

SECTION V FLOOR EXERCISE

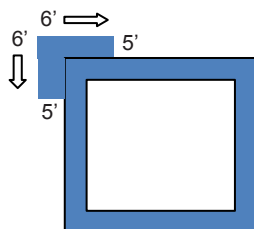
CHAPTER 1 GENERAL INFORMATION

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).
 - 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 9 and 10 competitions held in outside facilities in which the floor exercise apparatus is surrounded by cement or wood flooring (or other non-forgiving surface), the outside of the corners must be padded with matting (or carpet-bonded foam at least 1 3/8" thick) that extends at least 5' from the boundary line of the competition area (*not the edge of the carpet*) and extends 6' from the corner of the carpet along the outside edge of the floor. The corner padding should be attached (with Velcro strips or the like) to the floor, foam, or carpet in some way to avoid separating or slipping. Below is an example of the additional matting at one corner:



- D. Conversion for inches to centimeters:

Approx. 3/4 inch	=	2 cm
4 inches	=	10 cm
4 1/2 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.
 - *These electronic devices must have a display screen and must be on airplane mode, when applicable.*
- 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.

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. If the coach purposely moves onto the Floor Exercise area to place or remove the skill cushion, the gymnast will receive a deduction of 0.50 from the average score. This applies to Levels 6, 7, 8, 9, and 10.
 1. 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.
 2. 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) 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.

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".

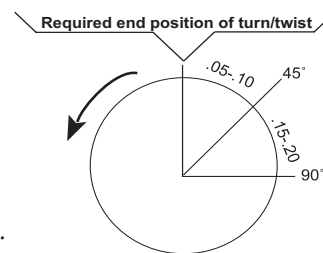
2) May be used to fulfill Special Requirements.

2. **TWISTING SALTOS**

Incomplete LA (long axis) twist:

- If missing 1° to 44° of the twist
- If missing 45° to 89° of the twist
- If missing 90° or more of the twist

deduct 0.05 - 0.10
deduct 0.15 - 0.20
award the Value Part for the element performed, as listed in the *Jr. Olympic Code of Points* or *J.O. Updates*.



EXAMPLE:

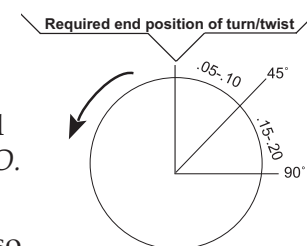
Gymnast attempts a triple (3/1) twist (E) and is missing 90° or more of the twist. Award "D" credit for a 2½ (900°) twist. Deductions for balance and execution errors are also applied.

Clarification regarding the completion of Twists: Once the feet land on the floor at the finish of the salto, it is considered complete. Appropriate Value-Part credit is awarded for the degree of twist completed at the moment the feet land on the floor, with the front foot being decisive.

3. **TURNING JUMPS/LEAPS/HOPS AND TURNS ON ONE FOOT WITH 360° OR MORE**

- If missing 1° to 44° of the turn
- If missing 45° to 89° of the turn
- If missing 90° or more of the turn

deduct 0.05 - 0.10
deduct 0.15 - 0.20
award the Value Part for the element performed, as listed in the *J.O. Code of Points* or *J.O. Updates*.



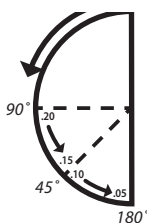
Deductions for balance, execution and amplitude errors are also applied.

Clarification regarding the completion of Turns: Once the heel drops onto the floor during a turn, it is considered complete. Appropriate value part credit is awarded for the degree of turn completed prior to the heel drop.

4. **JUMPS/LEAPS/HOPS WITH 1/2 (180°) TURN**

Jumps, leaps and hops that have values based upon completion of a 180° turn (example, wolf jump ½), the gymnast must finish a minimum of 1° past the half-way mark between the two Value Parts (wolf Jump=A; Wolf Jump 1/2 = B) . The degree of turn completion determines the value awarded.

EXAMPLE: Evaluate how much of the turn was completed to determine the value to award. If the turn is completed to within 89° or less of the designated degree of turn, it will be awarded the higher Value Part. Basically, in order to receive the higher value, the turn must be finished closer to the higher degree of turn. Execution deductions will be applied for incomplete turn.



