "B" credit)* are allowed on Floor Exercise at Level 7.
- b. *If more than one "C" Dance element or if any "C" Acro element or ANY "D" or "E" elements are performed:*
 - 1) It will NOT receive Value-Part credit.
 - 2) It may NOT be used to fulfill Special Requirements.
 - 3) A 0.50 deduction is taken for each restricted element performed and is reflected in the Start Value.
- c. All appropriate execution and amplitude deductions would be applied to all elements performed, regardless of whether or not they receive Value-Part credit.

5. Level 6

- a. Only "A" and "B" elements are allowed on Floor Exercise at Level 6.
- b. If any "C" (or more difficult) element is performed:
 - 1) It will NOT receive Value-Part credit.
 - 2) It may NOT be used to fulfill Special Requirements.
 - 3) A 0.50 deduction is taken for each restricted element performed and is reflected in the Start Value.
- c. All appropriate execution and amplitude deductions would be applied to all elements performed, regardless of whether or not they receive Value-Part credit.

E. CONSIDERATIONS FOR AWARDING VALUE-PART CREDIT WHEN A FALL OCCURS

If the gymnast fails to land on any part of the bottom of her feet first when performing a salto element:

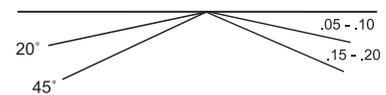
- 1. Value-Part credit is NOT awarded.
- 2. Special Requirement credit is NOT awarded.
- 3. Any applicable Bonus is NOT awarded.
- 4. A deduction of 0.50 is taken for the fall.
- 5. Appropriate execution and amplitude deductions will be taken in addition to the 0.50 for the fall.

F. REQUIRED TECHNIQUE FOR THE RECOGNITION OF VALUE PARTS

1. SPLIT LEAPS/JUMPS

All split leaps and jumps require a 180° leg separation. If the split is insufficient, evaluate as follows:

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|---------------------|--|
| 1° - 20° missing | deduct 0.05 - 0.10 |
| 21° - 45° missing | deduct 0.15 - 0.20 |
| 46° or more missing | award actual Value Part performed, if applicable |



NOTE: Deductions for insufficient amplitude (height) and execution may be taken in addition to the insufficient split deduction.

- e. **If the gymnast performs a directly connected forward acro series with a salto as the second element, but falls on her buttocks when performing the salto (bottoms of the feet do not land first):**
 - The Front salto does not receive Value-Part credit and therefore, the forward acro Special Requirement is NOT fulfilled. Deduct 0.50 for missing the Special Requirement.
 - Deduct 0.50 for the fall and also deduct for any other applicable execution and amplitude errors.
3. **DANCE PASSAGE WITH A MINIMUM OF TWO (2) DIFFERENT GROUP 1 ELEMENTS (LEAPS, JUMPS, HOPS), DIRECTLY OR INDIRECTLY CONNECTED, ONE OF WHICH IS A LEAP (ONE FOOT TAKE-OFF) REQUIRING A 180° CROSS OR SIDE SPLIT POSITION.**
 - a. See Special Requirement #3 for Levels 8, 9 and 10 for specific information.
 - b. If either of the required Group 1 dance elements are of "C" value (or more difficult),
 - 1) Deduct 0.50 from the Start Value for the performance of a restricted element.
 - 2) The Dance Passage Special Requirement is NOT fulfilled.
 4. **A MINIMUM OF 360° TURN ON ONE FOOT**
 The 360° turn must be completed in high relevé. If the gymnast drops her heel onto the floor during the turn, the point at which the heel drops marks her degree of turn completion. The deduction for incomplete turn is applied, as stated under Chapter III - Execution & Artistry.
 - a. If the gymnast achieves only a ¾ turn or less (90° or more deficient), deduct 0.50 for missing the Special Requirement.
 - b. May be isolated or in a series.

