

SECTION V

FLOOR EXERCISE

CHAPTER 1

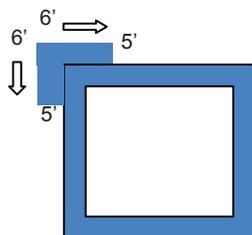
GENERAL INFORMATION

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 boundary line and extend a minimum of 6 feet 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	8 inches = 20 cm
4 inches = 10 cm	9 inches = 24 cm
4 1/2 inches = 12 cm	

II. TIMING REGULATIONS

- A. Touch Warm-up
1. The gymnast is allowed a 30-second touch warm-up period, unless the timed warm-up immediately precedes competition, as in traditional and non-traditional formats.
 - a. All gymnasts in the squad warm-up at the same time, unless the number in the squad is 9 or more, in which case the squad **MAY** be split into two groups for touch warm-up. The first half would touch and compete; then the second half would touch and compete.
 - The option to alternate competition with the touch warm-ups (staggered touch) may also be used, at the discretion of the Meet Director.
 - b. The touch warm-up period for Floor Exercise is determined by multiplying the number of athletes in the largest squad by 30 seconds.
 - c. No block time by team/club is allowed.
 2. When the warm-up time is exceeded, a warning is given.
 3. If the gymnast continues to exceed the warm-up time, the Chief Judge would deduct 0.20 from the gymnast's average score. In team competitions such as JO Nationals, this deduction would be taken from the team event score.
- B. Timing of the exercise
1. The maximum time limit is:
 - a. One minute, 30 seconds (1:30) for Levels 7, 8, 9, and 10.
 - b. One minute, 15 seconds (1:15) for Level 6.
 2. Timing begins with the first movement of the gymnast and stops with the final movement of the gymnast.
 3. The entire exercise is evaluated, regardless of overtime.
 4. The Chief Judge takes the overtime deduction of 0.10 from the average score.
 - a. This deduction must be indicated to the coach either verbally or by visual means.
 - b. No overtime deduction is taken if the time is within a fraction of a second over the time allotment.
Example: Routine is clocked at 1:30.01 to 1:30.99 (less than 1:31). Do not take the overtime deduction.
 5. No time warning is given on Floor Exercise.
- C. Short Exercise: Floor routine is less than 30 seconds (either complete or incomplete)
1. Deduct for any missing Value Parts from the Start Value.
 2. Deduct for any missing Special Requirements from Start Value.
 3. Chief Judge deducts 2.00 from the average score.

III. MUSIC REGULATIONS

- A. The musical accompaniment must be recorded with orchestra, piano or other instruments (without singing/voice). Human sounds are allowed, provided there are no words spoken or sung.
1. Absence of music or music with words/song incurs a 1.00 deduction, taken from the average score by the Chief Judge.
 2. Music with whistles/animal sounds will NOT receive a deduction.
 3. *If a coach has any question of the music containing words, the music should be sent to the Regional Technical Committee Chairman from their region. The RTCC will convey the final decision to the coach.*
- B. Procedures for music failure during the routine due to technical failure:
1. The gymnast may continue her routine. Upon completion of the routine, gymnast and coach must decide whether to repeat the routine or accept the score that is given. The judges will post no score until that decision is made. No deduction would be taken for the absence of music.

- 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 SIDEWARD) 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 from Element Groups 5, 6, 7 or 8. The Roll category (Group 4) may not be used to fulfill this Special Requirement.**
 - 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, CONTROLLED step forward (out of a forward acro element) or backward (out of a backward acro element) to a lunge is acceptable.* Do not deduct unless the landing appears out of control.