5. **SPECIFIC ELEMENT TECHNIQUE CLARIFICATION**

a. **Split jump (#1.101) vs. Sissonne (#1.110)**

- 1) A cross split jump has a two-foot take-off and landing, while the sissonne has a two-foot take-off and a one-foot landing.
- 2) A cross split jump shows a 180° split with legs even, parallel to the floor. The sissonne also requires a 180° split of the legs; however, the legs are in a diagonal position with the front leg forward-downward at a minimum of 45° and the back leg backward-upward.
 - If the front leg of a sissonne is less than 45°, deduct "Up to 0.10" for insufficient amplitude of the front leg.

- b. **#1.204 Split leap forward with leg change (Switch-leg leap) (B)**
- 1) The first leg must swing forward to a minimum of 45° prior to swinging backward to a 180° split. If the first leg does not reach 45°, award an “A” Value Part (comparable to a Split leap # 1.101).
 - 2) If there is insufficient split after the leg change, deduct “up to 0.20” or credit the actual Value Part performed as specified above.
 - 3) If the gymnast performs a stag-switch leap (stags and never extends the first leg forward prior to the leg switch), award an “A” Value Part.
- c. **#1.208 Schushunova (B)**
 Must show a 180° side split position, then rotate legs rearward to attain a horizontal stretched body position in the air before landing. A slight forward lean of the body, rather than a strict vertical torso, is acceptable.
- d. **#1.210 Ring or Stag-ring Leap/Jump (B)**
 A release of the head backward past the vertical line must be shown in order to be considered a “Ring” position. The expected amplitude of the rear foot is to the top of head.
- 1) Insufficient arch, deduct “up to 0.10”.
 - 2) If the rear foot is at shoulder or upper back height, deduct “up to 0.10”.
 - 3) If the rear foot is at hip height or if there is no backward head release, (regardless of the height of the leg), it would be considered a split leap with bent back leg or sissonne (“A”- #1.101 or #1.110).
 - 4) For the Ring jump, the front leg must be a minimum of 45° from the floor in a forward-downward diagonal position; if not, deduct “up to 0.10” for insufficient amplitude of front leg.
 - 5) For the Ring leap, the front leg should first brush/extend close to horizontal. As the ring shape is executed, the front leg must be a minimum of 45° from the floor; if not, deduct “up to 0.10” for insufficient amplitude of front leg.
 - 6) For the Stag-ring jump or stag-ring leap, the expectations are:
 - a) The front leg bent a minimum of 90° with no extension of the leg.
 - b) A 180° leg separation from the front knee to the back knee.
- e. **#1.305 Switch-leg leap with ¼ (90°) turn (Switch-side leap) (C)**
 To be recognized as a Switch-side leap, the first leg must swing forward to a minimum of 45° prior to swinging backward. The ¼ (90°) turn must occur in the air; not prior to the leg swinging backward. The expected amplitude of side-split position is 180° split.
- 1) If in any of the following cases there is less than 135° split, then recognize it as another element, if applicable.
 - 2) If the gymnast fails to swing the first leg forward to a minimum of 45° and shows an incomplete ¼ (90°) turn, award “A” Value-Part credit.
 - 3) If the gymnast fails to swing the first leg forward to a minimum of 45° but completes the ¼ (90°) turn, award “B” Value-Part credit for a side leap.
 - 4) If the gymnast swings the first leg forward to a minimum of 45° but shows an incomplete ¼ (90°) turn, award “B” Value-Part credit for a switch-leg leap.
 - 5) A rond de jambe technique is acceptable (in which the front leg swings forward to a minimum of 45° prior to the ¼ (90°) turn, then moves across the horizontal plane to the side-split position).
 - 6) If the first leg is in a stag position (never extends prior to the leg switch), award “A” Value-Part credit.
 - A stag means that the first (swing) leg is bent a minimum of 90°, with no extension of the leg prior to the leg switch.