C. LEVEL 6 FLOOR EXERCISE SPECIAL REQUIREMENTS

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| <ol style="list-style-type: none"> 1. ACRO SERIES WITH A MINIMUM OF 3 DIRECTLY CONNECTED FLIGHT OR NON-FLIGHT ACRO ELEMENTS, WITH OR WITHOUT HAND SUPPORT 2. ONE SALTO OR AERIAL ACRO ELEMENT (BACKWARD, FORWARD OR SIDWARD) 3. DANCE PASSAGE WITH A MINIMUM OF 2 DIFFERENT GROUP 1 ELEMENTS, DIRECTLY OR INDIRECTLY CONNECTED, ONE OF WHICH IS A LEAP REQUIRING A 180° CROSS OR SIDE SPLIT POSITION 4. A MINIMUM OF 360° TURN ON ONE FOOT |
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1. **ONE ACROBATIC SERIES WITH A MINIMUM OF 3 DIRECTLY CONNECTED FLIGHT OR NON-FLIGHT ACRO ELEMENTS) WITH OR WITHOUT HAND SUPPORT**
 - a. **Acro elements may be flight or non-flight.**
 - If a salto or aerial is used as one of the 3 directly connected acro elements, it may NOT be considered to also fulfill #2 Special Requirement of one salto or aerial element.
 - b. *If the three-element Acro series does not include an aerial or salto, the three directly connected elements must all receive Value-part credit in order to fulfill this Special Requirement.*
 - c. **The series will be considered broken and not eligible to fulfill the Special Requirement if the following occurs:**
 - 1) A stop between the elements
 - 2) Loss of balance, causing a stop between elements
 - 3) Repositioning of the support leg
 - 4) Extra step, hop or jump between elements
 2. **ONE SALTO OR AERIAL ELEMENT**
 - a. **May be backward, forward or sideward.**
 - b. **May be isolated or in a second acro connection.**
 - c. **If the salto or aerial does not land on the bottom of the feet first, it will not fulfill the Special Requirement.**

- I. **Missing synchronization of movement with musical beat throughout the exercise** . up to 0.30
- each time 0.05
 - at the end of the exercise 0.10
- J. **Absence of music or music with words/song** CJ deducts from average score 1.00
- whistles, animal or human sounds are allowed
- K. **Coach on the Floor Exercise mat (Levels 6-10)** CJ deducts from average score 0.50
(Refer to page 231)
- L. **Exercise shorter than 30 seconds (complete or incomplete)**
CJ deducts from average score 2.00
- M. *Clarification on landings of the last element in an Acro Series: There is no penalty for landing with the feet a maximum of hip-width apart on the last element of an Acro series. A small step backward with control to a lunge or onto one knee is acceptable. Do not deduct unless the landing appears out of control.*

SECTION V
FLOOR EXERCISE
CHAPTER 3
EXECUTION & ARTISTRY

A minimum score of 1.00 is awarded when a Compulsory or Optional routine score would be equal to or less than one point (1.00).

I. TECHNIQUE/AMPLITUDE/POSTURE

- A. SLIGHT/SMALL FAULTS** **0.05 - 0.10 pt.**
1. Flexed/sickled feet on Value Part elements each *time* 0.05
 2. Slight hop, or small adjustment of feet on landing of elements Up to 0.10
 3. Extra steps on landing (maximum 4) each 0.10
 4. Deviation from straight direction on landing Up to 0.10
 5. Extra arm swings on landing Up to 0.10
 6. Legs crossed during saltos with twist Up to 0.10
 7. Incorrect body posture/alignment on dance Value Part elements each Up to 0.10
- B. MEDIUM FAULTS** **UP TO 0.20 pt.**
1. Leg or knee separations Up to 0.20
 2. Insufficient height on leaps, jumps and hops Up to 0.20
 3. Insufficient height of Aerials and Acro flight elements with hand support Up to 0.20
 4. Insufficient split position (deviation from 180°) Up to 0.20
 - 1° - 20° missing = 0.05 - 0.10
 - 21° - 45° missing = 0.15 - 0.20
 - 46° or more missing = lesser Value Part
 5. Legs not parallel to floor in split or straddle pike leap/jump Up to 0.20
 6. Insufficient exactness of tuck or pike position in Value Part elements Up to 0.20
 7. Insufficient exactness of stretched position
 - arch each time Up to 0.20
 - hips angle (136° - 179°) each time Up to 0.20
 8. Dance: Incomplete turn - Gr. 1 & 2 elements with 360° or more turn Up to 0.20
 - 1° - 44° missing = 0.05 - 0.10
 - 45° - 89° missing = 0.15 - 0.20
 - 90° or more missing = lesser Value Part
 9. Acrobatics: Incomplete twist Up to 0.20
 - 1° - 44° missing = 0.05 - 0.10
 - 45° - 89° missing = 0.15 - 0.20
 - 90° or more missing = lesser Value Part
 10. Insufficient variation in rhythm and tempo throughout the exercise Up to 0.20
 11. Insufficient dynamics Up to 0.20
 - energy maintained throughout exercise
 - makes difficult look effortless
 12. Incorrect body posture on landing of Value Part elements Up to 0.20
 13. Additional trunk movements to maintain balance upon landing of Acro elements Up to 0.20
 14. Large step or jump on landing (approximately 3 feet) each 0.20