- f. **#1.309 Tour Jeté with ½ (180°) turn and #1.404 Switch-leg leap with 1/1 (360) turn**
 These elements are often identified incorrectly. Both elements show a cross split position and finish facing the same direction as they take-off. The Tour Jeté ½ (180°) **turns away** from the initial swing leg; the Switch leg 1/1 **turns toward** the initial swing leg.



- g. **#1.307 Straddle Pike Jump with 360° turn (Popa) - (C)**
 Must show a straddle pike jump position in ANY phase of the 360° turn (with legs at or above horizontal). A Side Split Jump with 360° turn (#1.307) would also receive "C" Value-Part credit.

- h. **#1.308 Jump with 1/1 (360°) turn to side split jump, landing in a front lying support (prone) (Schushunova 1/1) (C)**

Two variations of the Schushunova with 1/1 turn are "C" Value Parts:

- 1) A Straddle pike jump with ½ (180°) turn and "turn over" (appears as ½, ½) to land in a front lying position.
- 2) A jump with 1/1 turn to side split position, then legs rotate backward finishing in the horizontal plane, to land in a front lying position.

- i. **#1.311 Switch Ring Leap (C)**

The first leg must swing forward to a minimum of 45° prior to swinging backward to a 180° split, with the rear foot at head height, upper body arched and head released backward past the vertical line.

- 1) If the rear foot is at shoulder or upper back height, deduct "up to 0.10".
- 2) If the rear foot is at hip height or if there is no backward head release (regardless of the height of the leg), it is recognized as a switch leg leap and "B" Value Part credit would be awarded.

- j. **#2.202 1/1 (360°) Turn with free leg at or above horizontal from start to end of turn (B)**

The gymnast must have time (up to 45° -1/8th of the turn) to quickly lift the leg into position without deduction.

The free leg may be bent or extended, but the entire leg must be at a minimum of horizontal to receive "B" Value-Part credit.

Once the minimum of horizontal position of the free leg is established, it must be maintained throughout the turn in order to receive Value-Part credit as listed. The free leg may not be supported with the hand in order to maintain the minimum of horizontal position.

- If the correct leg position is missing for more than 45° of the turn or is not maintained throughout the remaining 7/8^{ths} (315°) of the turn, recognize it as an "A" 1/1 (360°) turn.

Note: #2.208 depicts a 1/1 (360°) turn with the free leg held upward at a 180° split position. If the leg is held at less than a 180° split position, but at least at 135°, award "B" and deduct up to 0.20 for insufficient split. If the leg position is less than 135°, award "A" for a 360° turn.

- k. **Front saltos in direct connection**

Any forward salto used as an accelerating element in a directly connected front salto series is not subject to the "up to 0.30" deduction for insufficient amplitude. The last salto of the connection is expected to have greater amplitude.

Example:

Front handspring + Front salto stretched + Front salto stretched with 1/1 twist



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
 - Clarification on landings of Acro elements: A small step backward after landing to finish in a lunge or on one knee is acceptable. Do not deduct unless the landing appears out of control.

C. LARGE FAULTS

UP TO 0.30 pt.

1. Bent arms in support or bent knees Up to 0.30
 - 90° or more bend = maximum *deduction* of 0.30
 - Maximum on any one element = 0.30 bent arms & 0.30 bent legs
2. *Insufficient extension (open) of tuck/pike body position prior to landing of Acro elements* *Up to 0.30*
3. Squat on landing (hips even with or lower than the knees) Up to 0.30
4. Insufficient height of salto elements Up to 0.30
 - Does not apply to an accelerating element in a directly connected forward acro series.
Example: Front handspring, Front layout, Front layout 1/1
The Front layout is the accelerating element.
5. Brush/touch of landing surface with one or both hands (no support) Up to 0.30

D. VERY LARGE FAULTS

0.50 pt

1. Support on mat with 1 or 2 hands 0.50
2. Fall on mat to knee(s) or hips 0.50
3. Spotting assistance upon landing 0.50
 - award Value-Part & Special Requirement credit; No Bonus possible
4. Fall/Failure to land on the bottom of the feet first on aerials/saltos
No Value-Part/No Spec. Req./No Bonus credit and deduct for a fall 0.50
5. Spotting assistance during an element
No Value-Part/No Spec. Req./No Bonus credit and deduct for a spot 0.50

II. ARTISTRY

Insufficient artistry throughout the exercise

Consider:

- Originality/creativity of choreography in elements & connections *0.05 – 0.10
- Quality of gymnast's movement to reflect her personal style *0.05 – 0.10
- Quality of expression (i.e. projection, focus) *0.05 – 0.10

* 0.10 is the maximum taken in each category

II. PRINCIPLES FOR AWARDING CONNECTION VALUE ON FLOOR EXERCISE

A. INDIRECT ACROBATIC CONNECTIONS OF TWO OR MORE SALTOS OR ACRO ELEMENTS WITHOUT HAND SUPPORT (AERIALS)

Note: Indirect connections are those in which directly connected Acrobatic (Acro) elements with flight phase and hand support (from Group 5, i.e. Round-off, Flic-flac, etc. as preparatory elements) are performed between saltos (Group 6, 7 or 8) or Acrobatic elements with flight and without hand support (Group 5 -Aerials).

C - SALTO SERIES

1) C + C +0.10

EXAMPLE:

Round-off, Flic-flac, Salto Backward with 1½ (540°) twist (C), to
Round-off, Flic-flac, Salto Backward with 2/1 (720°) twist (C)

2) A/B + A/B + C +0.10

EXAMPLES:

- Front Salto tucked with step-out (A), Round-off, Whipsalto (A), Flic-flac, Salto Backward with 2/1 (720°) twist (C)

- Round-off, Flic-flac, Whipsalto (A), Whipsalto (A), Flic-flac, Salto Backward with 2/1 (720°) twist (C)

- Round-off, Whipsalto with ½ turn (B), Flyspring, Front salto stretched with 1/1 twist (C), Flyspring, Front salto piked (B)

D/E-SALTO SERIES

1) A + D/E +0.10

EXAMPLES:

- Front salto tucked with step-out (A), Round-Off, Flic-flac, Double salto backward tucked (D)

- Front aerial (A), Round-off, Flic-flac, Double salto backward tucked (D)

Note: This series is awarded +0.10 CV Bonus but will NOT fulfill the Special Requirement of a two-salto series since the front aerial is not a salto.

EXAMPLE:

Round-off, Whipsalto (A), Straddle jump, Flic-flac, Double Salto Backward tucked (D)

- No Connection Value is awarded for Indirect Acro connection of D + A. (Straddle jump breaks the connection.)
- It will also NOT fulfill the Special Requirement of a two-salto series.

2) **B + D/E** **+0.10**

EXAMPLE:

- Front Salto piked with step-out (B), Round-off, flic-flac, Double Salto Backward piked (D)



3) **A/B + A/B + D/E** **+0.10**

EXAMPLES:

- Front salto piked with step-out (B), Round-off, Whipsalto (A), Flic-flac, Salto backward stretched with 3/1 (1080°) twist (E)



- Front handspring, Front salto stretched with 1½ twist (D), Flic-flac, Back salto stretched with 1/1 twist (B), Flic-flac, Back salto stretched with step-out (A)



4) **C + D/E (OR MORE DIFFICULT)** **+0.20**

EXAMPLE:


- Round-off, Flic-flac, Backward Salto stretched with 1½ (540°) twist (C), Round-off, Flic-flac, Double Salto Backward Tucked (D)



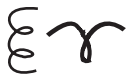
**B. DIRECT CONNECTION OF:
TWO OR MORE SALTOS OR ACROBATIC ELEMENTS WITH FLIGHT AND
WITHOUT HAND SUPPORT (AERIALS)**

1) **A + C** **+0.10**

EXAMPLES:

- Whipsalto (A), Salto Backward stretched with 2/1 (720°) twist (C) 
- Salto Backward stretched with 1½ (540°) twist (C), Front Salto tucked (A)



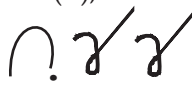
- Salto Backward stretched with 2/1 (720°) twist (C), Front Salto tucked (A) 
- Round-off, Flic-flac, Salto Backward with 1½ (540°) twist step-out (C), to Front aerial (A)



2) **B + B** **+0.10**






EXAMPLES:

- Front handspring, Front salto stretched (B), Front salto stretched (B)



1) C + C - SAME OR DIFFERENT ELEMENT FROM GROUP 1 OR 2

EXAMPLES:

- Switch-leg ring leap (C) + Tour jeté ring leap (C) 
- Front salto stretched with 1/1 twist (C) + Wolf Jump with 1/1 (360°) turn (C) 
- Double (720°) turn (C) + Double (720°) turn (C) 
- Cat leap with 1½ turn, Cat leap with 1½ turn 
- Straddle jump with 1/1 (360°) turn (Popa) + Straddle jump with 1/1 (360°) turn (Popa) 

2) D-SALTO + A-JUMP (THIS ORDER ONLY) +0.10



EXAMPLE:

- Round-off, Flic-flac, Double salto tucked (D) + Sissonne (A)



3) B + D/E +0.10

EXAMPLES:

- Switch-leg leap (B) + Cat leap with 2/1 (720°) turn (D) 
- Tuck jump 2/1 (720°) turn (D) + Flic-flac with 1/1 (360°) twist (B) 
- Round-off, flic-flac, Double salto backward tucked (D), Straddle jump (B), Front salto tucked (A)



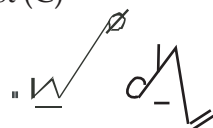
Award +0.10 for Acro/dance connection.

Note: No Connection Value Bonus is awarded for Indirect Acro connection of D + A. (The Straddle jump breaks the connection.) It will also NOT fulfill the Special Requirement of a two-salto series.

4) C + D/E OR MORE DIFFICULT +0.20

EXAMPLES:

- Wolf jump (2-foot take-off) with 1½ (540°) turn (D) + Schushunova with 1/1 (360°) twist (C)




III. "D/E" BONUS (APPLIES TO LEVEL 10 ONLY)

- A. "D" or "E" elements may replace a required "A", "B", "C" Value Part and still earn "D/E" Bonus.
- B. "D/E" Bonus may be awarded for any "D" or "E" elements performed successfully; that is, without a fall or a spot.
- C. A maximum of 0.40 may be awarded for "D/E" Bonus.
 - 1. "D" elements each receive +0.10 Bonus.
 - 2. "E" elements each receive +0.20 Bonus.
- D. The same "D" or "E" element is eligible for "D/E" Bonus one time only.
 - If the same "D" or "E" element is performed two times (second time in a different connection) but the first time it is not performed successfully, it may receive Value-Part credit and "D/E" Bonus if successfully completed the second time.
- E. D" or "E" elements performed at Level 9 are not eligible for "D/E" Bonus.

IV. INSTANCES WHEN BONUS IS NOT AWARDED

- A. When the gymnast falls or is spotted during the execution of a "D" or "E" element or an element in a Connection Value Bonus.

Exception: If, when performing a connection consisting of three or four Value Parts, the gymnast falls on the last element, but the combination of the first two or three elements is eligible for Connection Value Bonus, award CV Bonus for the successfully completed connections.
Example:
Round-off, Flic-flac, Whipsalto (A), Flic-flac, Double salto backward tucked (D),
Front salto (A) – Falls on the Front salto.



Award +0.10 for the Indirect connection of the Whip salto to the Double salto backward tucked.
- B. When a "D" or "E" element is repeated, even when performed with a different connection before and/or after, it will not receive "D/E" Bonus a second time.
 - Exception: If the same "D/E" element is performed two times in different connections but the first time it is not performed successfully, the second and successful performance of the element would receive Value-Part credit and "D/E" Bonus.
- C. When the same exact connection series is repeated.
- D. When a Level 10 gymnast exceeds the maximum Bonus credit in one category. (A maximum of +0.40 may be awarded in each category - CV or "D/E").
- E. When a Level 9 gymnast exceeds the 0.30 maximum for Connection Value Bonus (CV).
- F. When a Level 9 gymnast performs a "D" or "E" element, whether it is allowed or restricted, it will not be eligible for "D/E" Bonus.
- G. Level 6, 7 and 8 gymnasts are not eligible to receive Connection Value Bonus.